

Book Bop Dance Party!

Allie Schwartz, Library Reference Assistant
MPL - Central Library Children's Room

Audience

Pre-school children, School age children, Families

Description

Bust a move at the library! Join us for silly songs, shake your wiggles out and listen to stories with a beat.

Budget

Free, \$1-\$50

Mixes

- Music Mix Box 1 - Story Time Essentials

Learning outcomes

- ★ Get everyone, even the adults, to express themselves and have fun through dance and movement.
- ★ Have fun and help kids burn off some energy.

Aligns with Wisconsin Model Early Learning Standards

- **Health and Physical Development**
WEMS.I.B.EL.1: Moves with strength, control, balance, coordination, locomotion, and endurance.
- **Social and Emotional Development**
WEMS.II.C.EL.2: Engages in social interaction and plays with others.
- **Approaches to Learning**
WEMS.IV.B.EL.2: Expresses self creatively through music, movement, and art.
- **Cognition and General Knowledge**
WEMS.V.A.EL.1: Uses multi-sensory abilities to process information

Advance Planning

The biggest planning I did was create a playlist. This program is a fun way to get adults *and* children dancing and playing together. Dancing or singing in public can be a roadblock for some adults, so I use some songs with which adults are familiar so they feel more comfortable and ready to engage. Many of the songs also include instructions, so children listen and follow directions in a no-pressure, all fun situation.

If you have nice equipment like a bluetooth speaker, then you can just play the playlist from your preferred device. We only have a CD player, so I burned my playlist onto a CD ahead of time.

Kids songs with instructions

- Silly Dance Contest - Jim Gill
- I Can Be a Frog - The Flaming Lips
- Clap Your Hands - They Might Be Giants
- I Can Shake My Shaker Egg - Mr. Eric & Mr. Michael
- Run Baby Run - Caspar Babypants
- Dance, Freeze, Melt - Mr. Eric & Mr. Michael
- Shake My Sillies Out - Raffi

Fun kids songs

- Let's dance - Antibalas (from ["Let all the children boogie"](#) - an excellent album of kids artists doing David Bowie covers)

- All Together Now - Caspar Babypants (lots of Caspar Babypants albums are on Freegal! I downloaded several of their songs that way.)
- See Ya Later Alligator - Laura Doherty

Adult songs

- Dancing in the Street - Martha & the Vandellas
- Twist and Shout - The Isley Brothers
- Do You Wanna Dance - The Ramones
- Bossa Nova Hand Dance (Deixa Isso Prà Là) - Connie Francis
- Pata Pata - Miriam Makeba
- Everybody Loves to Cha Cha Cha - Sam Cooke
- Everyone's Rooting for You - Sondre Lerche & the Faces Down Quartet
- Let's Dance - David Bowie

Marketing

The program was promoted in our print and online calendar.

Budget Details

If you want to make yoga mat dots, that is the only potential cost. I managed to get two in different colors for under \$20 (on sale, but you can look online too) and we use the dots for a lot of different programs.

Day-of-Event Activity

I scattered the yoga mat dots around the story time area. During the story, everyone sat on a dot. During the dance part we used them for activities. Kids could dance on top of them, jump between them, put one foot on one color and one foot on another, etc.

I started the story time with the Silly dance Contest to loosen everyone up, read one book, then dancing, and ended with a cool down book. I used See ya Later Alligator (song) as we cleaned up and did some last applause/bows.

During the dancing, you can hand out scarves or shakers to add some excitement. I recommend using scarves during a more mellow song so you can do some floaty dance moves and catch your breath. Dancing with kids for a full 30-45 minutes can get pretty exhausting, so make sure your playlist isn't too high tempo the entire time.

Books

There are lots of dance books but here are some I've used for this program:

- [Spunky little monkey](#) by Bill Martin Jr. & Michael Sampson; illustrated by Brian Won

- [I got the rhythm](#) by Connie Schofield-Morrison, illustrated by Frank Morrison
- [Dance with me](#) by Charles R. Smith Jr.; illustrated by Noah Z. Jones

Cool down books

- [Lots of Dots](#) by Craig Frazier
- [Strong as a Bear](#) by Katrin Stangl

Activities

In addition to just regular dancing or following the instructions in songs, I incorporated some other game-like activities. Since these are more prescriptive, it can be a good time to get adults involved who are less comfortable just dancing freestyle.

Move it!

From [100 fun & easy learning games for kids](#) (p. 108).

Prep: 5-10 minutes

Materials: 30 index cards, pen or pencil

Write 10 movement actions on 10 notecards (hop on one foot, run in place, skip, bend your knees, jump, reach up high, gallop, clap, twirl, touch the ground, etc.) and write 1-20 on the remaining notecards. Put the cards in two piles, draw one from each pile, and everyone does the action the number of times.

Dot dancing

Prep: 5-10 minutes

Materials: Yoga mat

Cut a yoga mat into circle shapes (or any variety of shapes you want). Hand them out or plop them on the ground. Prompts include: dance on top of them, dance around them, glue your feet to two and wiggle around, make a large circle with the dots and dance around it.

Body part dance

Prep: None

Materials: None

Call out a particular body part to lead you around as you dance. Examples: elbows, finger tips, knees. It results in a lot of goofy new dance moves. This can also be done with scarves, where you put the scarf on the leading body part as part of the dance move.

Program Execution

It was super fun! Both times I did it, I had about 10-15 families. The most challenging part was getting the adults to dance with everyone else.