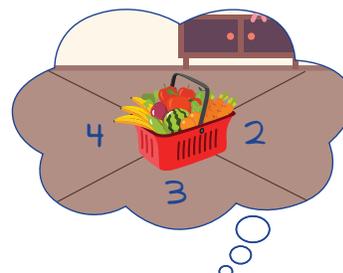


Fruit Basket Dance

Moving around is good for you. So is using your imagination. This activity will help you do both — and think about something else that’s good for you — fruit!

You’re going to go on a tour of the supermarket!

1. Use your imagination to divide your space into 4 zones (1 zone for each corner of the space)
2. Get out your imaginary shopping carts and walk around.
3. Push your imaginary shopping carts into one of the zones.
4. Choose any imaginary fruit, like an apple or banana.
5. Make the shape of that fruit with your bodies.
6. Push your shopping cart into a different zone.
7. Choose a new imaginary fruit. Make the shape of that fruit.
8. Repeat steps 3 to 5 for the remaining zones.
9. Push your shopping cart to the centre of the room which is called the “fruit basket.” In this zone you can be any fruit you like.



What You’ll Need:

Space for dancing

Music

Something to play the music (for example: stereo, cd player, phone, speakers)

Now you've visited all 4 zones and the "fruit basket".

Time to start dancing!

Play your music and follow these steps:

1. Start the music. Dance in any way, anywhere you like.
2. When the song ends, you can either
Name one of the four fruits you picked.
OR
You can say "fruit basket".
3. If you hear the name of a fruit, go to the part of the supermarket where you chose that fruit. Make the shape of that fruit and freeze.
4. If you hear "fruit basket", go to the centre of the room and make the shape of any fruit you can imagine and freeze.



Take It Further

1. Talk to your child about the shape of the fruit they are making. For example, what shape is an orange? Can you make your body round like an orange?
2. When you call out "fruit basket," try to guess what fruit your child is making with their body!

