



Dance Party

Get up and dance around to some music

TIME

5 minutes



TEAM STAGE

Norming, Performing

MATERIALS

Music player

SUMMARY

Play some fun music and have the group get up and dance around.

SET UP


- Prepare a playlist of appropriate songs to use for the dance party.

INSTRUCTIONS

- Pick a song to play. Depending on the development stage of the group, choose songs that help members participate. For example, *“Jump Around”* by House of Pain is an easy song that anyone can just jump up and down to.
- Have everyone get up and dance while the song is playing. Participants can dance however they want (appropriately, of course), they just have to keep moving until the end of the song.

VARIATIONS

- Give this activity a theme by creating a playlist of songs that fit in a particular category, such as *“Hits of the 90s”* or *“Disney music”*.
- Play just a verse or part of a song and then change to a new song in order to fit more songs into a shorter timeframe.
- Weave this activity into a longer session by telling participants that a dance party may break out at any time and that if they hear music during the session they need to get up and dance. Participants will not know when the music is going to start, and facilitators can play music whenever they think the group needs an energizer.

 **Online:** To facilitate this activity virtually, use audio sharing to play the songs on whatever virtual platform is used. Have participants turn on their cameras and dance along. [\[click here for video\]](#)