**Great Dance CD sources:**

The Learning Station

Do-Re-Me and You!

Silly Will Workout

LeAnn Haggard: Funky Fitness Fun

Kinderman

Ronno

Mr. Al

Peter and Ellen Allard

KIMBO Educational

**Dance and Movement can be taught and used at:**

Transitions

Clean up

Meetings/ circles

Outside

Before meals

Activities

**Dance and Movement will teach children:**

Impulse control

Body space

Spatial awareness

Fine motor

Social studies/ history

Language development

Gross motor

Self -esteem