



BARNYARD DANCE! (Virtual)

Session Guide

Getting Started

Purpose: Use this session guide to have parents share what they value about physical activity for their family and explore ideas for fun indoor play, including movements from BARNYARD DANCE! by Sandra Boynton.

Time Needed: 15-20 minutes

Key Messages

- Kids have fun being active, especially when adults join in the activity. It's fun for adults too!
- Parents are role models for their kids.
- Healthy snacks can be fun.

Materials Needed

- BARNYARD DANCE! by Sandra Boynton
- Virtual Session Guide
- Technical equipment and software to conduct virtual class

Open

Facilitator: Welcome! We are so happy you are joining us. Today, we will be sharing a fun story with you and your children. *(Give parents a moment to gather the kids)* Are we all here? Let's start with a big wave hello! *(Wave to kids and parents)* Hello, it's great to see you!

Facilitator: Parents tell us being active together is important to them and it can create fun family memories. They love seeing smiles that playing together brings. We also hear kids think everything is more fun when adults join in the activity! In the Pacific Northwest, it feels like the weather isn't always on our side for outdoor play. Sometimes it takes a little imagination to find fun ways to be active indoors on cold and rainy days.

(Ask the group the following conversation starter. Reflect and affirm shared ideas.)

Facilitator: What is your family's favorite fun inside playtime activity?

Share and Connect

Script	Instructions/notes
<p>Facilitator: Thanks everyone for sharing. We all learned some new ways to actively play indoors.</p> <p>Facilitator: Today, I'd like to invite you to join me in something we can all do on a rainy day (or any day!) to keep us all moving and having fun together. Let's all stand up and get ready for a BARNYARD DANCE! You might have to move things around, so your space is safe to move in. Make sure there are no sharp corners or things to knock over. If you are joining us with your phone, you can prop it up somewhere low, like on the floor or a chair. Then we can still see you while you are all standing and kids can see everyone else too.</p>	
<p>Facilitator: While I read from the book, <i>BARNYARD DANCE!</i>, by Sandra Boynton, please join me by acting out the <i>super-fun</i> animal <i>moovoves</i> as I read out loud.</p>	<p><i>Read BARNYARD DANCE!. Encourage everyone, especially the kids, to participate. Role model by acting out the moves as you read. For example, the first line is "Stomp your feet!" Stomp your feet as you read that line. Continue as you read the whole book to the group.</i></p>
<p>Facilitator: Wow, thanks everyone! That was a really great dance, and when you're being active, eating healthy foods is very important. Let's think about what healthy foods our barnyard friends like to eat.</p>	
<p>Facilitator: Do you remember, we prance with the horse? Horses like to eat carrots – How do you eat carrots?</p> <p>Do you remember, we bounce with the bunny? Bunnies like to eat lettuce – How do you eat lettuce?</p> <p>Do you remember, we spin with the chickens? Chickens like to eat corn – How do you eat corn?</p> <p>Do you remember, we twirl with the pig? Pigs eat everything! – What's your favorite fruit or vegetable?</p>	<p><i>Briefly wait for answers after each question. If you want, you can act out the movement again when reading what each animal does.</i></p>

Summarize and Act

Script	Instructions
Facilitator: We've shared a lot of great ideas today and saw some prancing and swinging dance moves. Parents, what ideas have you heard that you will try with your family?	<i>Wait for ideas and acknowledge all contributions.</i>

Closing

Facilitator: I hope you'll enjoy reading <i>BARNYARD DANCE!</i> and stomping along. I'm confident you'll make lots of fun memories together. Now it's time to say "goodbye." Let's all wave "goodbye." (<i>Wave "goodbye" to everyone</i>) Bye and thank you for dancing with me today!
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