

Dancing Activity: Mermaid and The Whale

Objective: To encourage physical movement, creativity, and imagination inspired by "The Mermaid and the Whale" / Have a dance party with your child!

Start by playing the “La Sirene, La Baleine” (The Mermaid & The Whale Song) - [here](#)

1. Help your child imagine they're in the ocean like the mermaid and the whale! Encourage them to move their bodies like they are swimming.
2. Become the mermaid! How does a mermaid move in the water? They might twirl, spin, or move their arms and legs like a fish tail.
3. Now become the whale! How does a whale move? They might move their arms like big flippers, or jump up and down like a whale breaching the water.

