

ANTI-BULLYING WEEK

Monday 13 to Friday 17 November 2023

Dance Activity Outline

Children and young people love to dance; it allows them to express themselves creatively and promotes good mental health.

A long history of dance crazes exists in popular music, and new dances are often made popular through social media. Many learners will be aware of 'The Floss' dance, made popular by an Instagram-famous American schoolboy. Makers of the game Fortnite loved it so much that they included it as a character emote.

This year, why not show your support for Anti-Bullying Week through the medium of dance, by encouraging learners to choreograph their own dance routine.

Step-by-Step

- Step 1: First, choose a song, or ask young people to select their favourite song. Our 'Playlist Activity Sheet' has lots of great suggestions.
- Step 2: Next, ask learners to design a short (1-2 minute) dance routine to share with the rest of the group. You can ask all groups to use the same part of the song, or give each group a different section of the song so the routines flow together.
- Step 3: Give the groups approx. 20 mins to come up with the dance routine allowing for rehearsals.
- Step 4: Once time is up, ask each group to perform their routine to the class or group. If the learners are comfortable and parent/carer consent is secured, you can film the routines to share with us on social media.

Note: This activity may work best for primary aged learners, or secondary aged learners who are part of a dance or gymnastics group.

Tips for a great dance routine:

- Inspire learners by showing them some fun dance routines from the past or popular culture.
- The most popular viral dance routines have moves that are simple and easy to copy. Sidesteps, claps and turns all work well.
- Suggestive or inappropriate moves should be avoided.

Share your Anti-Bullying Week dance routine

Help us spread the word about Anti-Bullying Week and of our new campaign theme '**Listen Up! (Respect our Rights)**' by sharing your creative dance routine photos or videos through social media.

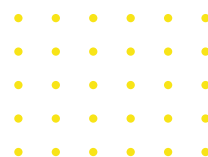
If sharing on Twitter, remember tag us @.respectme and use the hashtags #AntiBullyingWeek and #ImListening.

Important: Please make sure consent forms have been secured before sharing images of children and young people.

 @.respectme_

 @respectme.scotland

 @respectmescot



YOUTH ACTION GROUP

During our early campaign development, young ambassadors from our Youth Action Group created a fun TikTok style dance routine for the song 'Shake It Off' by Taylor Swift. After working out all their steps to the music and lyrics, they rehearsed the routine before performing it to the rest of the group – to great applause!