



WORLD DOWN SYNDROME DAY

FAMILY DANCE PARTY KIT!

Rock your socks then dance the night
way with this fun, family, at home dance
party kit.

PROVIDED BY



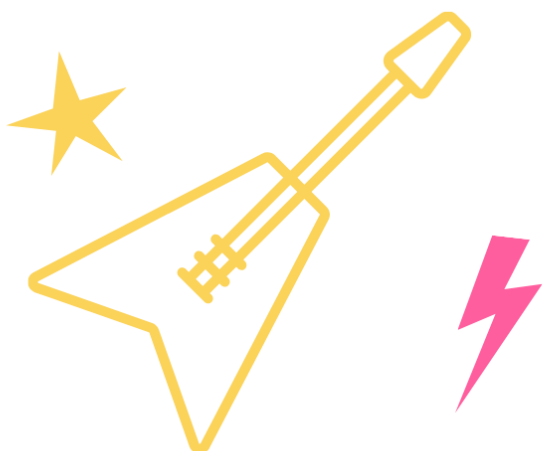
YOU'VE GOT MOVES



Everyone starts standing in a circle. Someone is chosen to go first, they perform one dance move. The next person performs the first dance move & then adds a move of their own. The game continues around the circle, with the sequence of dance moves becoming longer and harder to remember. Any player who forgets the sequence is out of the game (and can take pictures). The winner is the last dancer standing!

AIR GUITAR

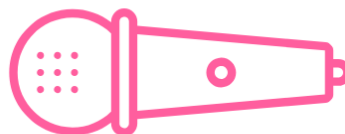
Put on your favorite rock or heavy metal song and allow all family members to showcase their best air guitar skills while playing on the blow up guitar!



LIP SYNC



Divide family members into teams of 2 or 3. Each team chooses a popular song to perform. Give teams a few minutes to prepare their routine, encouraging them to think about dance moves and facial expressions. Using the blow up microphone, teams take turns performing their songs for the rest of the family..



MUSICAL BALLOON UP

Prepare for this game by blowing up the 8 balloons in your package. For each balloon there is a dance move written on a small piece of paper (make sure the paper is inside before inflating). To play, turn on some music and everyone bops the balloon to keep it up in the air until the music stops. The last person to touch the balloon, pops it and then performs the dance move inside.

NAME THAT SINGER

Divide family members into teams. Each team will need paper and a pencil or pen (a chalk/white board may also be used). Read out loud the title of a well known song or sing a few of the lines. Teams write down who they think the singer is. Each correct answer is worth a point. The team with the most points at the end of the game is the winner. This game can also be played as Name that Song! (write down the song title) or Finish the Lyrics (write down the next line of the song).

DJ. ROLL

Nominate one family member to be the DJ. The DJ turns on the music and everyone dances until the music stops, at which point everyone freezes. The DJ then rolls the die (included) and calls out the corresponding dance move from the "DJ Roll" card (included in the kit). Everyone does that dance move when the music starts and continues to dance until the DJ stops the music again and rolls the die.

MUSIC TRIVIA

Designate one family member as the reader and divide remaining family members into teams. Each team will need a pad of paper and a pencil to record their answers. Using the Music Trivia cards provided, the reader asks trivia questions. Teams write down their answers. The team that answers the most questions correctly wins!

PICK YOUR DANCE

Remove the "Pick Your Dance" cards included in the kit, fold them and put them in a hat. Decide how often you want to take turns, drawing moves out of the hat (such as every time the chorus plays or every 15 seconds). Turn on the music and take turns drawing moves. The person who draws, dances that move until the end of the song. By the end everyone will be dancing to their own beat!

MUSICAL STATUES

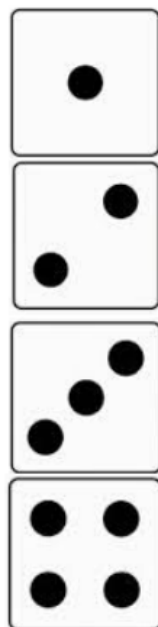
Turn on some music. Everyone dances while the music plays. When the music stops playing, everyone freezes in position. Anyone still moving when the music stops playing, or who moves while the music is off, is out for the next round and is in charge of taking pictures. The family member with the most memorable statue picture wins.

MUSICAL DROP

Play like Musical Statues except this time everyone must drop down to the floor when the music stops. Last person to hit the floor is out for the next round and is in charge of taking pictures. The family member with the most memorable drop wins.



DJ. Roll



Robot

Moon Walk

The Carlton

The Twist



Cha-Cha



YMCA



I LOVE ROCK N' ROLL - JOAN JETT

I love rock n' roll
So put another dime in the jukebox, baby
I love rock n' roll So come
an' take your time an' dance with me



RUNNING ON EMPTY - JACKSON BROWN


Looking out at the road rushing under my wheels
Looking back at the years gone by like so many
summer fields

In sixty-five I was seventeen and running up
one-on-one

I don't know where I'm running now, I'm just
running on


LOVE ME TENDER - ELVIS PRESLEY

Love me tender, love me sweet
Never let me go
You have made my life complete
And I love you so



DANCIN' IN THE MOONLIGHT - VAN MORRISON

Dancin' in the moonlight
Everybody's feeling warm and bright
It is such a fine and natural sight
Everybody's dancin' in the
moonlight




YOU'LL BE IN MY HEART - PHIL COLLINS

Come stop your crying it will be alright
Just take my hand hold it tight
I will protect you from
all around you

CLOCKS - COLDPLAY

The lights go out and I can't be saved
Tides that I tried to swim against
Have brought me down upon my knees
Oh I beg, I beg, and
plead, singing




Name That Singer!



LET IT GO- IDINA MANZEL

The snow glows white on the mountain
tonight
Not a footprint to be seen
A Kingdom of isolation
And it looks like I'm the queen



LIFE IS A HIGHWAY- CHRIS LEDOUX & RASCAL FLATTS

Life is a highway
I want to ride it all night long
If you're going my way
Well, I want to drive it all night long

YESTERDAY- THE BEATLES

Yesterday, all my troubles seemed so far away,
Now it looks as if they're here to stay
Oh I believe in yesterday

CRY ME A RIVER - JUSTIN TIMBERLAKE



You were my sun, you were my earth
But you didn't know all the ways I loved you, no
So you took a chance, made other plans
But I bet you didn't think that they would come
crashing down, no

I GOT YOU BABE - SONNY & CHER

They say our love won't pay the rent
Before it's earned, our money's all been spent
I guess that's so, we don't have a pot
But at least I'm sure of
all the things we got

I WANT TO KNOW WHAT LOVE IS - FOREIGNER

I wanna know what love is
I want you to show me
I wanna feel what love is
I know you can show me

Music Trivia Questions

WHO WON
AMERICAN IDOL
SEASON ONE?



JUSTIN TIMBERLAKE
WAS THE FORMER
LEAD SINGER OF
WHICH FAMOUS BOY
BAND?



WHICH BRASS
INSTRUMENT
WAS PLAYED BY
LOUIS ARMSTRONG?



WHAT IS THE MUSICAL
INSTRUMENT THAT IS
NAMED AFTER ITS
SHAPE?



THE BAND-AID
SUPERGROUP
WAS FORMED IN 1984 TO
RAISE MONEY FOR FAMINE
RELIEF IN WHAT TROUBLED
AFRICAN
COUNTRY?



IN THE NURSERY SONG
'THE WHEELS ON THE
BUS' WHAT GOES
'SWISH, SWISH, SWISH'?



'THE BEAR
NECESSITIES'
IS A SONG FROM
WHICH ANIMATED
1967 DISNEY FILM?

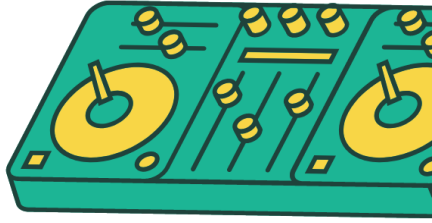


THE BEATLES, A
1960'S POP
GROUP, CAME FROM
WHICH CITY?

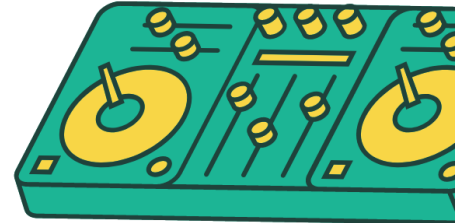


Music Trivia Answers

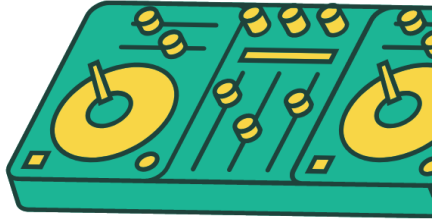
KELLY
CLARKSON



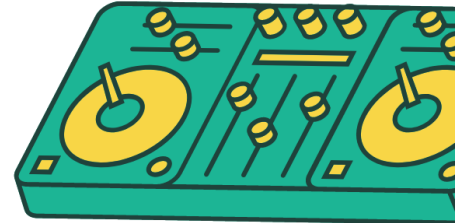
ETHIOPIA



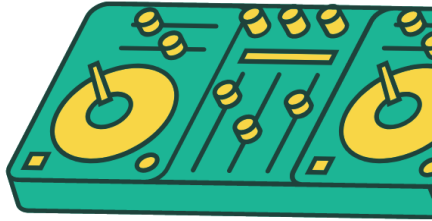
NSYNC



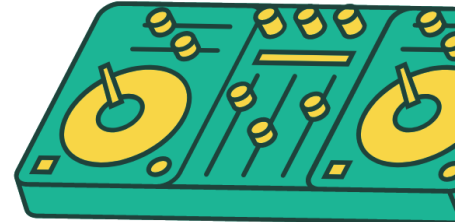
THE WIPERS



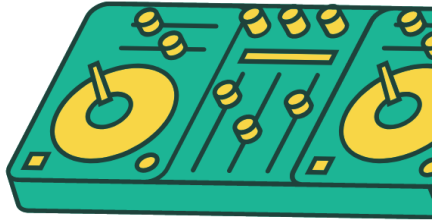
TRUMPET



JUNGLE BOOK



TRIANGLE



LIVERPOOL



Music Trivia Questions

'WHEN YOU WISH
UPON A STAR' WAS
SUNG BY JIMINY
CRICKET IN WHICH
DISNEY
MOVIE"?



WHO HAS FANS
CALLED
BELIEBERS?



WHAT MUSICAL
INSTRUMENT
IS ASSOCIATED WITH
AUSTRALIA?



LITTLE WOLF6AN6
BEGAN
COMPOSING BEFORE HE
LEARNED TO READ AND
WRITE. WHAT WAS HIS
SURNAME?



WHICH LETTERS OF
THE
ALPHABET ARE USED
TO DESCRIBE THE
WHITE KEYS ON A
PIANO?



WHICH OF THE FOLLOWING
DISNEY CHANNEL MOVIES
WAS NOT A MUSICAL?

- A) HIGH SCHOOL MUSICAL
- B) THE CHEETAH GIRLS
- C) CAMP ROCK
- D) READ IT AND WEEP



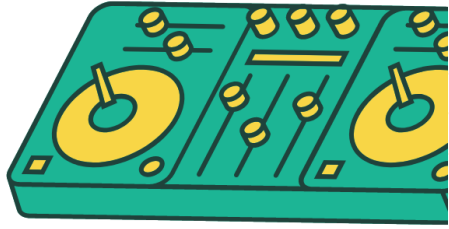
WHAT DO THE PEOPLE DO
WHENEVER THEY SEE
JOHN JACOB
JINGLEHEIMER SCHMIDT?



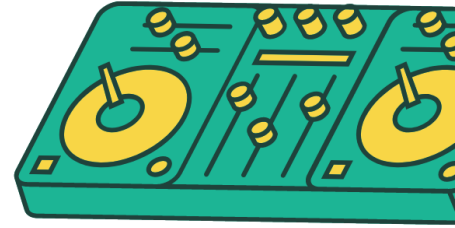
ACCORDING TO MARY
POPPINS, WHAT WORD
SOUNDS, "QUITE
ATROCIOUS. IF YOU SAY IT
LOAD ENOUGH,
YOU'LL ALWAYS SOUND
PREGOCIOUS"?



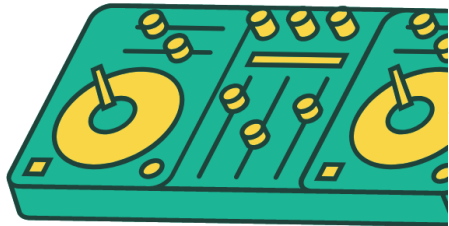
Music Trivia Answers



PINOCCIO



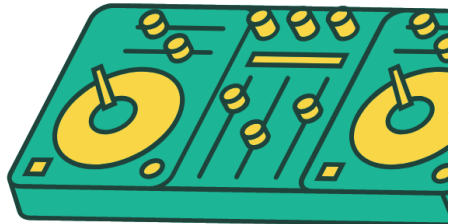
JUSTIN BIEBER



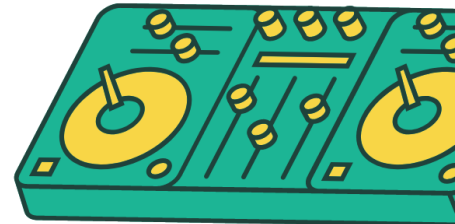
DIDGERIDOO



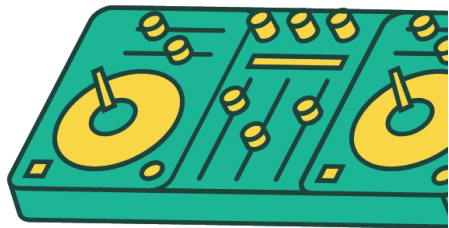
MOZART



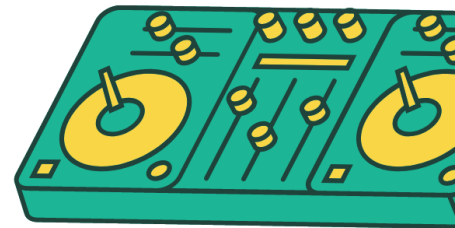
A THRU 6



D) READ IT AND WEEP



SHOUT! "THERE GOES
JOHN JACOB
JINGLEHEIMER
SCHMIDT"



SUPERCALIFRAGILISTICEXPALIDOCIOUS

Dance Moves

Cut along the lines, use 8 of the dance moves to go inside the balloons. Use the rest for the "Pick Your Dance" game.

★ The Floss	⚡ Moon Walk	★ The Robot	⚡ The Macarena
★ Running Man	⚡ Sprinkler	★ Hammer Time	⚡ Funky Chicken
★ Line Dance	⚡ Baby Shark	★ Vogue	⚡ The Dougie
★ The Twist	⚡ The Carlton	★ YMCA	⚡ Thriller
★ Chicken Dance	⚡ Gangnam Style	★ Hokey Pokey	⚡ Cha-Cha
★ The Lawn Mower	⚡ The Worm	★ Slow Dancing	⚡ Freeze Dancing
★ The Charleston	⚡ The Jitterbug	★ Conga Line	⚡ The Hand Jive
★ Crank that soulja Boy	⚡ Dance Like an Animal	★ Walk Like an Egyptian	⚡ The Shopping Cart
★ Twirl	⚡ Do-si-do	★ The Limbo	⚡ Bye-Bye-Bye