

# Kitchen

# Dance Party

A fun activity to  
try out at home

## Kitchen Dance Party

Sometimes, when you feel sad, or things get a bit too much, you need to dance it out. You just need to put on some loud music and dance around your kitchen (DON'T DO THIS WHILST GROWN UPS ARE COOKING). And when this is the case, you don't want the cool songs from that band you tell your mates you like, you want cheesy hits. So cheesy it makes you dance wildly, as if no one is watching. We are all in this together, so no judging other people's dance moves.

Disclaimer: From personal experience, I have found that erratic arm movements are best kept away from expensive glass or ceramic kitchenware – always scan worktops for breakables before attempting this.

Think about the songs that make you dance. Those songs that are so good that you can't keep your body still and you just need to move! Write them down on the next page. You now have the start of a playlist.

One of my favourite things about music, is that there are always millions of new tracks waiting for you to hear – make sure to ask everyone in the house for their kitchen dance party hits and add them to your playlist to.

In case you need some ideas, here are 5 guaranteed to get everyone up and dancing:

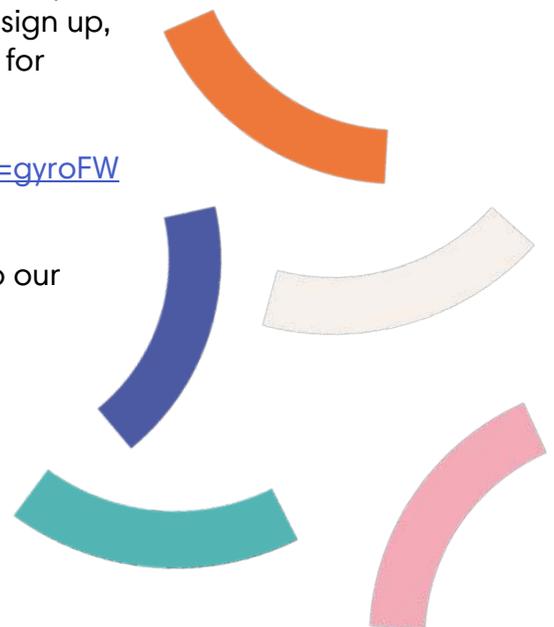
- Uptown Funk by Mark Ronson and Bruno Mars
- Happy by Pharrell Williams
- Don't Stop Believin' by Journey
- Crazy Little Thing Called Love by Queen
- Respect by Aretha Franklin

I also quizzed my friends and family and created a Kitchen Party Playlist on Spotify. If you want to have a listen to that, it's here (grown-ups – you can make a free Spotify account to listen, or if you don't want to sign up, you should be able to see the names of the songs on the playlist, for ideas!):

<https://open.spotify.com/playlist/2ZiQgCQIUMTk8ZkdObKtsN?si=gyroFWqXSrqGyYspq2Fnvw>

If you have already have a Spotify account, then you can listen to our playlist by typing this into the search bar in Spotify:

spotify:playlist:2ZiQgCQIUMTk8ZkdObKtsN



**Name**

**Dance Party Song Suggestions**

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