



## Dance Off

### Description

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Groups compete against one another in a friendly dance competition.

## Supplies

- No supplies needed

## How to Play

1. Divide students into several groups based on grade level, gender, or any fun way that you see fit!
2. One at a time, call two groups to the front. Divide the allotted space in half and show each group their designated dancing space.
3. Put on a popular song that you know students like and give them 30-45 seconds to brainstorm a plan for how they will dance together as a team.
4. After 30-45 seconds, restart the song and have both groups face one another and dance until the music stops.
5. Once the music stops, have the rest of the crowd make noise for who they think worked together as a team and was the best dance group.
6. Make sure to allow all groups an opportunity to compete against another group.
7. In the end have the groups that were voted the best come up to the front one more time to compete against each other.

## Activity Prompts for Reflection

- Who was a really good team player during the dance-off?

- Did anyone hear any kind words being used during the dance-off? Can someone share what they heard?
- What are some things that made it difficult to work together as a team during the dance-off?
- If we did this again what could be some ways you would make sure everyone was included on your team during this game?

## Other Ways to Play

- Play songs that have a dance already assigned to them like the “Cha Cha Slide” or the “Electric Slide” to encourage all students to actively participate.
- Have the groups choose their own songs to dance to during the competition, making sure to set expectations for “appropriate” songs.
- Allow the groups time to practice on their own and then come to perform, so it is less of a dance battle and more of a dance performance.

## Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.
- If time permits, have individual students come to the front to show off their unique dance moves.

### Category

1. Activities
2. Relationship Skills

### Sel-competency

1. Relationship Skills

### Allotted-time

1. 10-15 minutes

### Themes

1. Acting and Music
2. No Supplies Needed