

TIKTOK DANCE



GET CREATIVE



30 MINUTES



PREPARATION
NEEDED

▶▶ GETTING INTO THE ACTIVITY

Many teenagers are filling their time in lockdown by creating and watching TikTok dances to share with their friends. Create your own and try to involve your family.

TikTok is an app which can be downloaded onto a smartphone. Once downloaded you'll be able to look through some videos for inspiration.

Using the app, create your dance and video, either copying one of the popular dances that others have tried or by creating your own. Some dances work better with more people, so try to involve siblings and parents.

You don't need to share your video publicly on the app - this is just for fun and can be a private moment for you and your family to enjoy. If you don't wish to download the app, then you could edit together a video of a TikTok style dance without using the app. If you are comfortable, share your TikTok dance with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Smartphone
- TikTok App



NOTES FOR PARENTS & CARERS

TikTok can be used by children aged 13 or over. If under 13, children should only access the app on an adult's phone and with supervision. An adult should initiate any contact with the BB group and/or share on social media.