

LET'S GET MOVING!

Moving and dancing is a great way to keep our bodies healthy and strong!

FAMILY DANCE PARTY

Turn on some music and dance together from room-to-room in a conga line. Stop the music every once in a while to play "Freeze Dance!"

RED LIGHT, GREEN LIGHT

When you say "green light," your child has to run fast, then stop when you say "red light." Allow your child to say "red light, green light" for you to stop and move, too!

ANIMAL MOVES & GROOVES

Take turns pretending to move like different animals and guess which animals they are!

HELP YOUR CHILDREN
BE ACTIVE EVERY DAY.

