



01

gather up fun things to use as props from around your house. Scarves, hula hoops, rolled up towel, bubbles

*make it fun...*




02

jump outside for this class if the weather is nice! this is a great video lesson to enjoy under the sun!

03

everyone pick their favorite part of this week's activity to share with your family



04

practice and enjoy the video class throughout the week! Start your day off with this week's lesson or one of our past lessons

05

act it out! Take turns doing a dance step from this week's lesson and see if your family can guess what you're doing!

