



CELEBRATE 100 DAYS OF SCHOOL AND GET READY TO MOVE!

Directions: Scan the QR code to play your favorite KIDZ BOP songs and get ready to move! Complete each action 10 times and then color in the space when it's complete!



10 JUMPING JACKS

10 TWISTS

10 SPINS IN A CIRCLE

10 MARCHES IN PLACE

10 RIGHT ARM SHAKES

10 LEFT ARM SHAKES

10 RUNS IN PLACE

10 SKIPS

10 TOE TOUCHES

**10 OF YOUR FAVORITE
DANCE MOVE**

