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For Healthy Schools

ACTIVE FUN FOR KIDS AND PARENTS

RESOURCES FOR TEACHING AT HOME

Dance On!

Dancing gets your heart rate up. It's also just fun, and fun can be healthy too. For this project, you can simply turn on music and dance around the living room together. Or, make it even more fun using these ideas:

- Watch a dance video and practice the moves until you can perform the whole thing by memory
- Use a dance video game
- Watch a video and try out some ballroom moves

Whatever kind of dancing you choose, make it more fun with costumes. Wear a bow-tie or long scarves for ballroom dancing. Let yourselves be silly and make sure to laugh a lot!

Get your child into the rhythm of having fun while working out!



HEALTHY *Habits*[®]

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