

FUN FRIDAY

***LET'S GET
MOVING!***



Swipe for a variety of online movement videos to get the whole family up and grooving!

COSMIC KIDS YOGA

Available on YouTube kids, **Cosmic Kids Yoga** has an assortment of short yoga classes with themes for every kiddo!



Trolls

Minecraft


Frozen

Moana





Bonus: The channel also has guided relaxation exercises to help kids cool down.


BRAIN BREAKS



Available on YouTube
kids, **The Learning Station**
has action songs with
dances that everyone will
sing along to!



As you and your child dance
your sillies out, don't forget the
most important part to a
dance: **HAVE FUN!**



Exercise songs for Youtube Playlist for Kids

FREEZE DANCE

Freeze dance lets your child enjoy the music they love while also getting their groove on.

HOW TO PLAY

1. Turn on some tunes
2. Dance around
3. Pause the music
4. When the music stops, everybody stop dancing!



Use "Animal Dance and Freeze" by Jack Hartmann on YouTube if you want to mix it up and dance like animals