LET'S GET MOVING!

MAY 17 - 23, 2020

How Kids Can Learn Through Dance

Dance is a universal language. Parents can read this article to get inspiration for the week.

Sunday, May 17

Grover's Playground Workout

Try some cool exercise moves with your favorite Sesame Street friends.

Monday, May 18

Get Up & Play!

Outdoor play makes kids happier, healthier and stronger! Try these exercises that can turn into a live performance.

Tuesday, May 19

Robot Dance

Turn on your favorite music and pretend to dance like a robot. Check out the video for cool moves.

Wednesday, May 20

Playing Jump!

Help kids practice their measuring skills with this jumping game.

Thursday, May 21

Pinkadance

Join Pinkalicious and Peterrific to show off your dance moves. Pick your own music and do a freeze dance.

Friday, May 22

Animal Fitness

Engage your children in this activity that combines motor and listening skills.

Saturday, May 23

MORE!

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