LETS GET MOVING!

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How Kids Can Learn Through Dance

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

Grover's Playground Workout

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

Get Up & Play!

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

Robot Dance

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

Playing Jump!

Help kids practice their measuring skills with this jumping game.

Pinkadance

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

Animal Fitness

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

MORE!

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