


# D A N C E

DO 10 JUMPING JACKS	STRETCH FOR 5 MINUTES	HUGGED MY PARENTS	DO YOUR FAVORITE DANCE STEP 5 TIMES	PUT AWAY 5 TOYS
MAKE UP YOUR OWN DANCE	DO SOMETHING KIND FOR SOMEONE	TAKE 3 DEEP BREATHS	TELL SOMEONE WHY YOU LOVE DANCE	DO 10 SIT-UPS
READ A BOOK	DO THE HOKEY POKEY	 FREE	PRACTICE YOUR RECITAL DANCE 3 TIMES	TIPPY TOE FOR 30 SECONDS
PRACTICE SKIPPING	STAND ON LEFT FOOT FOR 10 SECONDS	COLOR A PICTURE OF YOUR FAVORITE COSTUME	REACH YOUR ARMS UP HIGH. THEN TOUCH YOUR TOES x5	SPEND SOME TIME IN NATURE
DANCE TO YOUR FAVORITE SONG	TELL SOMEONE YOU LOVE THEM	10 MINUTES OF QUIET TIME	STAND ON RIGHT FOOT FOR 10 SECONDS	DRAW MISS NICOLE A PICTURE

Complete a couple squares every day! Go for a "bingo" or a blackout.  
 Turn your completed card into the studio for a prize!