

Tissue Dance

Warm- Up: log onto www.gonoodle.com, click on the search button, type in “Run the Red Carpet” and complete.

Tissue Dance Activity: This is a fun game that works on posture, body control, balance and concentration. Have everyone start by placing a tissue on their heads. When the music starts playing, everyone starts dancing. But be careful; don't let the tissue fall off your head! If you catch the tissue before it hits the ground, place it back on your head and keep dancing! However, if the tissue hits the ground, you're out.

Cool Down: log onto www.gonoodle.com, click the search button, and type in “Super Scooper” to end with some yoga!