

# CSC Kids Dance Bingo

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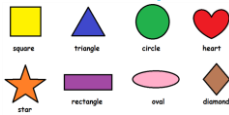
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Stretch in a butterfly, bear, seal and cat position.

Skip to make these shapes



Practice counting to 8. Clap as you count.

Go outside and gallop around for 1 min.

Create your own Hopscotch. Try 3 different ways.

Teach another person your favorite dance step.

Balance on one foot on both legs. (Count and see how long you can hold it.)

See how many stuffed animals you can jump over.

Balance your teddy bear on your head as you walk around the house.



Clap your hands for 3 8 counts.

Point and flex feet for 1 min.

Put on a song and make up a dance.



FREE  
dance

Practice 10 pliés in 1<sup>st</sup> and 2<sup>nd</sup> position.

Try to stretch in a basket. Can you touch your head?



Clap to your favorite song.

Walk in relevé to your room and back 5 times.

Turn on music and dance any way you want.

Balance in Arabesque in 5 different places in your house.

Crab walk forward 8 steps and backward 8 steps.

Try to circle 6 different parts of your body. Head, arms, finger, foot, hips, leg, shoulders, knees...

Move shoulders up and down 10 times. Try moving one at a time.

10 Hops on each foot. Can you do more?

Dance like a



Move in slow motion

Go for a walk outside and dance