**Tuesday, April 21st Dance Class**

**Warm Up:** <https://family.gonoodle.com/activities/good-energy-flow>

(Try asking different family members to share their energy flow with you!)

**Activity:** It’s **Earth Day** is this week! Try following the actions to this song and then make up your own: <https://www.youtube.com/watch?v=tUHZsEtJXdk>

I know you have been learning about animals so let’s try a fun animal dance: <https://www.youtube.com/watch?v=30ePPeUbwSs>

**Cool Down:** Listen to this song while you cool down by doing your own stretches

<https://www.youtube.com/watch?v=vOSOTW_ON84>

Practice some more dances using Mrs. Jaffer’s YouTube Channel! Click on her blog and look under Primary Dance!

<http://sd41blogs.ca/jaffers/>

**Thursday, April 23rd Dance Class**

**Warm Up:**

<https://www.youtube.com/watch?v=Imhi98dHa5w&list=RDEMppqbSn7svFJsdsXaDM2NVA&index=14>

**Activity:**

<https://www.youtube.com/watch?v=QfzRP6V5rE4&list=RDEMppqbSn7svFJsdsXaDM2NVA&index=16>

Pick 3 new dance movements you learned from this Dance. Create your own dance using your new moves and pick your own song. Count 8 beats for each dance movement. Share your dance with a family member.

I know you have been learning about animals so let’s try a fun Monkey Dance:

<https://www.youtube.com/watch?v=KpdRc9L97TY>

**Cool Down:** Listen to this song while you cool down by doing your own stretch

<https://www.youtube.com/watch?v=oHA7NvWOLgQ>

Practice some more dances using Mrs. Jaffer’s YouTube Channel! Click on her blog and look under Primary Dance!