



# CELEBRATE 100 DAYS OF SCHOOL AND GET READY TO MOVE!

**Directions:** Scan the QR code to play your favorite KIDZ BOP songs and get ready to move! Complete each action 10 times and then color in the space when it's complete!



**10 JUMPING JACKS**

**10 TWISTS**

**10 SPINS IN A CIRCLE**

**10 MARCHES IN PLACE**

**10 RIGHT ARM SHAKES**

**10 LEFT ARM SHAKES**

**10 RUNS IN PLACE**

**10 SKIPS**

**10 TOE TOUCHES**

**10 OF YOUR FAVORITE  
DANCE MOVE**

