

**START
HERE!**

**10 Star
Jumps**

**Stretch
while you
read a
Story**

**Design
a Ballet
Tutu**

(Go to Worksheet)



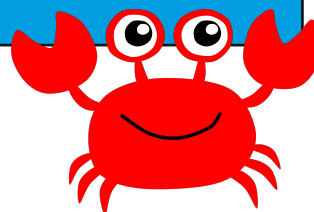
**Tip-toe
walk and
run like a
ballerina**

**Balance on
1 leg for
10 seconds**

**Sing your
favourite
nursery
rhyme**

**Crab walk
down the
hallway**

**Skip around
your
favourite
teddy**



**Trace and
colour in
the Cupcake
Picture**

(Go to Worksheet)



**5 Tuck
Jumps**

**Complete
the Dance
word trace**

(Go to Worksheet)

**Free dance
to favourite
song**

**Draw
your
teacher**

(Go to Worksheet)

This is my
Cupcakes Dance
Adventure
Activity!

**DANCE
etc.**

Name: _____

