



LIVE YOUR WHY

Afterschool Edition



Do you know any **dance moves**?
**Practice what you know, learn a new
dance move or make up your own.**

Check out this video to learn some dance moves:



Scan this:



youtube.com/watch?v=DftDpFiUGJE

What songs do you like to dance to?

If dancing isn't your thing, what kind of music
gets you energized?

What does that look like for you?



Looking for other ideas to help plan your afternoon? Visit us at
www.healthylamoillevalley.org/liveyourwhy