



Live Your Why – Afterschool Edition

**Learn a new dance move or make up your own.
Play your favorite songs and have a dance party.**

Check out this video of fun
dance moves you can try:

Scan this:



youtube.com/watch?v=sH-tRqSIQXE



What songs make you want to get up and dance?

If dancing isn't your thing, what does listening to your favorite music make you want to do?



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