

Happy Dance

Make keeping fit a little more fun with this activity. This can be done indoors or out in the garden. All you need is some music, each other and some crazy dance moves.

1. The eldest person in the house has to go first, this person stands in front, facing the others.
2. They can pick their favourite song and play it.
3. When the music starts, the person at the front will start dancing! Putting lots of effort into making it fast and funny. Using different steps and poses. The crazier the better! They could even do this sitting down.
4. Everyone else has to copy the leader move by move.
5. Once the song has finished, the leader will then choose a new leader to choose their favourite song and show their dance moves for the rest to copy.
6. If you have a big family, make sure everyone gets the chance to be the leader. If there's only a few of you, keep going for as long as you can.

