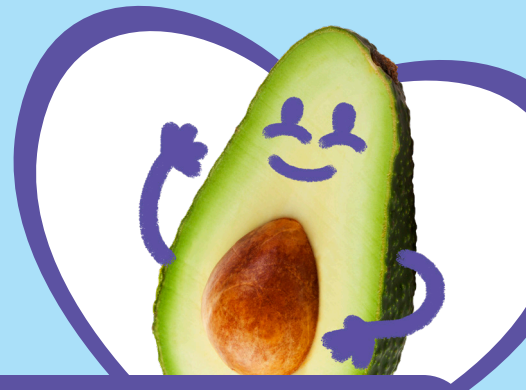




snackpals & WinterKids

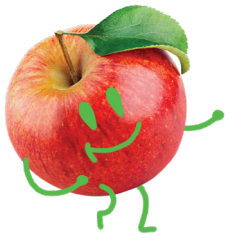
SNACK PALS WINTER GROOVE



Time to move your body and make your heart smile! Join the Snack Pals for a winter dance party full of silly steps, frosty fun and lots of laughs. Put on your favorite heart-themed song and let's dance!

TRY THESE MOVES:

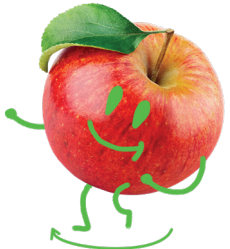
Snow Shuffle



Bring your right foot up partially to the left.

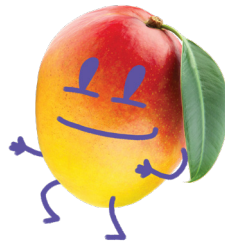


Step back to the right and clap your hands in front like snowflakes twinkling.

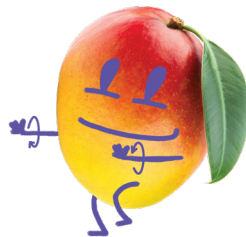


Pivot to the right and repeat with your left foot.

Blizzard Shuffle



March in place lifting your knees high like trudging through snow.



As you march, swirl your hands in small circles out front like making a mini snowstorm.

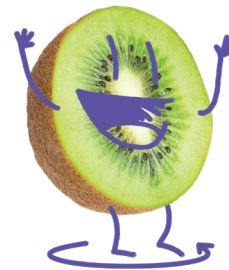


After 8 counts, jump and spin once to clear the blizzard.

Heart Hug Spin



Cross your arms over your chest like you're giving yourself a hug.



Spin slowly in a circle, then open your arms wide like you're sharing the love.

Repeat faster to the beat.



HEART BEATS PLAYLIST

Ask an adult to turn up some heart themed songs and dance along!

Did you know?
Dancing makes your heart beat faster, which keeps it strong.