

Musical Moments.



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This is a practical activity you play with one or more members of your family

All you will need is a dice, some music and some space to move.

Put on some music of your choice, you can take it in turns.



Roll the dice. Whatever number it stops at you have to do the matching moves.

6do star jumps in time to the music for 1 minute

5..... hop on one foot for 30 secs

4..... jump on 2 feet for 30 secs

3..... sing along to the music

2..... floss to the music for 30 secs