

GET MOVING AND GROOVING



Moving to music can help make you feel good! What kind of music makes you happy?

Write the name of a fun song: _____

Listen to the song. Sing and dance along!



How does moving to the song make you feel?

Circle the words that describe your feelings.

Add your own words on the lines.

EXCITED

THANKFUL

GLAD

POWERFUL

CHEERY

JOYFUL

SILLY

PLAYFUL

HAPPY

CALM



Other feelings:



Make up a dance move to go with your song. Teach it to your classmates!

