

Twist and Shout, Show What You're About!

Celebrate the real you with a fun phrase and dance move!

Part 1

Write your first initial on the line below. Then under your initial, brainstorm positive adjectives and verbs that start with your initial. Think of words that describe you and things you love.

Next, choose one positive adjective and one verb. Once you've selected your words, create your name phrase.

Examples: Resourceful, running, Robert. Adventurous, acting, Ava.



My first initial: _____	
Positive adjectives that start with my initial	Action verbs that start with my initial

My phrase: _____, _____, _____
 (adjective) (verb) (name)

Part 2

It's time to bust a move! Using the words you chose, create a motion or dance move to go along with your phrase. Write the move below. Then perform it for the class.

For example, "Resourceful, running, Robert" might tap his index finger to the side of his head to indicate thinking for the word *resourceful*, and then run in place for *running*. "Adventurous, acting, Ava" might move her hands to pretend she is looking through binoculars for *adventurous*, and then put the back of her hand to her forehead and move her lips to pretend that she is *acting*.



get real

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