



# Wake up shake up!

<https://www.youtube.com/watch?v=MugzDjGDYjo> - Busy Feet

[https://www.youtube.com/watch?v=NwT5oX\\_mqS0](https://www.youtube.com/watch?v=NwT5oX_mqS0) - Shake Your Sillies

<https://www.youtube.com/watch?v=TSdelhmv6v0> - Head, Shoulders, Knees and Toes.

<https://www.youtube.com/watch?v=5L40pXuNawY> - Dr Knickerbocker

[https://www.youtube.com/watch?v=JV-D\\_K4drsA](https://www.youtube.com/watch?v=JV-D_K4drsA) - The Pinocchio

<https://www.youtube.com/watch?v=FP0wgVhUC9w> - Zumba Kids - Electronic song - Minions

<https://www.youtube.com/watch?v=ymigWt5TOV8> - Zumba Kids - I like to move

<https://www.youtube.com/watch?v=sgXpX6tU3mc> - Sticky kids—Cool Down





# Wake up shake up 2!

It's important to exercise and keep ourselves fit and healthy. Why not start the day off by keeping active. Go for a family walk! Get outdoors, whatever the weather. Try and keep away from other families and groups.

You can also stay fit and healthy by joining in with exercises within the home. Follow the links below and try and do them as a family. Don't forget to do the cool down after your workout.

Zumba Kids – electronic song <https://www.youtube.com/watch?v=FP0wgVhUC9w>

Zumba Kids – I like to move it <https://www.youtube.com/watch?v=ymigWt5TOV8>

Zumba Kids – Freeze dance [https://www.youtube.com/watch?v=ln\\_aYUOYZ1o](https://www.youtube.com/watch?v=ln_aYUOYZ1o)

Taylor Swift – “Shake it off” Zumba kids jr Choreography  
<https://www.youtube.com/watch?v=q0U1A7ovy3I>

“Dance Monkey” - Zumba Kids Choreography  
<https://www.youtube.com/watch?v=GRM9h8EQ6Bw>

“Rockabye” - Zumba Kids Choreography <https://www.youtube.com/watch?v=dkH1nZkkNbY>

Banana song by minions - Zumba Kids Choreography  
<https://www.youtube.com/watch?v=lcazEBIasJc>

Sticky Kids – Cool Down <https://www.youtube.com/watch?v=sgXpX6tU3mc>

