

KidsHealth.org

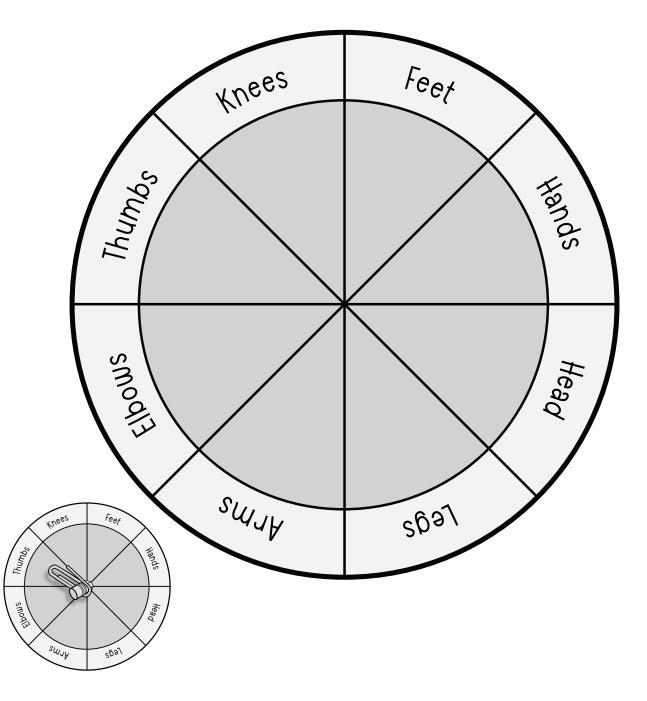
## Child Care • Nutrition & Fitness Series

Dance

Nemours.

## Dancing Spinner

**Instructions:** Glue this sheet to a piece of construction paper. Then, cut out the circle and poke a pencil through the center. Attach a paper clip to the end of the pencil. To spin, hold the pencil horizontally and keep the paper clip pointing up. Then spin the paper and see where the paper clip points. Now you're ready to dance! Turn on the music and get the kids dancing. Spin the spinner and call out the body part that the paper clip lands on. Students should dance by only moving that body part.



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