



Glide's Guide on being active!

Leprechaun Dance

Materials: internet access and accessibility to Youtube.com

Age: any

Directions: Using your device, visit Youtube.com and search for “Leprechaun Dance” video. Play the video/song at a volume for everyone to hear and follow the directions; **dance, bow, clap, and jump.**

Importance: This activity will help children of all take part in physical activity that will, improve balance, increase cardiovascular physical activity and connect a fun activity to an event that is taking place in their world.

FAMILY ENGAGEMENT