

STOP - DROP - ROCK N' ROLL

This is the perfect activity to get kids up and moving!

1. Line kids up in a line.
2. Use a radio, speaker or your cell phone to play fun, upbeat dance music.
3. Start the music and have kids show off their dance moves and boogie.
4. When the music stops all the kids must immediately stop dancing and drop to the ground.
5. Everyone will practice “stop, drop and roll until the music plays again.



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