



Wellbeing Wednesday Activity Card

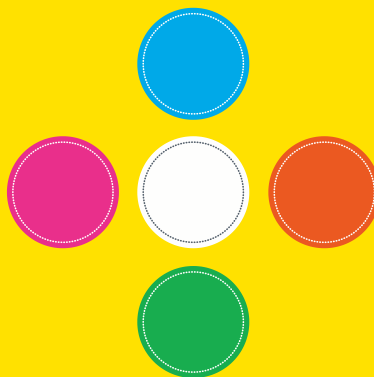


**Dancing is a great way to let go of worries and feel good.
Try making up your own dance mat routine to your favourite song!**

To make your own dance mat, you will need 5 coloured dots (you can make these out of coloured paper or cardboard, or draw them on the ground outside with chalk).

Stand on the middle dot and jump to the other dots in time to the music.

You can jump left, right, forwards, backwards
You can jump onto 1 foot or you jump both feet onto different colours. Visit our [website](#) for more examples.



Example

Starting from the white centre dot jump to:

- Right foot pink
- Back to white
- Left foot orange
- Back to white
- Left foot green and right foot blue
- Left foot orange and right foot pink
- Left foot blue and right foot green
- Left foot green and right foot blue
- Back to white

