

Lift-Off!'s Music That Gets You Moving!

Get a move on and see if you can find the 10 song titles below hidden in our word find. As you'll see, all of the song titles have something to do with moving and staying active.

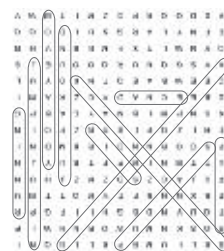
B K L I U M B P K L L G Q N I
 S O S K N M U W O R N N W I P
 T Q U V N D B G H I I F G P R
 E B X N N B F T V M Q T T M U
 P X J A C Z S O Z M Z J H U N
 U T T M N I M P F T R U Y J N
 P S O O R N N D I R B M D N I
 T H I Z O P I B V N Z P O I N
 K S N P M I B M A Y C A B P G
 D B E E C N A D V C Z R A M I
 C E E W B A E Q T N K O Y U L
 K V S G Q N U R Q O O U E J S
 Q V N W L Y X E M B B N V H N
 E F N Y L A R G S U L D O Q Q
 Y S D O G R P D Z M I T M W V



LIFT-OFF!

Get Movin' & Groovin' To Your Favorite Beat!

There are a lot of ways to be active, but one of the most fun is to dance to your favorite tunes. Here is a great idea on how you can "get moving" by creating your very own dance steps that will have you "movin' & groovin'" in no time.



Answer Key: Music That Gets You Moving

**BOUNCIN BACK
 DANCE
 JUMP AROUND
 JUMPIN JUMPIN
 KEEP ON MOVING**

**MOVE YA BODY
 RUNNING
 SPIN
 STAND UP
 STEP UP**



- 1 Trace your foot on a piece of paper six times, cut out the footprints, and number them from 1 to 6.
- 2 Spread out the footprints on the floor around you.
- 3 Have a friend randomly yell out numbers while you step on the corresponding footprint.
- 4 Show off your own style by adding special moves and motions to create your own "Movin' & Groovin'" dance.