DEBY DANCES

FREE ACTIVITY PACK

Let's Learn Zoo by Shakira

Six animal moves to learn, match and practise at home!



WHAT'S INSIDE

1. 6 move cards: Starfish, Chicken, Push Crab, Frog Jump, Swim and Penguin
2. Match the move to the animal
3. My 7-day dance tracker and a drawing page

This pack belongs to:

For grown-ups: put on the Zoo dance video, print these pages and let your little one tick off each move as they learn it.

Starfish

Stretch out and be a big star!



HOW TO DO IT

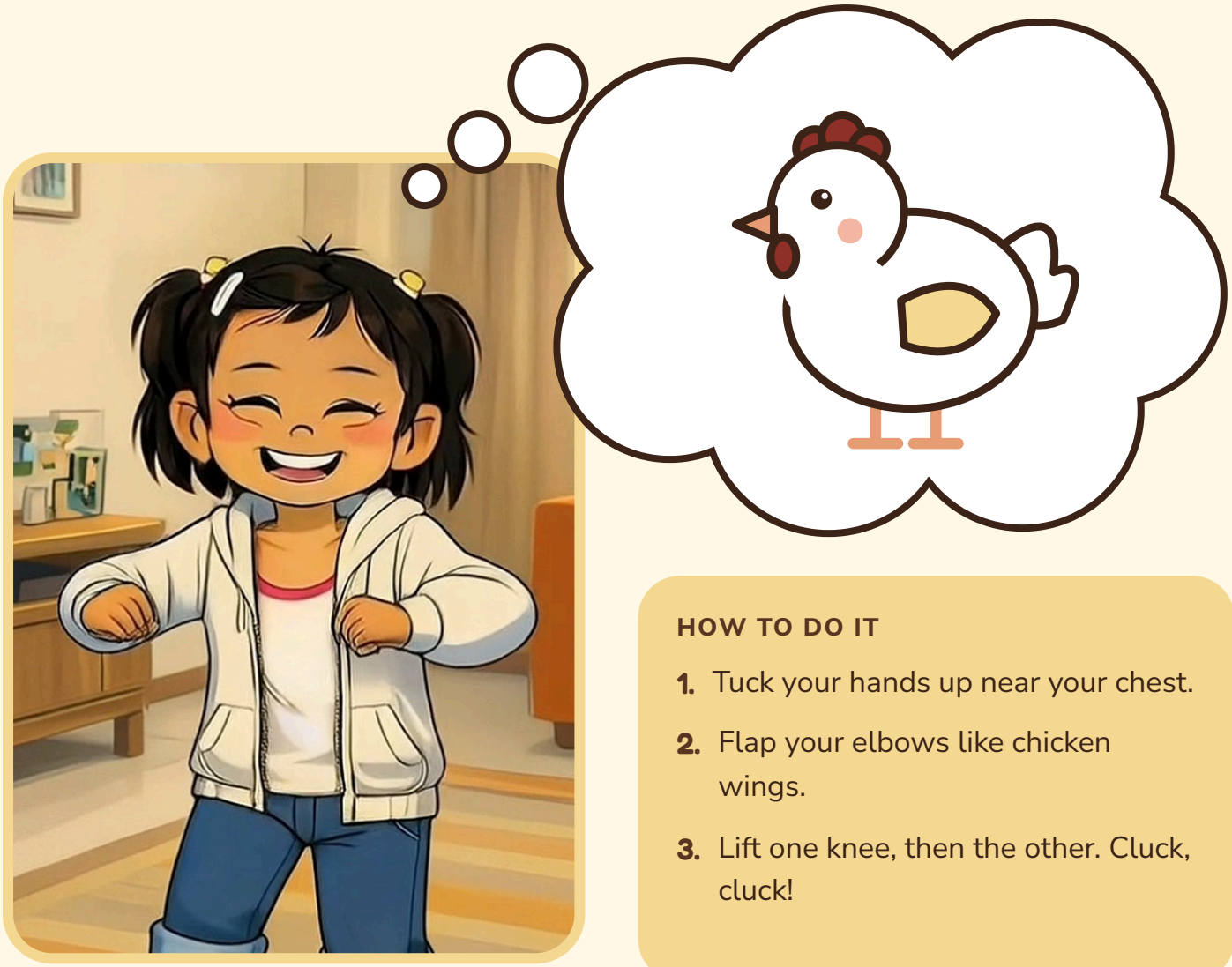
1. Jump your feet out wide.
2. Stretch your arms up high in a big V.
3. Spread your fingers and shine like a star!

Colour a star each time you dance it!

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Chicken

Flap, flap, cluck, cluck!



HOW TO DO IT

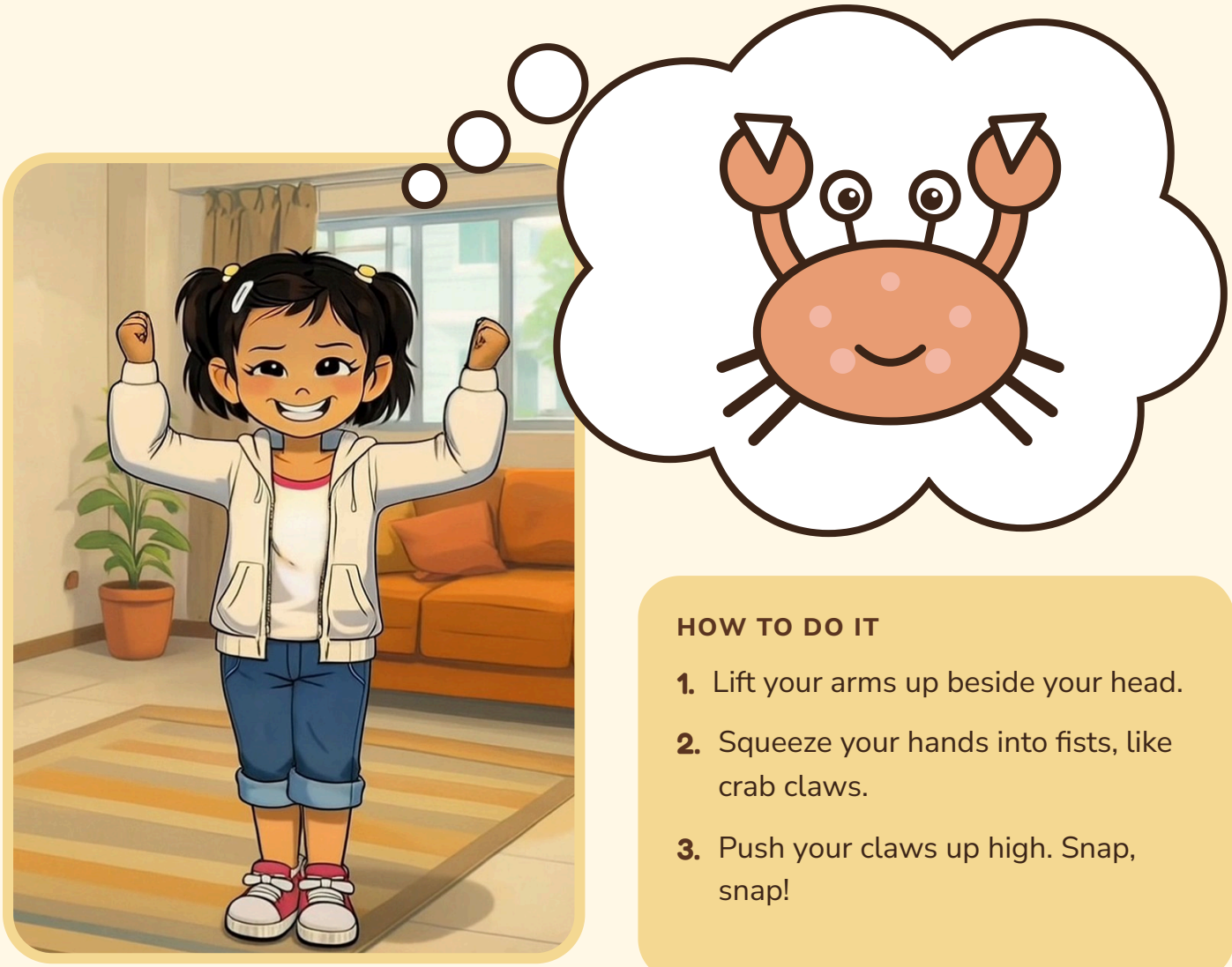
1. Tuck your hands up near your chest.
2. Flap your elbows like chicken wings.
3. Lift one knee, then the other. Cluck, cluck!

Colour a star each time you dance it!

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Push Crab

Snap, snap, pinch and push!



HOW TO DO IT

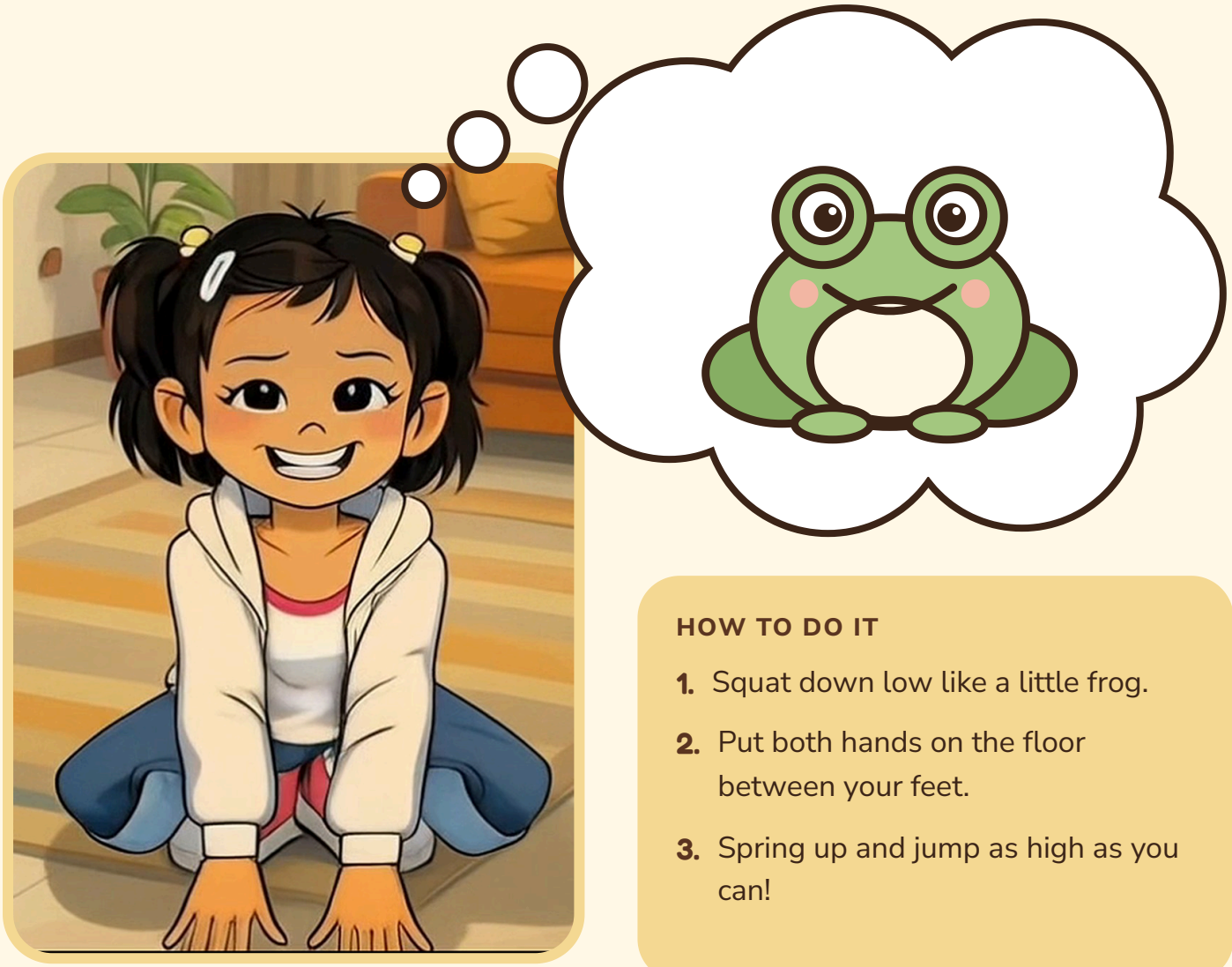
1. Lift your arms up beside your head.
2. Squeeze your hands into fists, like crab claws.
3. Push your claws up high. Snap, snap!

Colour a star each time you dance it!

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Frog Jump

Ribbit, ribbit, JUMP!



HOW TO DO IT

1. Squat down low like a little frog.
2. Put both hands on the floor between your feet.
3. Spring up and jump as high as you can!

Colour a star each time you dance it!

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Swim

Swish, swish, like a little fish!



HOW TO DO IT

1. Cross your arms in front of your tummy.
2. Sweep them open, out to the sides, like fins.
3. Cross and open again. Keep on swimming!

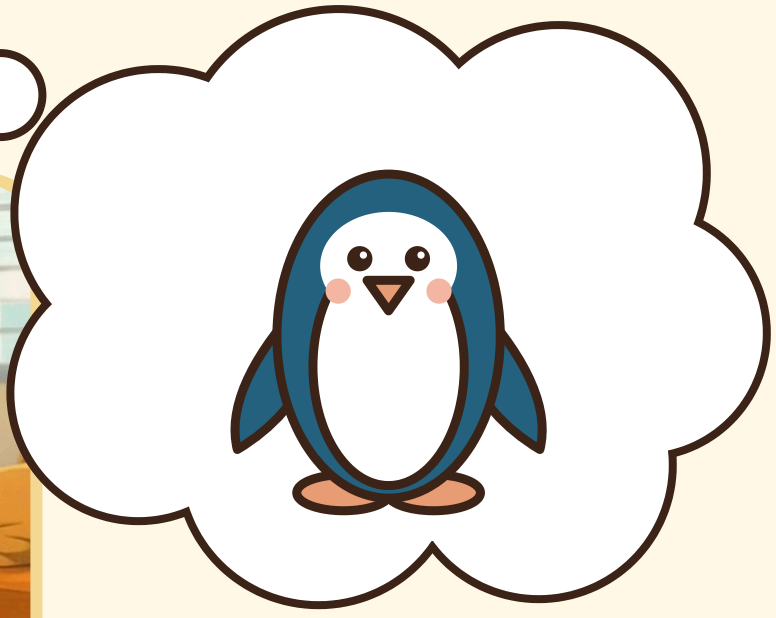
Colour a star each time you dance it!

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Penguin

Waddle, waddle, flick!





HOW TO DO IT

1. Stand with your feet apart.
2. Keep your arms straight down by your sides.
3. Flick your hands out and waddle side to side!

Colour a star each time you dance it!

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DEBY DANCES

Match the move!

Draw a line from each Deby to the animal she is pretending to be.



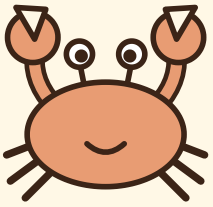












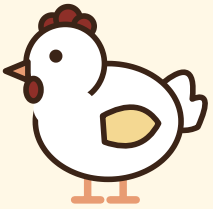
Crab



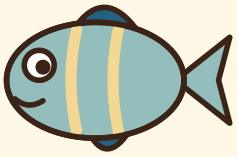
Starfish



Penguin



Chicken



Fish



Frog

DEBY DANCES

My Dance Tracker

Dance along with Deby every day. Tick a box for each move you do!

MOVE	MON	TUE	WED	THU	FRI	SAT	SUN
Starfish							
Chicken							
Push Crab							
Frog Jump							
Swim							
Penguin							

My favourite move is _____

DRAW YOURSELF DOING YOUR FAVOURITE ANIMAL MOVE

Loved dancing with Deby?

Watch more dance-along videos with Deby, and follow @DebyDances on Instagram and YouTube.

debydances.com