

CHALLENGE:

- Celebrate successes and moments by making up family cheers that get you moving. *Making a MOVE...ABOUT something great!*
- Inspired by the “Energy Awards” of Girls on the Run, a “Move About” is a cheer that uses your voice, your body and your creativity.

HOW TO:



1. Think of something that you want to celebrate with a cheer.
 - A family run, walk or bike ride.
 - Finishing a hard day of school.
 - Everyone did their chores.
 - We raked all the leaves.



2. Plan what kind of movement you could make into a cheer.
 - climbing a ladder
 - stirring a pot of soup
 - surfing
 - reading a newspaper
 - combing your hair, looking in the mirror
 - snapping fingers, clapping hands, stomping feet
 - pretending animal moves
 - washing machine or mopping floor



3. Make up words to go with your movement for the cheer.
 - Climb - We Climb - Cuz' we're the next level.
 - I stir, you stir, we all cook it up!
 - Surf's Up, Catch a wave - WooHoo, Cowabunga!
 - Extra, Extra, Read all about it! We did it!...
Yeah Yeah, We did it!
 - Who looks so good? You/We look so good!
 - Storm's a comin' can you hear the rumble?
 - Swish, swish (back and forth like mopping or a washing machine turning)

Keep creating “Move Abouts” that are cheers that use movements to tell your family about how great they are.