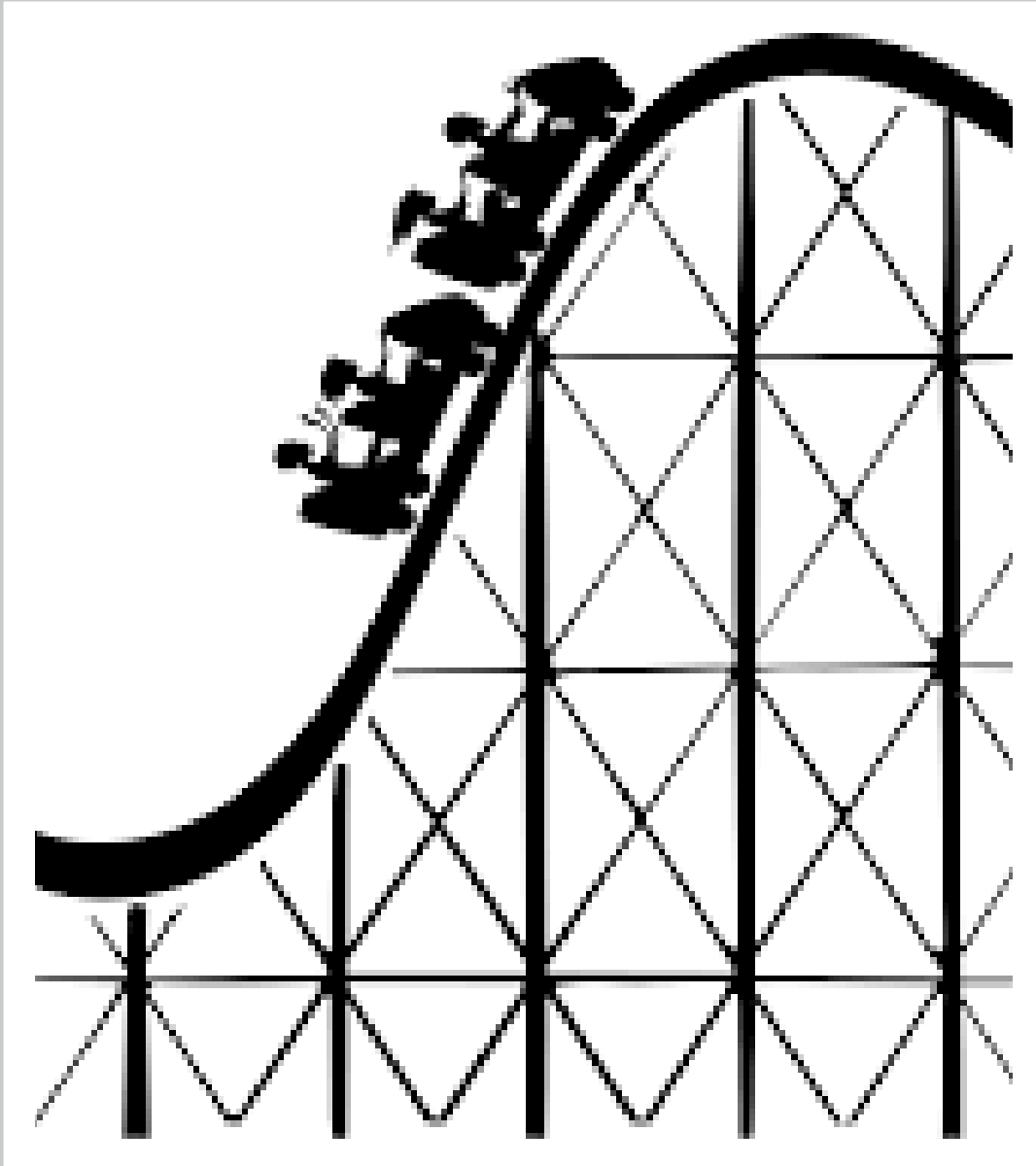




- Loch Ness
- <https://www.youtube.com/watch?v=8YiWzYsBf4g>
- Roller Coaster-6 Flags
- <https://www.youtube.com/watch?v=60zrnOyBo3U>
- Roller Coaster 1812 Overture
- <https://www.youtube.com/watch?v=ElrDJO6XemA>
- Timber terror
- <https://www.youtube.com/watch?v=zVHz4JM8674>
- Sky Scream
- https://www.youtube.com/watch?v=h_lcZcBcQ0o
- Sky rushers
- <https://www.youtube.com/watch?v=hpvVBDz1rXM>
- Water Slide/raft
- https://www.youtube.com/watch?v=81_HvoBX7fM
- Worlds longest water slide
- <https://www.youtube.com/watch?v=A05XO183NVs>



Kids+

I like me better

<https://www.youtube.com/watch?v=FYDGYylcxpQ&fbclid=IwAR3jRaXi6-uYPKW9zSzZJZg2uaEV-100eihykhmUALTUB8sejgOXnW3THXc&app=desktop>

A thousand miles

https://www.youtube.com/watch?v=X_cLevFk1cs&fbclid=IwAR3jRaXi6-uYPKW9zSzZJZg2uaEV-100eihykhmUALTUB8sejgOXnW3THXc&app=desktop

What is love

<https://www.youtube.com/watch?v=v8dJ-Qe-psc&fbclid=IwAR3jRaXi6-uYPKW9zSzZJZg2uaEV-100eihykhmUALTUB8sejgOXnW3THXc&app=desktop>

Counting Stars

<https://www.youtube.com/watch?v=qcNsr8XpUAg&fbclid=IwAR3jRaXi6-uYPKW9zSzZJZg2uaEV-100eihykhmUALTUB8sejgOXnW3THXc&app=desktop>

Wheelchair dance - Feel it still - Portugal The Man

<https://www.youtube.com/watch?v=KwRzMLUglzY>

Can't stop the feeling

<https://www.youtube.com/watch?v=4zww0h9cHu0>



Kids:

Wishy Washer Woman

<https://www.youtube.com/watch?v=OYL20BXsIQc>

Baby Shark

<https://www.youtube.com/watch?v=XqZsoesa55w>

Gummy Bear Song

<https://www.youtube.com/watch?v=astISOttCQ0>

Poppin' Bubbles

<https://www.youtube.com/watch?v=JdBIXPWM8AI>



Running in place ‘Danger Force’

<https://www.youtube.com/watch?v=7Li2qwdUsxU>

Help our Heroes

<https://www.youtube.com/watch?v=wIYys4iDtHo&t=7s>

Move and Freeze

<https://www.youtube.com/watch?v=388Q44ReOWE>

Meatball Run/Dodge Game

<https://www.youtube.com/watch?v=JU0ETGd5dgk>

Red Carpet Run

https://www.youtube.com/watch?v=d_GNRD17E

Video Game Run-Level Up

https://www.youtube.com/watch?v=DO-R5EfG_N4



<https://www.youtube.com/watch?v=dnwHDN6Dw7Q&fbclid=IwAR2PVW6CgypLE5xhtEs2dyKt2hlaQpYN-oUqrupBprwQ6A8Mn0S8UIBDe48&app=desktop>

<https://www.youtube.com/watch?v=WwXfLYSAL9s&fbclid=IwAR2PVW6CgypLE5xhtEs2dyKt2hlaQpYN-oUqrupBprwQ6A8Mn0S8UIBDe48&app=desktop>



Stretches

Stretch (20 times each- 3 sets)

- 1.Jump
- 2.Touch Toes
- 3.Torso Twists.
4. Arm Circles
- 5.Slow March

Walk Down Body-Body Parts

- 1.Head then toes (5 times)
- 2.Sholders then toes(5 times)
- 3.Hips then toes (5 times)
- 4.Knees then toes. (5 times)

Head shoulders knees and toes



Why wash our hands

<https://www.youtube.com/watch?v=evXG5HuwIn0>

How to wash hands

<https://www.youtube.com/watch?v=IMQBumkdQR0>

Alton Brown Wash Hands- informational and I like the 30 second demo he has.

<https://www.youtube.com/watch?v=WU-DfYU9BU0>



Tutorial

<https://www.youtube.com/watch?v=BLWFnDjt1JY&feature=youtu.be&fbclid=IwAR2PVW6CgypLE5xhtEs2dyKt2hlaQpYN-oUqrupBprwQ6A8Mn0S8UIBDe48>

Dolphins

https://www.youtube.com/watch?v=LStXdtFj_o

Seals

<https://www.youtube.com/watch?v=gD0EbnZyr10>

Salmon

<https://www.youtube.com/watch?v=jlC6HKlcaLY>

Dog paddling

<https://www.youtube.com/watch?v=lai6qd8mJHE>

AFHV Dog swim

<https://www.youtube.com/watch?v=Bh44DyW1KEc>





Tutorial-<https://www.youtube.com/watch?v=-BBHjHRhKv0&feature=youtu.be&fbclid=IwAR2PVW6CgypLE5xhtEs2dyKt2hlaQpYN-oUqrupBprwQ6A8Mn0S8UIBDe48>

Kayak

<https://www.youtube.com/watch?v=Nhtj5cvTqjw>

Go Pro White Water kayak

https://www.youtube.com/watch?v=OD_E_-C9Tik

Kayak Norway

<https://www.youtube.com/watch?v=FeD6ZkZ1SbY>