



# ACTIVE CLASSROOM

## ACTIVITY CARDS



### FAVORITE SONG WORKOUT

- Use the song 20 Seconds or More by Doug E Fresh and Hip Hop Public Health to get a fun workout.
- Play the song. Jog in place during verses. Do jumping jacks during the chorus. The chorus says, “Wash your hands everybody...”
- Create new workouts with more of your favorite songs.

**GREAT:** Excellent, powerful, strong, magnificent.

*The class was filled with great students with excellent goals that will help their community become a caring and positive place to live.*

