

## AWAKEN THE CHILD

Today awaken the child within you. Let go of your shyness and connect with your children through the medium of dance.

1. When parents dance with their children, they move from the ego-centric to the we-centric stage.
2. Put on happy music and start moving your body. Stand next to your child and start doing easy steps.
3. Dance together - first next to each other, then facing each other and finally holding hands with each other.

Make some memorable merry music videos of your family to cherish in the future and celebrate your life.

## MAKE YOUR DAY JOYFUL

