

# Roll Play

## Things to know before the show:

- 1** **Come ready to roll!**  
Wear something lightweight and comfortable. With all the singing, dancing and special guests it's going to be an active show.
- 2** **Get a move on.**  
Tune in to Roll Play on [Treehouse](#) to watch episodes and practice your special moves. Then get ready to show them off on show day.
- 3** **Fuel up.**  
Be sure to have a healthy meal and drink lots of water before the show... you're going to need the energy. Check our [recipes](#) for ideas.
- 4** **Try something new.**  
Captain a ship, jump rope, get tagged in a shark attack or just try something new. Get rolling with our [activity](#) ideas.

