Animate:

A Heavy Square crossing the screen.
A Light square crossing the screen

One square at a time

The square should have personality and feel like a character
Show anticipation, action, reaction.
What happens when it stops or why does it stops
It should be funny to watch: exaggerate the action

Before animating do thumbnail sketches for your extremes

Reading: (cf: Timing for animation p 26 to 37 and Richard Williams p256 to 284)