

# Dance Inspiration

## B I N G O

PRACTICE RECITAL ROUTINE 15 MIN	WATCH A DANCE MOVIE OR BROADWAY SHOW	DESIGN A COSTUME USING OLD DANCE COSTUMES OR CLOTHES	BALANCE ON RIGHT FOOT FOR 1 MINUTE	PLANK FOR 1 MINUTE
10 MINUTES OF YOGA	STRETCH FOR 10 MIN	SEND AN INSPIRING MESSAGE TO A FAMILY MEMBER OR FRIEND	1 MINUTE OF CORE STRENGTHENING	DANCE OUTSIDE!
FIND AN INSPIRING QUOTE AND TAG OR POST IT TO D.I. SOCIAL MEDIA PAGE	PRACTICE YOUR STAGE MAKEUP/HAIR	<b>Free</b>	WATCH A YOUTUBE VIDEO OF A DANCE LEGEND FROM PAST	WRITE A JOURNAL ENTRY OF WHY DANCE IS IMPORTANT TO YOU
WALL SIT FOR 1 MINUTE	FACETIME A DANCE FRIEND AND PRACTICE ROUTINE TOGETHER!	BALANCE ON LEFT FOOT FOR 1 MINUTE	IMPROV TO YOUR FAVORITE SONG	TAKE AN ONLINE DANCE CLASS FROM CLI, OPERATION TAP, OR YOUTUBE VIDEO
50 JUMPS IN 1 <sup>ST</sup> POSITION	TEACH A PARENT OR SIBLING A DANCE MOVE	WATCH AN OLD RECITAL VIDEO	CREATE A NEW TIK TOK DANCE!	WALL SPLITS FOR 1 MINUTE

*Go for Bingo or Blackout! Turn in to your teacher when we return for a prize!*

*\*We would love to see! Post pics performing your tasks on social media with #didancefun*