


# D A N C E

PERFORM 3 RANDOM ACTS OF KINDNESS	PRACTICE YOUR RECITAL DANCE 3 TIMES	IMPROV TO 2 SONGS OF DIFFERENT GENRES	ACTIVELY STRETCH FOR 10 MINUTES	DECLUTTER YOUR SPACE FOR 20 MIN.
WORK WITH THERABAND FOR 10 MINUTES	TAKE A BREAK FROM SOCIAL MEDIA	WRITE 10 THINGS YOU ARE GRATEFUL FOR	WATCH A DANCE MOVIE	DO 50 CRUNCHES
READ A BOOK	SET A DANCE GOAL YOU CAN ACCOMPLISH BY JUNE		DESIGN YOUR DREAM DANCE COSTUME	TELL SOMEONE YOU LOVE THEM
PRACTICE YOUR PERFECT DANCE BUN	HUGGED MY PARENTS	RESEARCH A DANCE LEGEND	TAKE 20 MINUTES OF QUIET ALONE TIME	WATCH A PAST VIDEO OF YOURSELF DANCING
SPEND SOME TIME IN NATURE	DO TWO 1 MINUTE PLANKS	TELL SOMEONE WHY YOU LOVE DANCE	10 EACH- BURPEES SIT-UPS JUMPING JACKS	DRAW MISS NICOLE A PICTURE

Complete a couple squares every day! Go for a "bingo" or a blackout.  
 Turn your completed card into the studio for a prize!