



# Weekly Goals

## WEEK OF MAY 4



Practice your recital dances 3x each.



Watch the videos to learn the new choreography



If you have questions, get them ready for our Zoom Meeting next week.



Stretch for 20 minutes 2x



Connect with a dance friend

# Explanations

- 1) Practice- full out as best as you can- your dances for recital. Use the videos on the virtual learning portal for music and videos to help you remember.
- 2) Pick at least one video from our bonus content on our virtual portal to work from.
- 3) Design your own dream costume. Pick out the colors, materials, style, accessories. Be sure to share your final product with us so we can enjoy it!
- 4) Be the choreographer! Make up a dance to go with your dream costume. You pick the song and the moves.
- 5) Stretch for 20 minutes 2 times this week. You can follow a video, stretch on your own, or do a combination!
- 6) Connect with a dance friend that you haven't talked to much in a while! Reach out and make them smile!