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# Dance Journal

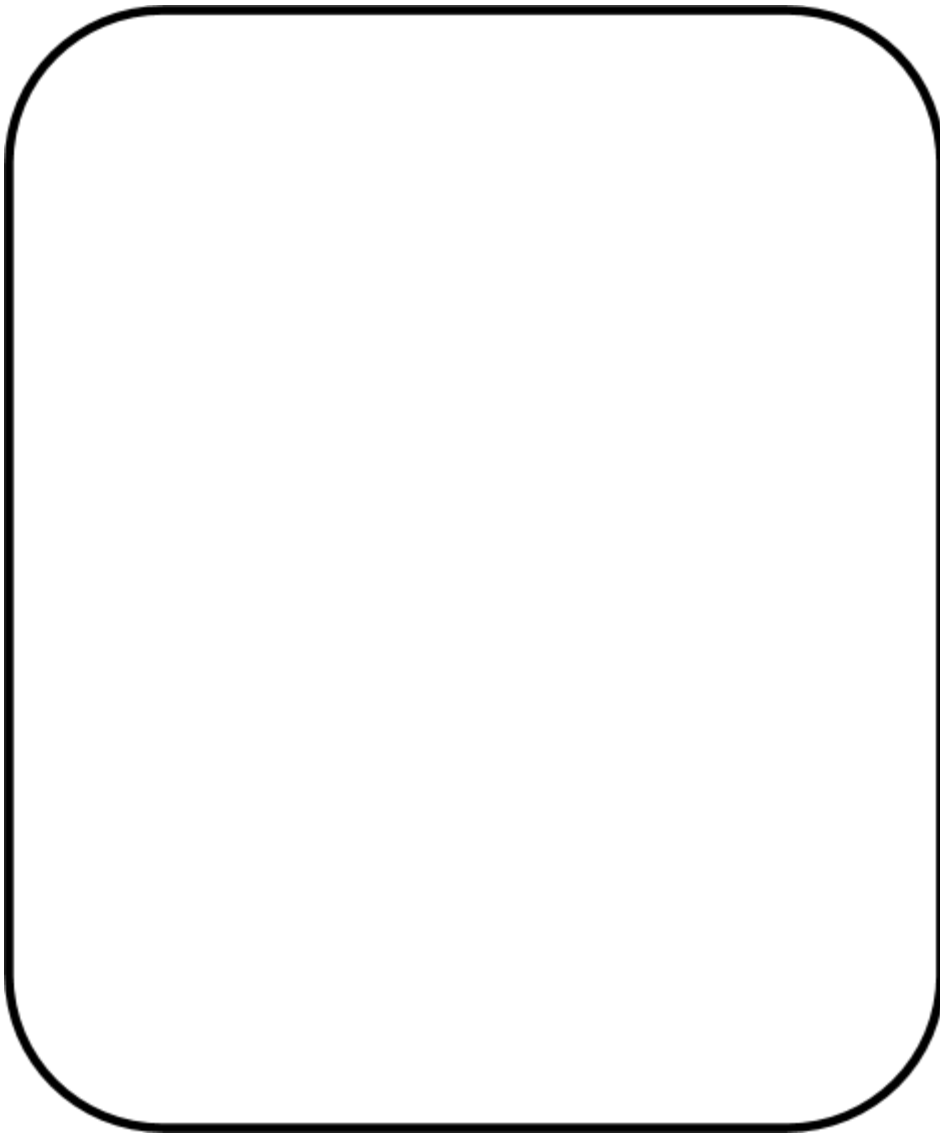


Hi Everybody! Laura here!

I know you're all going to be missing Dance so I've put together some activities and challenges for you to do! Feel free to print out each page, fill them out electronically or just use any paper you have! These are **YOUR** journals! You can add extra pages to them yourself, add photos and/or personalise as you go! Get creative - I will be wanting to see updates and all the awesome things you do! **Sooooo Let's get started...**

**Draw or insert a self portrait or selfie in the box below:**

- Use lots of colours and feel free to add a border!



# All about YOU and DANCE:

Name: \_\_\_\_\_

Current Age: \_\_\_\_\_

Age started dancing: \_\_\_\_\_

Favourite dance style: \_\_\_\_\_

Favourite song to dance to: \_\_\_\_\_

Favourite dance learnt: \_\_\_\_\_

Favourite Choreographer: \_\_\_\_\_

What is your favourite thing about dancing? \_\_\_\_\_

\_\_\_\_\_

What is your favourite dance memory? \_\_\_\_\_

\_\_\_\_\_

What is your favourite thing about dancing at Tribe?

\_\_\_\_\_

\_\_\_\_\_

## Dance Goals:

Here is a space for you to add your dance goals and to tick them off when you achieve them! They can be big or small, simple or more complex! Try to mix up short-term and long-term goals! You can add as many or as little as you like. I highly recommend leaving spaces for any future goals that may pop up or for building on goals you have already achieved!

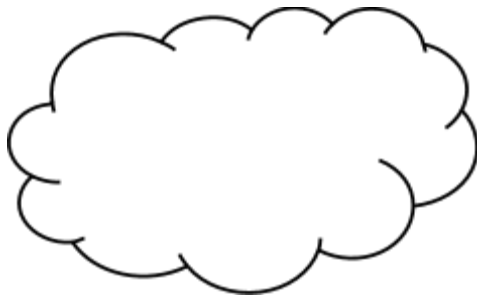
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Draw yourself ready for dance class below:

(I cannot wait to see these!)

# Warming up at dancing!

Warming up is a REALLY important part of dancing. Can you mindmap some of the reasons it is important to warm up before beginning to dance and some examples of how to warm up? (sketches welcome!)



# Can you now create your own warm up?

Create your own warm up and teach it to a family member or a soft toy!  
Document your warm up below!

**Song Choice:**

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**Warm up:**

# Dance Teams (old and new!)

C	D	Z	T	I	L	B	T	X	D	E	S	D	I
I	A	U	I	E	N	T	E	I	N	S	D	E	S
O	W	R	Z	O	I	E	A	N	G	I	N	O	B
R	A	W	U	O	G	A	M	N	I	E	J	E	R
X	R	S	L	I	I	P	R	E	Z	N	T	G	N
R	R	N	N	E	R	A	E	C	A	E	R	R	D
K	I	I	T	V	O	I	K	N	O	M	I	A	A
U	O	D	G	O	O	K	M	A	A	A	B	T	C
L	R	K	G	M	E	L	E	D	R	G	E	T	I
T	Z	E	O	M	A	V	T	M	O	D	N	N	I
U	O	S	I	T	G	X	R	A	N	N	O	O	A
R	A	N	O	E	I	R	V	G	G	E	E	D	Z
E	M	R	S	N	I	T	R	O	R	E	R	U	R
G	U	O	L	I	P	G	L	O	S	S	A	O	I

VOLTAGE  
TEAM  
TRIBE  
WARRIORZ  
KULTURE  
ORIGIN  
JINX  
BLITZ  
NITRO  
ENDGAME  
LIPGLOSS  
DANCE

Can you name 10 dance films?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

How many have you seen? \_\_\_\_\_



# Tribe

G	T	R	I	B	E	E	O	I	G	A	H	S	T
N	R	Y	M	I	R	N	I	N	B	E	A	T	R
I	C	H	C	O	M	P	E	T	I	T	I	O	N
D	O	T	Y	A	R	N	N	A	Y	E	G	O	M
A	R	O	E	T	T	I	A	S	E	P	N	O	U
E	D	U	T	M	H	B	O	E	S	O	I	T	S
L	Y	E	R	P	D	M	P	L	T	M	C	R	I
R	C	M	E	T	B	N	T	D	R	P	N	A	C
E	M	R	E	A	O	P	E	L	E	O	A	I	D
E	I	A	R	D	A	P	A	A	E	M	D	N	A
H	R	M	G	R	A	M	M	U	T	S	T	E	N
C	E	S	I	G	T	C	S	R	I	I	T	R	C
D	E	P	S	M	I	T	A	A	M	E	N	S	E
I	M	C	O	N	T	E	M	P	O	R	A	R	Y

ACADEMY  
 POMPOMS  
 COMPETITION  
 BEAT  
 CHEERLEADING  
 CONTEMPORARY  
 RHYTHM  
 TEAMS  
 DANCING  
 DANCE  
 STREET  
 TRIBE  
 MUSIC  
 TRAINERS  
 LAURA

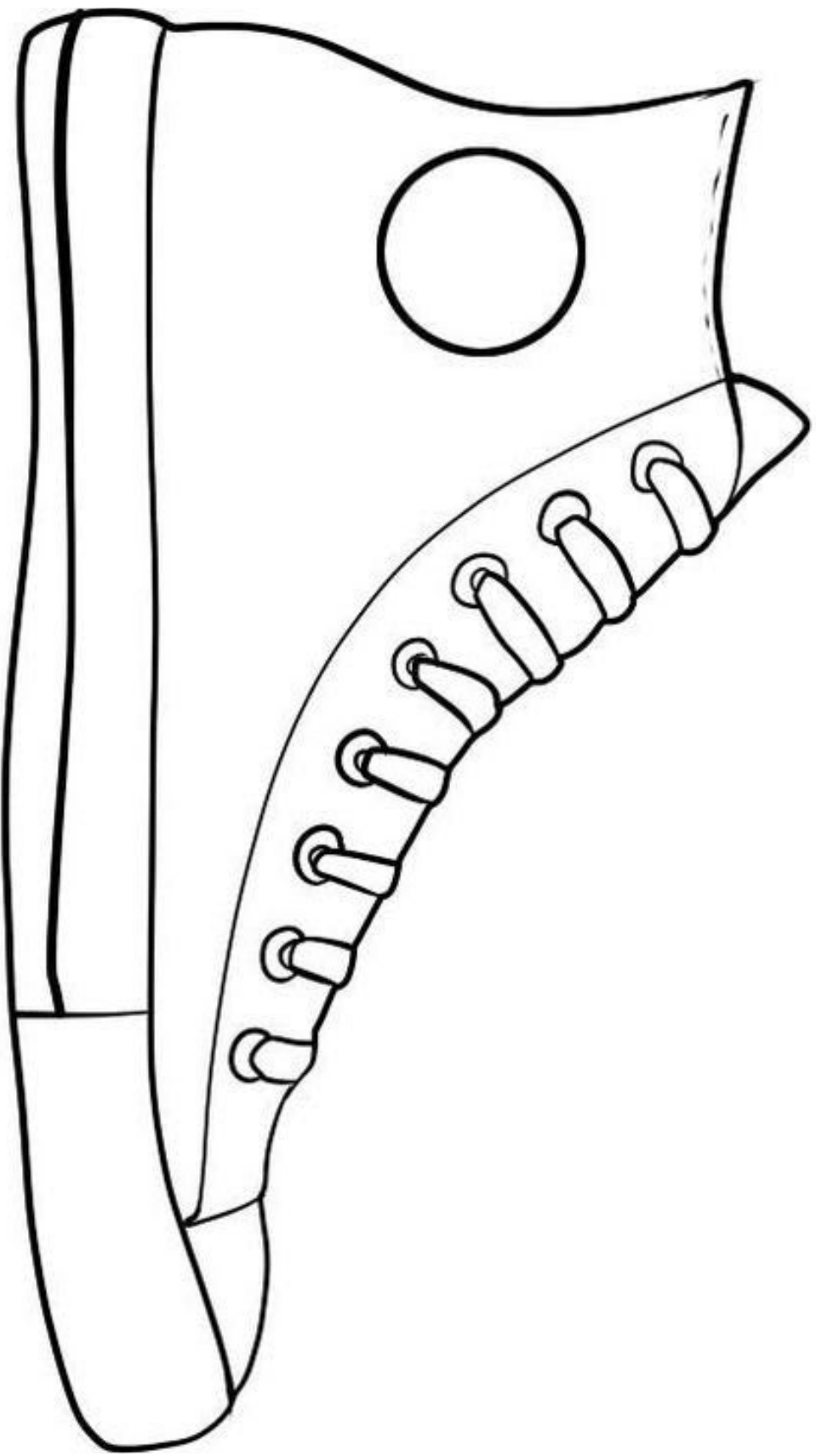
Name **THREE** things you can do **ONLY** because of dance?

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

Design your own trainers - just for dance!





**YOU have completed week one!**

**Don't forget to check out our Tik Tok and Zoom live classes for MORE challenges and competitions!**

**Week two coming soon!**

