

MFM Dance Bingo

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or Instagram @ www.instagram.com/mfm_dance

Use the hashtag #MFMdance

D	A	N	C	E
Practice your recital dance for 10 minutes!	Do 32 counts of Improv for someone.	Practice your recital dance with no music- just counts.	10 Burpees 10 Jumping Jacks 10 Sit Ups Do this 3 Times!	Clean out your dance bag
Practice doing a perfect ballet bun.	Do a warmup and then stretch for 10 minutes.	Create your own dance at home and email it to Ms Danielle	Watch a video on dance history.	Share a throwback dance pic on Instagram and tag us
Hold a plank for 1 minute.	Record yourself doing your recital dance and email it to Ms Danielle:	Free Space!	Write a letter/email and let me know what you love about dance!	100 crunches
Teach a family member your recital dance.	Practice your splits for 10 minutes. Left, Right, and Center	Find a new song for to use for warm up. Choreograph a warm up to your song.	Watch a dance movie!	100 jumping jacks
Post an inspirational dance quote on social media and tag us	15 minutes of barre	Design a dream dance costume!	Research a dance legend!	Set a dance goal to accomplish by fall

Complete each task and have your parents initial the box. If you can fill up the whole card by the time we return for classes, you will receive a prize!!

