

Let's Dance!



SCHOOL of DANCE

Stretch for 10 minutes...5 days in a row!	Hold 1 minute plank.	Call or text one of your dance friends. See how they are doing at home passing the time.	Start a dance journal. Write 1 entry a day for 3 days or more.	Watch 3 ballet videos to watch on YouTube from the list provided.
Curl up with a good dance book! Amazon, Audible, Barnes & Noble and many other sources can be found on Google.	Practice your perfect ballet bun.	Research a dance legend.	Create a song and dance about hand washing. Share it with us!	Turn on some music. Practice 'improv'! Just listen to the music and let your body move. Post it and tag us!
Clean your room and pick up your items from other areas around the house.	Set a new dance goal to achieve by recital time.	<i>Free Space</i>	Take a video of yourself doing some ballet such as a barre warmup, center combo, etc. Share it with us!	Practice your recital dances for 15 minutes!
Design your dream dance costume. Tag us in a photo on FB/IG.	Participate in a ballet technique or conditioning class virtually with us! Follow email instructions to tune in.	Find your old dance videos. See if you remember your past recital dances!	Find a spot in your home to use as a ballet barre. Practice some combinations from ballet class!	Clean out your dance bag.
Meditate for 10 minutes.	Have a dance movie marathon. Check out Netflix, Hulu, Amazon Prime or your current cable provider.	Straddle stretch. Reach right (30s) Nose to R knee (30s) Reach left (30s) Nose to L knee (30s) Reach center (30s)	Create a dance at home. Post a video and tag us!	Practice some yoga.

Post photos or videos of you on Instagram or Facebook. Ask your grown up to help. Tag Kehl School of dance on Facebook or @kehlsofthedanceofficial/@kehdanceteams. Get a bingo to win a prize when you come back! Hashtag all of your posts with #kehdancechallenge so we can see it all!