

BDA Recital Prep Challenge!

Senior Show Edition

- Teach a friend part of your dance
- Listen to your dance(s)'s song at home
- Practice your finale dance x 2
- Practice just the arms for your dance(s)
- Practice just the legs for your dance(s)
- Wear your show t-shirt to school (don't lose it!)
- Stretch for 15 minutes
- Practice your recital hair & makeup 
- Perform your dance(s) for a pet (it can be someone else's pet)
- Drink a full water bottle every day for a week
- Go outside for 15 minutes minimum on 3 different days
- Take a video of yourself doing a dance - what can you improve?
- Find out more about the themes of your dances (history, location, etc)
- Do a 10 second plank every day until the show
- Practice your counting for your dance moves/choreography
- Hang out with a BDA classmate to practice your dance(s) together!
- Eat a vegetable! Celery is Miss Keri Lyn's favorite

Challenge yourself to some fun recital prep activities and enter to win some BDA swag!

BONUS

If you have quick changes, time yourself changing costumes. Can you beat your best time?