

BDA Recital Prep Challenge!

Junior Show Edition

Challenge yourself to some fun activities to help yourself be ready for the Year End Show!



- Perform your dance for your stuffies
- Teach a parent or family member your dance
- Listen to your dance's song at home (or in the car)
- Point & flex your toes 10 times
- Practice putting on your costume and shoes by yourself **PO**
- Share a dance move with 2 friends
- Get 5 people to touch their toes with you
- Learn to fill your waterbottle yourself **PO**
- Teach a family member how to skip



- Practice your dance outside (in a park, in your yard, etc.)
- Do 5 sparkles with a friend
- Show part of your dance at school
- Have a dance practice playdate with another BDA dancer!
- Put your name on all of your dance shoes

PO = Parent Observation Recommended