

# DANCE BINGO

Watch a dance movie	Find and follow us on Instagram/ Facebook	Practice putting your hair in a ballet bun	Practice your leaps outside	10 sit ups 10 push ups  Repeat 3 times
15 minutes of quiet alone time	Sit in straddle stretch while you watch tv	Participate in 3 random acts of kindness	Make up your own dance and show someone	Practice the 5 ballet positions
Draw the perfect dance costume	Write a poem about dance	 <b>FREE SPACE</b>	Research a famous dancer	Dance to your favorite songs for 10 minutes
Dance with a family member or friend	Write down dance goals to accomplish before summer	Practice your splits for 10 minutes	Eat a healthy snack	Draw a picture or write a letter for your dance teacher
Read a book while doing a dance pose	Dance Outdoors	See how long you can balance on one foot	20 jumping jacks And Run around your house 3 times	Practice recital dance for 10 minutes

Complete up to 3 squares per day.  
Go for bingo or a Blackout

Send us a picture of you and your Bingo card and receive a prize!