

Dance at Home Journal

International Dance Rewards

Date

Name

Online dance lessons I have completed at home

Name of any online classes I have completed. Feel free to add photos to your journal

Stretches I am working on

Dance or Theatre Productions I have watched online

Dance related crafts or colouring in I have done

Top two things I have learnt or tried!

eg: ballet glossary or dance terms, How to do a ballet bun or French plaits, how to use zoom!
or anything new that's not dance related too!

What have I got better at?

This doesn't have to be dance related

What can I work on and improve?

