

Fairfield City Starz

Let's Dance!

Practice dance for 10 minutes	10 Sit Ups 10 Jumping Jacks	32 Counts of improv in front of someone	Participate in another activity on the Virtual Fairfield Community Arts Center	Perform a recital dance for someone
Watch a dance movie	Design a dream dance costume	10 Burpees 10 Sit Ups	Practice your splits for 10 minutes	Create a dance at home
10 Minutes of quiet alone time	3 Random acts of kindness	FREE	Take a digital/social media break	Set a dance goal you can accomplish by fall
Make your own stage and dance on it	Practice your perfect ballet bun	Actively stretch for 10 minutes	Hug your parents	Research a dance legend
Practice recital dances 4 days in a row	Spend some time with nature	Clean your room	Hold a 1 minute plank	Tell your story share why you dance

Complete up to two squares per day! Go for Bingo or Black Out!