



Mid American Studio DANCE BINGO!

Fill in the BINGO squares as you practice at home, and bring your BINGO sheet back to the studio when we return to classes!

#keepdancing

Perform your Recital Dance for Family	Follow MAS on Instagram!	Improv to your favorite song for 2 minutes	Like A Dance Page on Social Media	Choreograph a dance at home
Watch a Dance movie	Hold a plank for 1 minute with family member	Design a new dance costume	Stretch for 10 minutes	Write a Dance Goals List
Hold your Right & Left splits for 30 seconds each!	Research a Famous Dancer!	FREE SPACE	Practice your recital dance!	Practice your backbend or handstand with a spotter
Clean out your dance bag!	Practice recital dances 3 days in a row	10 Jumping Jacks 10 Burpees 10 Crunches	Practice recital Hair & Makeup	Teach your favorite dance moves to a sibling or friend
20 Releves and Balance for 1 minute	Do the perfect Ballet Bun	Read an online Dance Magazine	Tell someone your favorite thing about dance & why	Practice your dance class online with your teacher