

# Activity Ideas

TO COMPLEMENT YOUR DANCE EXPERTISE

## physical

	Focus	Rhythm	Form	Strength	Stamina	Flexibility	Creativity
Acrobatics & Gymnastics			✓	✓		✓	
Yoga	✓		✓	✓		✓	
Swimming		✓	✓	✓	✓		
Martial Arts			✓	✓			
Track & Field	✓			✓	✓		

## creative

	Focus	Rhythm	Form	Strength	Stamina	Flexibility	Creativity
Other Forms of Dance		✓	✓	✓			✓
Photography	✓						✓
Film			✓				✓
Cooking	✓						✓
Band/Music		✓					✓

## mental

	Focus	Rhythm	Form	Strength	Stamina	Flexibility	Creativity
Reading	✓						✓
Writing	✓	✓	✓				✓
Strategy (i.e. Chess, debate, etc.)	✓	✓	✓		✓		
Puzzles & Brain Games	✓						✓
Culture (i.e. travel, learn new language, etc.)	✓	✓				✓	✓