

everyBODY dance

Name Date

How Did the Dance Session Go Today?

Think about how you found the session today and take a minute to circle the number on the scale which most fits how you think it went for you.

Today my MOVEMENTS were:

Scrambled!

Fizzing!

1	2	3	4	5
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Any thoughts?.....

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Today I found REMEMBERING movements and sequences:

Very hard

Easy

1	2	3	4	5
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Any thoughts?.....

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Today I found CONCENTRATING and LISTENING TO INSTRUCTIONS:

Very hard

Easy

1	2	3	4	5
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Any thoughts?.....

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Today I found WORKING WITH OTHERS:

Difficult /
frustrating

Easy / enjoyable

1	2	3	4	5
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Any thoughts?.....

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Today I felt my CONFIDENCE was:

Fizzled out!

On fire!

1	2	3	4	5
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Any thoughts?.....

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Today I felt CREATIVELY:

Empty

Full of ideas

1	2	3	4	5
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Any thoughts?.....

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