

# Ballet

## PRACTICE CARD

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Fill this sheet out at the end of the week to see how many items you were able to complete!

## THIS WEEK, I...

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Took a Private Lesson at the studio

Asked a question in class

Heard a song I've danced to on the radio

Practiced a combination from class

Felt proud of myself

Remembered something from last practice

## FOR BALLET, I...

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Practiced spotting in the mirror

Wore my hair in a bun to class

Practiced good posture

Stretched my feet

Held my arms in First Position for the length of two songs

