



## MY NOTES

THIS IS *MY* SPACE TO BE CREATIVE AND WRITE WHAT I FEEL ABOUT THE DANCE CLUB, OR DOODLE ABOUT MY EXPERIENCES.

### ACTIVE7 PROMISE

AS AN ACTIVE 7 GIRL I, ....., WILL DO MY BEST TO:



# MY NOTES

THIS IS *MY* SPACE TO BE CREATIVE AND WRITE WHAT I FEEL ABOUT THE DANCE CLUB, OR DOODLE ABOUT MY EXPERIENCES.

THIS DANCE DIARY IS FOR ME TO:

- \* MAKE NOTES IN EACH SESSION ABOUT WHAT I HAVE LEARNED
- \* GIVE ME IDEAS OF WHAT I CAN PRACTISE
- \* ILLUSTRATE HOW I FEEL ABOUT DANCING (IN WORDS OR PICTURES)
- \* WRITE DOWN ANY THOUGHTS OR IDEAS THAT I HAVE ABOUT THE DANCING
- \* KEEP A RECORD OF THE NUMBER OF DANCE SESSIONS THAT I'VE TAKEN PART IN

WHAT I WANT TO GET FROM ACTIVE7:

(THIS CAN BE ANYTHING FROM THINGS YOU WANT TO LEARN TO IMPROVING ON THINGS YOU HAVE ALREADY TRIED.)

- \*
- \*
- \*
- \*

## WEEK 1

SESSION 1 — (DATE):

SESSION 2 — (DATE):

The thing I enjoyed most about today's session was...

In today's dancing session the coolest thing I learned was...

Some things I would like to practise more between now and the next session are:

To help me remember everything I have learned for next time, I will ...

## WEEK 19

SESSION 37 — (DATE):

SESSION 38 — (DATE):

I enjoy dance because...

Today's dancing session made me feel...

Out of all the steps I have learned so far, the ones I enjoy most are...

## WEEK 2

SESSION 3 — (DATE):

SESSION 4 — (DATE):

3 words that best describe my session today are:

In today's session the thing I found most difficult was...

1)

2)

3)

The thing that I found most easy was...

## WEEK 20

SESSION 39 — (DATE):

SESSION 40 —

In the final session I would like to...

This was my last session and it made me feel:

The 3 best things about the dance club for me were:

1)

2)

3)

Because of the dance club, from now on I will...