

Performing Arts Practical Challenges

Taking part in Performing Arts has a powerful impact on our mental and physical well-being

Performing Arts can help to boost our confidence and make us feel more engaged and resilient. Besides these benefits, arts engagement also alleviates anxiety, depression and stress. You can have a go at the challenges either on your own, with your family or through online platforms with friends.

Practical Challenge 1 (Dance)

Create your own dance based on the quote below and enter it into the WPS Arts Festival 2020



Practical Challenge 2 (Drama)

Have a go at making a Stop Motion Video based on the theme of Positivity.

Use the tutorial below to help you and experiment with making a stop motion video with any items you can find.

<https://www.youtube.com/watch?v=td2DgP56DP0>

Practical Challenge 3 (Music)

Create your own piece of instrumental music which makes you feel happy and submit it to be part of the WPS Arts Festival 2020. You can use websites such as

<https://musiclab.chromeexperiments.com/Song-Maker/>

