

## 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)**

Dance Challenges have become very popular in the last few years! Create your own dance moves and see how many of your friends and family you can teach it to using face time or socially distancing outside.

#### **Practical Challenge 2 (Drama)**

It has been a long time since we have been in the Drama studio. Challenge your family and friends to a outside socially distanced game of Splat. Remember the rules: Splatter in the middle. Everyone else spread out when you are pointed at, you must duck and the two people either side of you say Splat! Make sure you have at least 2 metres between each person when you play.

#### **Practical Challenge 3 (Music)**

Using household objects create your own drum kit and put together your own rhythm. Can you drum along to your favourite song or recreate a song using your homemade drums.

