

Wellness Values

Dance Wellness values include emotional, environmental, intellectual (mental), physical, social, and spiritual.

A person's wellness values contribute to a healthy lifestyle

Project focus: physical, mental, and emotional wellness

Teaching note: The teacher may decide to use one, or two of the three wellness values for the project focus.

Questions:

1. What is your awareness of these three aspects of personal and dancer wellness?
Select one or two items under physical, mental, and emotional aspects and rate your wellness for each item.
2. Set S.M.A.R.T. goals in relation to your personal and dancer wellness to track during this project.

Aspects and topics for setting personal and dance wellness goals for enjoyment of dance through your work and accomplishments

Physical wellness:

- Physical activities (types and amount of physical activities)
- Dance activities (types and amount of dance activities such as classes, rehearsals, performances)
- Good nutrition and hydration for health and wellness
- Injury prevention

Mental wellness

- Challenging the mind through dancing, dance making, and performance
- Increase mental control over posture, balance, moving, and applying movement principles.
- Managing stress, competition, and social pressures
- Rest, relaxation, and sleep habits

Emotional wellness

- Awareness and acceptance of your feelings and others feelings
- Being optimistic
- Develop self-esteem and body image
- Taking responsibility for your efforts, motivation, and excellence