



# DANCE JOURNAL TOPICS

**Instructions:** Answer the following questions in complete sentences, to your best ability, and on notebook paper (blue or black pen) in your DANCE folder. These will be picked up from time to time so keep up with them.

## Week #1

1. It is said that actions speak louder than words. What does this mean? List several ways you could be a good example to other students or to your family.
2. Write about a time when you felt left out. How did it make you feel?
3. What does it mean to be a hero? Identify someone you think is a hero. Invent an award you feel this person deserves and explain why.

## Week #2

1. Define loyalty. Write about what kinds of things people can do to show loyalty to a person, to an idea, or to an organization.
2. What is perseverance? Write about a time when you used perseverance to accomplish something that was difficult for you. How did you feel once you met your goal?

## Week #3

1. Think of a story in which "right" wins over "wrong." Why did "right" win?
2. Make a list of things that are important to you. Give each thing on your list a percentage value to rate its importance. Create a pie graph based on the percentages to show what is important in your life. Why are these things important to you?
3. Our own happiness can be affected by how well we treat others. Describe a time when you felt great after doing something kind for another person.

## Week #4

1. List the personal characteristics of a good leader. Describe how good leaders treat their followers. Create a dictionary entry for the word leader based on these ideas.
2. Describe conflict. What can you do to avoid conflict with others? Can conflict ever be helpful?

## Week #5

1. What is compassion? Write about a time when another person showed you compassion and describe how it made you feel.
2. Explain the difference between justice and revenge.
3. Aesop stated, "It is easy to be brave from a distance." What does this mean? What does it mean to be courageous when others are being treated badly?

## Week #6

1. It is said that "cheaters never prosper." Can anything be gained through cheating? What is lost?
2. Explain the difference between selfish and selfless behavior. Describe situations that demonstrate each type of behavior.

## Week #7

1. There is a saying, "Beauty is only skin-deep." What does it mean? Have you ever chosen a friend based on his or her looks? Clothing? Popularity? Explain.
2. Should a person ever sacrifice his or her beliefs because of loyalty? Why or why not?
3. What do you look for in a friend? Write a recipe for friendship. Include all of the ingredients necessary to be a true friend.

## Week #8

1. Select one goal you would like to accomplish in your lifetime. Create a list or chart that shows how you plan to achieve this goal.
2. What color best describes your character? Explain why.

## Week #9

1. In order of importance, list the qualities of someone you greatly admire.
2. List your 3 greatest strengths. How did these become your strengths?
3. Nobody's perfect! Identify 2 of your weaknesses. How can you improve in these areas? Create a time line that shows steps you plan to take to reduce or to eliminate these weaknesses.