



# DAY 1 Worksheet



## Fix Your Default Face

What is Your Face Doing When You Dance?

### Step 1:

- 📸 Find a screenshot of yourself mid-dance (or pause a video)
- 👁️ What does your face look like? Check all that apply:

### Screenshot & Analyze

- Blank/Neutral
- Focused but not expressive
- Smiling but not engaged
- Tense or stiff
- Fully expressive & telling a story!

✍️ Write 1-2 words that describe your expression:

Example: Nervous, focused, happy, unsure, confident, etc.

### Step 2:

Whether you are in the studio or observing a video, FREEZE AND FIX!

### Action Challenge - Fix It!

- Freeze and notice expression
- Make adjustments
- If it feels forced, relax it!

📺 Bonus: Post your “before & after” screenshots in the FB group!

- 📸 Option 1: Screenshot – Pause a video of yourself dancing and take a screenshot.
- 📹 Option 2: Video – Record yourself dancing for 8-16 counts and pause randomly.
- 🗂️ Option 3: In-Class Check – To yourself, call out “FREEZE” mid-movement, then hold the position and notice your face.

Facials 5-Day  
**CHALLENGE**



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### Note from Ms. Brittany:


This should feel silly and weird—and that’s totally okay! Dancing is full of action, and your face will naturally get caught mid-movement. Loosen up, laugh about it, and embrace the awkward moments! But here’s the key: Start recognizing your default expressions—your habits.

#### Ask yourself:

-  What’s your “focusing face” in class?
-  What’s your “focusing face” at school?
-  What’s your face when you really want something from your parents?

We pay attention to our body language all the time, but how often do we notice our facial expressions? In dance, the face is usually an afterthought—but it tells your audience so much about your performance!

You can’t afford to let your face be an afterthought anymore.

 Imagine how powerful your face will be once you learn how to control it! We dive into this in more detail in the Fix Your Face Bootcamp.



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