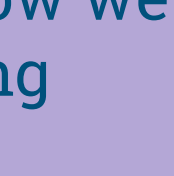




# Just Dance! Like Nobody's Watching

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A class on self expression and how we  
can have fun while expressing  
ourselves!



# What is Self Expression?

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- **The expression of one's feelings, thoughts, or ideas, especially in writing, art, music, or dance!**
- Any activity where we can transfer the energy from our thoughts and feelings into another form
  - You can use your words, facial expressions, body, movements, clothing, actions, and possessions to express your *authentic inner self*
- How we share and express ourselves to others forms the basis of our personality sets the tone for our entire lives and how people perceive us

# What's Important?

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- Self expression is an important part of your life, especially if you want to feel more understood and more “in tune” with the people you care about
- It's hard to let go of how you **should** look, speak, think, and act
- It's important to let go of expectations and just be you! Express yourself in the most authentic way possible!

# Widely Defining Yourself

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- You create yourself
  - You can't find yourself or search for yourself, it's something you make
- People tend to think of themselves very narrowly
  - Having a very specific view of yourself, living life a certain way which limits your own experiences
- A good way to have a more open definition of yourself is to try new things and new ways of thinking and being
  - You may discover that you have talents and passions you never knew existed

# Engage in Creative Techniques

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- Trying new creative techniques can help create new ideas and possibilities for our life
  - We expand our creative aptitude and can potentially achieve a longstanding desire
- Some creative techniques:
  - Writing about what's on your mind, brainstorming, creative vision boards, journaling

# How do you express yourself?

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- Art
- Writing
- Poetry
- Storytelling
- Singing
- Journaling
- Ceramics
- Drawing
- Clothing
- Hairstyles/Hair color

# Just Dance!

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Pump It: <https://www.youtube.com/watch?v=9ECGJMnAKPQ>

Dynamite: <https://www.youtube.com/watch?v=VevE4v065sA>

Troublemaker: <https://www.youtube.com/watch?v=2DdnQrx5Umo>

What Makes You Beautiful: [https://www.youtube.com/watch?v=cJGxP\\_ppLLo](https://www.youtube.com/watch?v=cJGxP_ppLLo) (start at 0:30)

Call Me Maybe: <https://www.youtube.com/watch?v=JVZmfgjs45w>