



Dance



**Children's Mental Health Week
1-7 February 2021**

EXPRESS YOURSELF

When I want to express myself, I

Express Yourself through Dance

Swing

Latin

Historical

Street

African

Asian

European

Oriental

American

Oceania

Various

Dance is a **universal language** connecting people to each other from all around the world.

Just like a TikTok, dance is used in **various styles** to express **culture, identity** and **emotion**.



Choose a dance style. Create and upload your dance video using the QR code

