



PROJECT #9

CREATE MORE SELF-LOVE!



Hello! My name is Bethany and I am happy that you will be joining us for some creative fun. I am excited to share my video series with you. We will explore how we can build our self-esteem and confidence through body movement.

We are going to do some dancing, but don't worry! You don't need any experience, I'll walk you through some basic and fun steps. I can't wait to get moving with you!

Supplies you will need:

Small piece of scrap paper

Something to write with

Something to collect your papers in, like an envelope, zip bag or small container

For a description of what we'll be doing in each video, click [here](#).

To get started, just press play below or find my complete playlist [here](#).