



WEEK 1

Discover Your Strengths

What makes you uniquely awesome? How can you use your strengths to support your community?

Create Your Own Dance

Your Quest:

Take a strengths-assessment quiz and use what you learn to create a dance OR special handshake that represents who you are and why you're awesome. When you're done, teach it to others and/or film it!

By embarking on this quest, you will gain the following skills:

- Self-expression through movement
- Self-Reflection and Self-Awareness
- Creating meaning through movement

Mission Materials:

- Blank paper
- Pen or pencil
- Music of your choice
- Optional: Take a free online personality assessment! We like [this one](#)! Or if you prefer check out the free printable personality tests:
 - [Psych for Kids](#): Over 40 pages of free personality quizzes.
 - [True Colors Quiz](#): A quick and easy way to get some insight into your personality.
 - [Personality Styles](#): Best suited for our friends 13 and up, a more in-depth look at what makes you, you!

Mission Directions:

For this activity you will be creating a special dance or handshake that you feel represents you and why you are awesome and who you are. Once you have completed this, you can share it with friends!

1. Optional: Take a strengths-based assessment or personality quiz. Read through your results and take notes of things that stand out to you. How will you incorporate these strengths into your dance?
2. Grab a piece of paper and your pen or pencil and create a list of five songs that you feel like represent your style, worldview, and strengths. If you're thinking about creating a



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handshake, make a list of the people in your family, adventure team, or your friends with whom you want to share the handshake!

3. Decide which type of special movement you'll be creating:
 - a. For the dance, use the resources below, or your favorite method of listening to music, to listen to those songs. As you listen to the songs consider the following questions: how 'dance-able' is the song? If this is your first time creating a dance you might consider picking a song that is mid-tempo - that means the song isn't too fast and it isn't too slow. These songs can be a little bit easier to choreograph (which means creating a sequence of steps, moves, or motions) until you get the hang of it. Do you want to create a dance to the whole song or just a part of the song? Consider which part of the song sticks out to you the most and use that!
 - b. If you're choosing to create a special handshake, consider who you will be your handshake buddy. Is it a personal handshake for you and the people on your quest with you? Make it special for the whole team, it will help build morale! Don't be afraid to be silly too!
4. Begin to plan out your special movement:
 - a. For the dance, decide what song you will use. Are there different songs on your playlist that speak to different parts of your personality? How will the moves you set to the music enhance your message? For example: fast, repetitive motions set against a fast beat will really drive your meaning home! Additionally, slower moves set to multiple beats will force your audience to really think about your message.
 - b. If you're creating a special handshake, consider having your friends, family, or quest-partners take the same test as you. This way you can make sure that the handshake is unique and special for both of you. If you're setting your handshake to music, be sure to also follow the steps for the special dance up until this point.
5. Begin to choreograph your movement:
 - a. Listen to that song again and, if you are creating a dance to only part of that song, make a note on your paper the timestamps of where you want the dance to be.
 - b. For example: If you want to create a dance to the chorus of a song, note the minute and second that the chorus starts and then again for when the chorus ends. This will save you time as you won't have to search each time you restart the dance as you practice.
6. Find a clear area in your home. You'll need space to move and dance around, so be sure to move any obstacles out of your way!
7. Now that you have space listen to the song and move your body to get warmed up and to see if any moves come to you right away!
8. Create a dance that fills up the entire song or section of song! Or create a handshake.
 - a. Be sure to take notes of your moves as you do them, especially if you are creating a longer dance. It doesn't matter what you call them, as long as you remember!

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- b. Create your whole movement in chunks - if you section out the work, it'll be easier to go back and practice!
 - c. Start simple, then once you get the hang of it, see if you can make it more complex by adding in additional moves.
9. Once you feel like your movement is done - congratulations! Now show off your hard work to friends and family.

Level Up:

- Did you enjoy this challenge? Consider creating dances to multiple songs - now you've got yourself a show! If you're creating a handshake, make multiple ones for different people or situations. For example, create a handshake with your team that you'll use when something goes well, then create a different handshake for when something goes wrong!
- If you are 13 or older, consider filming your dance or special handshake and sharing it on your favorite social media channel.
- Challenge your friends and family to learn the dance you just created! This can be a fun way to engage your quaranteam or connect with your friends through virtual platforms.

More to Explore at the Library:

- Check out [This Guide](#) to connect with all of the free music resources available at the New York Public Library! You can also stream music for free using your library card at [Naxos](#)!
- Read [A High Five for Glenn Burke](#), about a kid named Silas who does a school report on the forgotten inventor of the high five, a baseball player named Glenn Burke.
- Read [Taking Flight](#) a nonfiction book about the life of Michaela De Prince, who went from being known as Girl Number 27 in an orphanage to being a prima ballerina!

Your Reward:

Make sure to visit NYPL's Online Reading Portal through our partner Beanstack and log your completed activity to receive a special badge! Find our portal at nypl.org/summerreading.

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