My School Dance presents:  
IMPROVING TEENAGE WELLBEING THROUGH DANCES

The devastating effects of decreased social interactions among teens

70% use social media multiple times per day
54% think they spend too much time on phones
40% prefer to communicate via text

13% have had at least 1 major depressive episode
32% have a diagnosed anxiety disorder
Teens are 34% more likely to be cyber bullied

Dances can foster the social, emotional and physical well being of teens

Builds self-esteem
Creates face-to-face interaction
Provides safe space for fun
Creates real-world experiences

STEP 1:
Form Planning Committee & Pick Theme
STEP 2: Choose a date, time, and venue

STEP 3: Order decorations, book DJ, Set up photography

STEP 4: Sell tickets & Collect Permission Slips

STEP 5: Check students in & out

STEP 6: Boogey Down!

My School Dance can help you manage all of this and more for FREE!

Sign up today at www.myschooldance.com

www.myschooldance.com  833-336-8656
My School Dance Dance Dance Planning Checklist

Dance Name: __________________________

Dance Date: ____________  Dance Time: ______________

Logistics
☐ Faculty Advisor________________________
☐ Venue _________________________________
☐ Theme _________________________________
☐ Ticket Price___________________________

Other
☐ Create dance in My School Dance
☐ Develop permission slips
☐ Create Budget
☐ Form planning committee
☐ Create marketing materials
☐ Create day-of plan
☐ Find dance set up volunteers
☐ Find dance tear down volunteers
☐ Find chaperones
☐ Plan spirit week
☐ Organize dance royalty voting
☐ Sell tickets
☐ Collect permissions
☐ Create music playlist
☐ View My School Dance reporting

Vendors
☐ DJ _________________________________
☐ Photographer _________________________
☐ Videographer _________________________
☐ Lighting ______________________________
☐ Caterer ______________________________
☐ Decorations___________________________
☐ Planner ______________________________
☐ Royalty Prizes________________________
☐ Other ________________________________
☐ Other ________________________________
☐ Other ________________________________
☐ Other ________________________________

Notes:_________________________________
_____________________________________
_____________________________________
_____________________________________

☐ Enjoy the dance!