

## Summer Festival – At Home on the Stage

AHH! Are you ready for the show?

Attitude - Do you want to do this? Do you like your routine/prop, are you proud to show it off? Head - Get your head right. Are you nervous, excited, frustrated, stressed, scared?

Health - Does your body feel ok? Are you hungry, thirsty, tired, achy, overheated, cold, sick?

Example:

Attitude - I'm proud of my routine

Head - I'm Excited

Health - I am tired and a little hungry

A

H

H