

FOR GIRLS LIKE YOU

JULY/AUGUST 2022

THE
DANCE
Issue

LEAPS OF FAITH

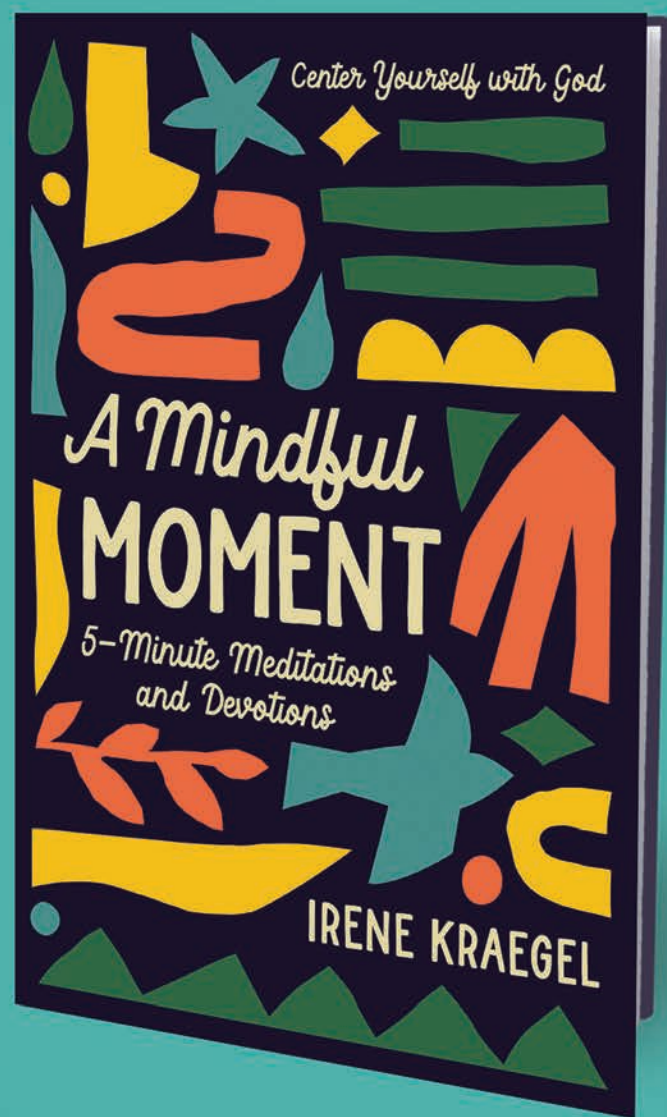
OUR READERS SHARE
THEIR PASSIONS
FOR DANCE!

happy dancers

JAIDEN, JOURNEY AND JORDAN *Jump for Joy*

AS THEY MAKE THEIR DAZZLING DANCE DREAMS COME TRUE

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FOR **GIRLS LIKE YOU**

Volume 12 Issue 4

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hello FRIEND

LORD OF THE DANCE

"DANCE, THEN WHEREVER YOU MAY BE, FOR I AM THE LORD OF THE DANCE SAID HE..."*

YES! LIFE IS A DANCE, AND WE ARE ALL INVITED! Dancing, like life, is a gift ... and anyone can do it! Even if you think you have two left feet, "God's great dance floor" is always open and waiting for us to join the party.

In God's Word, whenever there is dancing, there is usually a celebration! A celebration of life, and a celebration of the One who gives us life:

"Let us praise Him with DANCE!" Psalm 149:3
"Praise Him with timbrel and dancing..." Psalm 150:4
"There is a time for everything ... a time to be sad, and a time to dance!" Ecclesiastes 3:4

Not only are we invited to dance, Zephaniah 3:17 tells us that HE will **"dance for joy over you with singing!"** Whoa! God dances! With joy! Over us! You know how when you are so happy and excited about something that you can't stand still? I don't think there is anything more amazing than knowing God loves us SO much that He dances because of it!

WE LIKE TO MOVE IT, MOVE IT...

How about you? We were wonderfully created to move—how do you like to take your leaps of faith and jump for joy? Like David, what makes you want to **"dance before the LORD with all your might?" 2 Samuel 6:14**

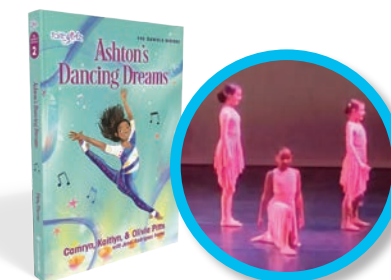
In this issue we were thrilled to discover how many of our readers love to dance—and you'll get to read all about all the many ways and reasons they do inside. Plus, you'll meet Girls Like You who are passionate about dancing AND worshipping the Lord through their dancing.

Whether you take tap, ballet, hip-hop, contemporary or ballroom lessons, or you just love to freestyle to any music that happens to be playing, celebrate the gift you have been given. Even if you think you "can't dance," you can move, and you can feel ... and you can know the One who dances over you with joy.

Happy Dancing!

**YOUR FRIENDS AT
FOR GIRLS LIKE YOU!**

**Lyrics from "Lord of the Dance" by Sydney Carter*



The Pitts girls have all taken dance classes at one time or another. In fact, you might remember the book from the Daniels Sisters fiction series—Ashton's Dancing Dreams—was the one inspired by Camryn, who, like Ashton, loved learning to dance and making friends while she did.

THE **dance** Issue

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Dance FAMILY

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SPRINKLES

SPRINKLE JOY. SPRINKLE FUN. SPRINKLE BEAUTY.



AIR MAIL

I started getting your magazine this past year, and I am so excited every time it comes in the mail. I like swimming, reading, drawing, coloring, crafting, sewing, crocheting and knitting—and being a Tenderheart in my American Heritage Girls Troop. — **Rebekah (9)**



ON POINT

I did this artwork because going *en pointe* was one of my major goals that I have now achieved! — **Chloe (12)**



ALL THINGS BRIGHT AND BEAUTIFUL

I love reading **For Girls Like You** with my mom. We sit and read the articles together before bed. I was inspired to paint this sunflower because it is bright. I like to paint bright because God is bright and powerful. Art is a great way to show how much I love God and the beauty He has created! — **Nataleah (8)**



LIFEGUARD APPRECIATION

I LOVE **For Girls Like You**! I got it for Christmas, and I can't stop reading them. I drew this picture because I think it's so nice that people watch us while we are swimming. — **Reese (10)**



PAINT DROP

I am an artist and I love to paint, draw and make crafts—I like doing anything creative. I also like dogs, mermaids and chocolate-chip ice cream. I named this painting “Drip” because it is colorful and fun, and it represents the happiness taking over! — **Laila (9)**



OPEN ARMS

My drawing is of a girl with her arms outstretched—she is letting God into her heart with open arms. She is a symbol that when you accept God, He will do the same for you. She has a new name. — **Piper (13)**



FLOWER POWER

I really like this flower because it reminds me of how Jesus gives life to all things. Even bad things! I really like drawing art especially flowers. Sometimes I draw different things but most of the time I draw flowers. — **Lucy (10)**



LOTS OF LOVE

My mom recently heard about your magazine through a True Girl Bible Study post and got me a subscription for Valentine's

Day! I just got my first issue in the mail, and I LOVE it! I love painting, drawing, playing guitar, singing, and quilting. I love to find ways to use my hobbies and talents in a way that pleases God and blesses others. I play worship songs for our homeschool co-op and love to quilt and make homemade cards for friends and family. I chose to paint the ocean because I have been on several vacations to Florida, and they are always my favorite ones! — **Annamae (11)**



A DANCER LIKE YOU!

Meet Bea, our **A GIRL LIKE YOU** on page 11. Here she shares her dance story!

I started ballet when I was 4, and then modern, lyrical and jazz. I love dancing because I love to be fit and athletic, and I love the way ballet allows me to be who I am as I dance. I love how elegant and strong it makes me feel, and how there is always something more to learn.

I've had a lot of injuries in the past few years (not dance related), and hospital appointments and had to miss a lot of time in dance class. When I injured my right foot, x-rays showed that in addition to that injury, I had a congenital malformation called calcaneonavicular coalitions—in both feet—and would need to have surgery! While I waited for that injury to get better, I injured my other foot, and had both feet in air casts! It would have been funny except it really wasn't. I had to wait for BOTH feet to get better to THEN have surgery on both feet to stop the bones in my feet from fusing together. I had to persevere through those hard times when I couldn't dance. Once I finally healed, it felt very good to be able to participate in the end of year showcase and dance with my class!

As a dancer, especially one who's missed so much class time, I often get caught up in thoughts about myself like, “I'm not good enough,” “I messed that up,” and I tend to think that my feet are ugly *en pointe*. This isn't necessarily true, but that's the way I see them sometimes, because they have scars and are not the typical beautiful dancer feet. I have to remind myself that I'm dancing for God. I try to pray before every class: “God, please help me be the best that I can be for You today.”

I encourage you, wherever you are in your journey as a dancer and as a Christian, to ask God for help before you start to dance. He'll give you strength, stamina and passion if only you ask! I can promise that He will make you feel brighter and better. Always remember that God is for you. — **Bea (13)**



What's Inside

Each box includes something to...



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WE'D LOVE TO HEAR FROM YOU! We'd love to showcase your paintings, poems, songs, stories, drawings, photographs, anything! And we'd like to see you! Email your entries and photo to sprinkles@forgirlslikeyou.com!

GOD'S girl

DEVOTIONALS & MORE TO GROW YOUR FAITH

WYNTER'S WORDS



I AM ME

"I PRAISE YOU BECAUSE YOU MADE ME IN SUCH A WONDERFUL WAY.
I KNOW HOW AMAZING THAT WAS!"

PSALM 139:14 ERV

I LOVE BEING A MOMMY TO MY FOUR GIRLS—ALENA, KAITLYN, CAMRYN AND OLIVIA. It's fun to see how they are like me in so many ways. But you know something? As much as they are all like me in some ways, they are totally unique in other ways.

Alena looks the most like me, but our voices are very different. I can't tell a good song from a bad one, but she can hear and sing so, so well!

Kaitlyn and I are both very, very small. But her smallness stops at her body. For having such a small body, she has a huge personality! She is a talker and very social. She didn't get that from me.

Camryn and I are both very matter of fact. We say what's on our mind and don't have any problem sharing our thoughts. But she can dance, and let's just say, I'm a bit rhythmically challenged!

Olivia and I can both be very stubborn. We know what we want, and it's hard to convince us otherwise. But our stubbornness comes out differently. Mine can seem sort of bold, but Olivia's "no" sounds as sweet as an angel.

God sees all of us as His unique sons and daughters, and He sees all of your uniqueness too! No parent expects their kids to be the same, and God doesn't expect you to be just like anyone else either. His plan for your life is perfect—it's just for you! It's not

the perfect plan for your best friend or anyone else. He has special things in store for each of us, and it's exciting that someday we're going to find out what those special things are. You may already know some of those things!

IF YOU EVER FIND YOURSELF WONDERING, WHO AM I? I UNDERSTAND.

We've all been there! We all experience moments when we're unsure of exactly who we are and what we're supposed to be doing.

Here's a truth that's very simple and very profound: **Who you really are has nothing to do with you. Your life has value because of God.** He is the one who made you who you are. You are one of a kind, and you are valuable! Your value has nothing to do with where you live, what your grades are, how you look, how you dress, how popular you are, or how good you are at something. Your value comes from your Heavenly Father because He created you. He created you to be 100 percent you, and He values every part of your existence.

Adapted from *I Am Yours* by Wynter Pitts. Courtesy of Harvest House Publishers.

DEAR God.

Help me to see me the way You made me to be! Nobody else is just like me—never has been and never will be! I am valuable because You made me, and You will use all my uniqueness as You lead me into my future. Thank You that Your timing is perfect and that following You, I will find my way and discover my worth. AMEN

GO Girl!

WITH JACKIE MARUSHKA



DANCE BREAK!

DO YOU REMEMBER THE FIRST TIME YOU HEARD THE "BABY SHARK" SONG? I DO!

That silly beat and those words—especially *doo doo doo doo doo doo*. I couldn't help but tap my feet and rock my head to the beat and sing along. Pretty soon I had the silly song playing on repeat. Why? It made me want to dance! One day I caught both of my little dogs staring at me with very confused looks on their little furry faces, but I was just so happy, dancing around in my own little world.

Has that ever happened to you? Maybe it's a song on the radio or a silly song playing in your head (like "Baby Shark" did with me!) that made you get up and dance?

I love to dance because it's fun, but it's also a great way to get your body moving, which is great for your health! Dancing not only strengthens your heart and lungs, it increases your endurance, flexibility and balance! And it's not only good for your body, but it helps make your brain stronger too! When you dance, you incorporate rhythms which bring in your hearing, vision, and if there are words to the song and you're singing along, that engages yet another part of your brain. So, your brain and body are *both* getting a workout!

One thing I do every day when I'm at work is take three-minute "dance party" breaks. My job requires a lot of typing at a desk so every two hours I stop and pick a song, and I dance ... and sometimes I even sing out loud. I always feel better and come back to my desk refreshed and joyful.

Another benefit to dancing is you're likely to get a little tired—so expressing yourself through dance will help you sleep better.

There are a lot of different ways you can dance. You can learn a dance for cheerleading or your school's dance team, or you can learn dance moves from friends. You can also make up your own dance moves. (Those are my favorite dance moves!)

Another way I enjoy dancing is when I worship. One of my favorite worship songs is called, "I Could Sing of Your Love Forever." When I play that song, I sometimes close my eyes and dance with my hands raised as I sing the words which somehow makes me feel much closer to God. I don't have any dance training, so I make up my own moves. I sometimes feel silly dancing, but when I'm dancing in worship to Jesus, all my thoughts about myself go away and all that matters is that I'm offering my prayers to Jesus.

In the Bible, dancing is a form of worship. *Psalm 149:3* says: "Let them praise His name with dancing, making melody to him with tambourine and lyre!" *Jeremiah 31:13* says:

"THEN SHALL THE YOUNG WOMEN REJOICE IN THE DANCE!"



and *Ecclesiastes 3:4* says: "There is a time to weep, and a time to laugh; a time to mourn, and a time to dance."

I WANT TO ENCOURAGE YOU TODAY TO MAKE TIME TO GET UP AND DANCE ... EVEN IF IT IS TO "BABY SHARK!"

L



L!

JOKES. FUNNIES & MORE!

DANCE
LIKE NO ONE
IS WATCHING.

Because they're not.
They're looking at their phones.

HOW DO YOU
MAKE A
TISSUE DANCE?

You put a little boogie in it!

WHY DON'T DOGS
MAKE GOOD
DANCERS?

Because they have two
left feet!!

WHERE DO SOCCER
PLAYERS MEET
TO DANCE?

A soccer ball.

WHAT MUSIC
DID THE PILGRIMS
DANCE TO?

Plymouth Rock

WHY DO FLIES
DANCE ON TOP OF
JELLY JARS?

Because the lid says:
"Twist to open!"

And here's a fun riddle from
9-year-old Abby (Abigail) that
she hopes you'll like!

HOW MANY DANCE
INSTRUCTORS DOES IT
TAKE TO CHANGE A
LIGHT BULB?

Five, Six, Seven, Eight!

WHAT DO YOU
GIVE A BEE TO
KEEP IT WARM?

A yellow jacket!

KNOCK, KNOCK.
WHO'S THERE?
IRISH.
IRISH WHO?
IRISH YOU WOULD DANCE
WITH ME!

SEND US YOUR FAVORITE LOLS! What jokes make you laugh? Have a great riddle to stump us? Have you drawn a cartoon you'd like to share? Anything funny at all—we want to hear from you! Email LOL@forgirlslikeyou.com!

MEET

ISABEL IRENE (BEA)

Do you know how your name was chosen or who you were named for? I was named after my Great-Great Auntie Rene (she was Irene Isabel and I am Isabel Irene.) Auntie Rene's husband died in World War II so she had to raise her family by herself. When she was very old, she and my mother became really close. Auntie Rene prayed for my mom every day. I never got to meet my her because she passed away before I was born. My mom tells me that she was a very courageous, headstrong and believing woman. I think about her often and I really wish that I had been able to meet her.

Tell us about your family. My mom, dad, big brother Eddie, little sister Maisy, and my granny who is from England—we tease her that she is like the Queen of England!—live in a big old house with original wooden floorboards that bounce—the perfect place to dance!

And tell us about your pets! I work with my mustang, a wild horse from out west. I also have seven fish who I love very much (Fosch, Uncle Joe, Megan and Grape, Becky Grace, Pebbles, and Freddy), and two little baby guinea pigs that are the sweetest, cutest things ever!

Describe yourself in three words. Adventurous. Passionate. Determined.

What do you want to do or be when you grow up? I want to be a professional ballerina at the Royal Ballet, and I want to get married and have lots of kids. I also might want to be a midwife, and a horse trainer, and I think being a singer would be really fun!

What is something you want all girls to know about God? If I could have the entire world's attention for five seconds I would shout out, **"PRAY MORE, WORRY LESS!"** If I ever get worried or confused about what might be happening in my life at that moment, I try my best to

I am 13 years old, and I love my mustang! I also love the book *A Horse For Kate* that tells the story of a girl and her horse and how God is for her and provides her with what she needs!

I remember when I did my first ever pirouette en pointe—that was a huge step!

A GIRL LIKE YOU

pray and think about how God has the whole world in His hands ... literally! This is especially hard for me most of the time, but I think it's crucial to remember that God's got it! I've had a LOT of injuries, and that sometimes gets really frustrating, but I have to keep persevering and trusting God.

Where is your happy place? My happy place is my dance studio. I always feel motivated and energetic there when I dance. Acts 17:28 Dance, is a wonderful non-profit Christian dance school for students ages 3 to 18, based on the verse: "For in Him, we live and move and have our being." We don't compete, but occasionally we go to nursing homes and cheer up and bless the residents there with our dancing. We have a small Christmas performance each year, and a big end-of-year recital where all the classes perform and show off what we have learned. It is a tremendous night of worshiping the Lord, and we have so much fun dancing for Him on the stage.

What are some things on your bucket list? Do an arabesque en pointe on the bare back of my mustang! Break the world's record for doing the most pirouettes. Grow my hair so long it's to my knees. Own chickens. Visit the Royal Ballet in England

*read more about Bea and her dance story on page 7

MY FAVORITE THINGS

Color: Mint green and lavender
Songs: "Weary Traveler" by Jordan St. Cyr, "Brighter Days" by Blessing Offor, "Rescue" by Lauren Daigle, "Unstoppable" by Sia
Singer: Lauren Daigle, Zach Williams

Books: *A Horse for Kate* by Miralle Ferrel
Food: I love grapes and strawberries the best! And ice cream! And Chick-fil-A!
Class in School: Language Arts
Bible Verse: Jeremiah 29:11

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you a hope and a future."



happy dancers

**JORDAN, JAIDEN
and JOURNEY**

These three sisters know that the family that plays, prays and plies together—stays together! And they are loving every day of their dance-happy lives!



Big Sister Jordan EXPLAINS HOW **dance** BECAME SUCH AN IMPORTANT PART OF THE PIPKINS FAMILY'S LIVES!

From the outside looking in, the life of a dancer may seem grueling and repetitive. I *plie* and *tendu* at the barre almost every day. I have to remember at least six different dances at a time. And I often have to miss out on parties. But speaking as the one who wears the leotard and tights, I can say there is much more to it than that. Dance is more than the perfect line and applause of the audience. Dance is a way to express emotions, tell stories, and unite people. More importantly, **DANCE IS MY GOD-GIVEN GIFT THAT I CHOOSE NOT TO TAKE FOR GRANTED.**

My parents put my sisters and I in dance around the age of 3, and ever since, we've all loved it. I would say that my love for this art form comes from my love for my family. I really enjoy spending time with them, and dancing has always been something that brings us together.

As a follower of Christ, I know that I need to do everything with all my heart—as working for the Lord—so when I am in the studio honing my craft, I always give 100 percent. I am

grateful for the fact that I can move my limbs, so when I don't really have the energy to go to dance class, I remember that I am blessed even to have the choice to dance or not. Growing up, I also did praise dance at church, which showed me that singing isn't the only way to praise God. Sometimes I will turn Gospel music on in my room at home and just let my body respond to the lyrics of the song and how I feel. Dance is one of the most effective ways to communicate, oftentimes it can speak to people in ways that words can't. With this always in mind, I am very intentional about what steps and shapes I incorporate into the dances I choreograph, especially for church. Dance is amazing! I couldn't imagine spending so much of my time on anything else. Whether I'm dancing in the studio, or dancing with my sisters, or dancing in church, it makes no difference to me. Dance is dance. **FOR ME, IT WILL ALWAYS BE THE BEST FORM OF EXPRESSION, STORYTELLING, AND UNITING PEOPLE.**



Meet JORDAN (16)

My mom said that she always liked the name Jordan for a girl, so my parents decided to name me Jordan.

Three words to describe me: Thoughtful. Focused. Confident.

I live at home with my mom, dad, and two sisters Jaiden and Journey. I love going shopping and having conversations with my mom and riding in the car with my dad. I also enjoy playing games with Journey and watching funny videos with Jaiden. My absolute favorite thing to do is watch movies and go out to eat with my family.

Favorite things

Color: Olive green

Singer: Lauryn Hill

Book: *Piecing Me Together* by Renee Watson

Food: Ribs

Thing to Wear: Gold jewelry

Vacation Spot: I really enjoyed staying at a beach resort in Pensacola, Florida with my family.

Class in School: Dance History

Bible Verse: *John 8:12* — **When Jesus spoke again to the people He said: "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."**

My hobbies are braiding hair, watching movies and old sitcoms, and going shopping.

When I grow up ... I want to become a professional dancer and dance teacher.

I want all girls to know that God is for everyone, and you don't have to be perfect or try to clean yourself up to go to Him because it is impossible to do so without Him. And He is always listening to you, protecting you, and there to comfort you, even when nobody else is.

It makes me laugh to watch my sister Jaiden make funny faces or do silly dances!

It makes me sad seeing one of my friends or sisters upset or discouraged because of something. It's almost like I can feel the pain with them, but that just leads me to pray for them and myself.

People who don't know me would never guess that I do both of my sister's hair, my mom's hair, and my hair most of the time.

One of my favorite memories is walking into my grandparents' house and seeing my grandmother in person for the first time after her battle with COVID. It wasn't likely that she would make it, but my family and I walked into her house to see a living example of how God performs miracles. From the moment I walked in, until the moment I went to bed, I could not stop smiling. I didn't even have to speak; I was just overjoyed to be in her presence.

My unusual ability is that I can pop many parts of my body like my neck, hips, back, toes, knuckles and knees. I'm not sure how I discovered this ability, but my body feels great after I pop different parts!

My happy places are the dance studio and church. In both places I feel like **I CAN LET GO OF ANYTHING I HAD BEEN HOLDING IN AND FOCUS ON MYSELF AND GOD.**

I have two things on my bucket list: I want to attend the Alvin Ailey Summer Intensive in New York, and I want to cut my hair really short at some point.

God has been showing me that it's important to be consistent in spending time with Him because when I'm not, I easily become stressed and irritated.

One of the coolest things I have ever done was walk through Times Square on my spring trip. It was my first time in New York, so I was super excited! It felt like I was in a movie, and all the lights, signs, and humongous stores were really impressive.

Meet JAIDEN (14)

My papa set a tradition for all of us to have a "J" first name and a "E" middle name. My mom liked the name Jaiden (it means thankful), and my middle name, Erin, was to honor my godmother, who is my aunt.

Three words to describe me: Caring. Positive. Smart.

My family is very talented. All of us are very athletic and busy. My little sister Journey is a dancer, she's cheer captain at school, and she likes to watch TV, write books, and talk. My older sister Jordan is also a dancer. She is good at doing hair and is a professional dancer. My mom is an amazing principal. She likes to read, give to others, and spend time with us. And then my dad is very funny, and he likes to talk about and watch sports.

For hobbies, I really like to cook/bake, and I like to draw sometimes.

When I grow up ... I want to do something with houses or be a professional track runner.

One thing I want girls to know about God is that He will never judge you. God knows we all make mistakes. I know a lot of people, like me, are sometimes worried about being judged by others or talked about, but in the end their opinions don't matter, because **GOD LOVES US. AND HE WILL CALL YOU BY YOUR NAME AND NOT YOUR MISTAKES.**

My parents make me laugh as well as myself.

It makes me sad when anybody in my family is sad.

One of my favorite memories was when we went to New Orleans in the summer. When we were walking around the French Quarter, it started pouring rain. We had no umbrellas or anything and we had to run 10 blocks back to our hotel. We were soaking wet when we got back. I don't know about everyone else, but it was kinda fun!

An unusual talent I have is ... I can fake sneeze and it sounds real.



*"I like to dance a lot
BECAUSE I LIKE TO
move around."*

My happy place is just being outside or with my grandparents.

If I had a bucket list, some of the things on it would be to go to Hawaii, Egypt, Dubai, and to learn how to surf or go ziplining!

God has been showing me that I can't be like everybody else.

Favorite things

Color: Black or dark yellow

Song: "Eternal Sunshine" by Jhene Aiko

Singer: I really like Fred Hammond and the Walls Group.

Book: *Mondays Not Coming* by Tiffany D. Jackson

Food: Pizza or any Italian food

Thing to Wear: My track uniform

Vacation Spot: Pensacola Beach, Florida

Class in School: Social Studies

Bible Verse: *Psalms 7:14* — **I will thank the LORD for His righteousness and sing praise to the name of the LORD most high."**



Meet JOURNEY (9)

My parents named me Journey because they said they were on a journey when I was born.

Three words to describe me: Creative. Silly. Innovative.

My hobbies are writing stories, jump roping and drawing.

When I grow up ... I want to be an author and I want to work at Dallas Black Dance Theater as a teacher and a dancer in the company.

I want all girls to know that God is always with them even when it feels like He's not there and you're thinking *Where are you I need you right now*, He's always there and He will never leave you—not once in your life.

What makes me laugh is my family, especially my mom and dad—what they say and do makes me laugh like their little silly pretend debates or them dancing just cracks me up!

It makes me sad when anybody in my family is sad.

One of my favorite memories: Every year around Valentine's Day I have a daddy/daughter date with my dad and one of them was during COVID, so we were at home but it was still really fun because we made pizza, watched a movie, made ice cream sundaes, and just had a great time with each other.

I would say my unique talent is my flexibility because some things I can do with my body I even find weird and shocking!

My happy place is my dance studio, Dallas Black Dance Theater, because it's where I do the thing that makes me happy, which is dancing.

GOD HAS BEEN SHOWING ME THAT I'M NOT PERFECT, AND HE DOESN'T EXPECT ME TO BE. Usually, if I got a grade lower than a 90 or did not get first place, I would be super upset. I would cry and all that—but now I'm more OK with it and it doesn't seem like that big of a deal anymore!



Being a dancer requires very tedious and intentional training. I have to think about every part of my body, the timing, and my face just for one step. I must be very intentional about my approach to the movement, and though it can be hard work, I know it's all worth it because I have such a strong passion for dance. It's just like that in my walk with Christ. It's not at all easy to do what God says all the time, but the fight is worth it because I love God and I want to be a great servant for Him. **I SHOW MY FAITH IN MY LOVE FOR DANCE BY NEVER TAKING FOR GRANTED THE FACT THAT I AM EVEN ABLE TO MOVE MY BODY.** I make sure I give my all in every performance and every class regardless of how tired I get because I know that my gift of dancing is God given and I represent Him in every aspect of my life. —Jordan



At the most random times, one of us will decide to play music on the speaker and we will dance around the living room until we're hot and sweaty. **MY SISTERS AND I WILL EVEN CHOREOGRAPH SHORT DANCES FOR FUN OR TO PERFORM AT FAMILY GATHERINGS.** Our current location or the time of day makes no difference to us because we dance in the hallways of our house, the car, the kitchen, the pool and even grocery store aisles! —Jordan



When we used to have dances with everybody on the team in them, it would be hard to see things come together when we started. Everything would look a mess in the beginning, but we always knew the dance would turn out good in the end. That's just like a relationship with God. **YOU HAVE TO TRUST AND HAVE CONFIDENCE THAT GOD WILL PULL THINGS TOGETHER FOR YOU IN THE END.** Even if it's hard to see in the beginning... —Jaiden

“I feel like since
**DANCING IS A GIFT THAT GOD GAVE ME
WHEN I DANCE, I'M SPREADING THE
light of God.**”

Favorite things

Color: Teal

Song: “Don’t Worry Bout It” by Wande and Porsha Love

Book: *The Dork Diaries* series

Food: Cheeseburgers

Thing to Wear: I call it my pink outfit, which is my light-pink shirt with ruffle sleeves, pink plaid skirt, and my pink combat boots!

Vacation Spot: When we went to a resort in Pensacola, Florida with all of my family on my mom's side

Class in School: G.T.—it stands for gifted and talented, and it's by far the most fun class ever!

Bible Verse: Isaiah 29:11 —“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.”

Leaps of Faith



Dance has been a huge part of my life ever since my parents put me in toddler classes, and my love for it hasn't changed. In fact, it's gotten to be more of a passion! My favorite dance form is definitely contemporary and ballet, but I still deeply enjoy all the others including lyrical, jazz, hip-hop, tap and ballroom. I've been competing for eight years, I've placed at my competitions over the years, received scholarships and recently was invited to some dance intensives. Another major milestone in my dance career is receiving my pointe shoes! (I have been *en pointe* for about two years now.) There are so many incredibly inspiring dancers but one who has always stood out to me is Misty Copeland, a graceful yet powerful woman who has inspired many in their dance careers including me! **GOD HAS ALWAYS GUIDED ME WITH MY Dancing,** and I express my faith through everything but especially talking about His word and His goodness to my friends and peers not only at dance but everywhere!

God's Girls Love To Dance

OUR READERS SHARE THEIR JAZZ, TAP, CONTEMPORARY, HIP-HOP, AND BALLET DREAMS!

I was born with a love for dance and my first ballet teacher told my parents that I have a natural talent for ballet. I started at a Christian based studio where I got my love for that type of dance, and I do pointe, ballet, jazz, lyrical, contemporary and modern! I started competition dancing last year and I love it! **IT IS A whole new world FULL OF ADRENALINE AND PERFORMING!** During the pandemic when everyone was stuck at home, I would record Christian dances and send them to my family to encourage them and help them get through that rough time. I also have a solo I perform at dance competitions to the song "Oceans." Dance competitions are not specifically a Christian environment, so I like that other people get exposed to worship music and that it does not just have to stay within the walls of a church!



I have been dancing for nine years. I fell in love with it after my first class when I was 4. My favorite type of dance is ballet. I love how graceful and delicate it is. I dance all the time. **Dancing HELPS SPICE UP MY CHORES!** I don't compete but would love to someday. I also assist 2 to 5 year olds in their dance classes with my favorite dance teacher. It has been a blessing to be able to work with little kids and dance—two of my favorite things! I love to sing too, and I like to dance and sing at the same time. I use dance as a way of worship. No matter what song it is or how well I'm dancing, I'm doing it for the Lord, and that's all that matters.

I am God's Girl and dance is my favorite thing in the world. My favorite genres of dance are contemporary and musical theatre. I have been dancing for about 10 years. When I was 7, I started entering competitions after going to one that several of my friends were in, and I was hooked! My teammates are my biggest inspiration; seeing their hard work, dedication, and focus on improving their craft inspires me just as much as watching professional dancers and celebrities. My favorite ballet that I was able to attend was *The Nutcracker* with Charlotte Nebres, the first African American dancer to play Marie in the New York City Ballet. **IT WAS AWESOME TO SEE A GIRL PLAYING THE leading role WHO LOOKED LIKE ME.** During COVID, I took a leap of faith and auditioned virtually for Dance Theatre of Harlem and took classes with their company for a year. It was one of the highlights of my ballet life. I sometimes get anxiety at competitions, so I always try to pray right before I go onstage. The morning of the competition, I also pray for my teammates from a teen devotional and a liturgy book with prayers that prepare me to have God's heart when I compete.





My favorite dance form is lyrical. Lyrical is a great way to show how you're feeling and glorify God. My team won first place a few times this season when we danced to a spoken word called, "Who You Are." My mom tells me to remember when I am up there that **I AM ON STAGE WORSHIPPING THE LORD AS I dance** and it's about that relationship and nothing else. Many dancers I meet are nervous about judgement. I also have struggled with judges giving feedback and the fear of not being good enough. I love to dance, and it makes me feel like I can communicate my feelings without having to speak. I hope more dancers will know there is beauty when we focus on bringing God glory while we dance.

I took ballet and tap dance lessons when I was only 4 years old, and I currently take jazz dance, which is my favorite dance form. I started wanting to dance after watching dance scenes in movies and shows like *High School Musical* and *Shake It Up*, *The Greatest Showman*. I practice one to two times per week, but I dance everywhere I go! I dance around my room, in the grocery store, and in any store! I just can't help myself from twirling, leaping, and skipping! Dancing also is a great way to get exercise, to keep my body healthy, because I know that my body is a temple of the Holy Spirit. Wanting to succeed in my jazz class, to dance well or to be able to master a specific dance step often leads me to prayer. I know that I can only do well if God helps me! **I BELIEVE THAT dancing is A GIFT FROM GOD**, as is my body, so I want to use my body to honor Him! I don't know if God's plans for my future involve dancing, but I pray about that, and if it is His will, I will keep dancing!



My mom says I have been dancing in the kitchen every day after meals since I was 2. I have been with the same dance studio since I was 4 years old. I have taken tap lyrical, ballet and jazz, but jazz is my favorite! One person who has inspired me is a girl from church, Julianna, who has been dancing since she was a little girl as well. She has managed to keep her focus on being in the light of Jesus around the other dancers, and she has been very encouraging to me and helps me with dance steps. I Corinthians 10:31 reminds me of this: "Whether you eat, drink or whatever you do, do it all for the glory of God." Whatever I'm doing whether it's dancing, eating, drinking, or even walking, I'm doing it all for God. Since God has given me the ability to dance, **I WANT TO DO IT ALL FOR Him.**

I started dancing when I was 2 years old, and I am training in ballet, tap, jazz, lyrical, contemporary, modern, musical theater, African, and hip-hop. I also dance with church liturgical groups. My favorite technique is ballet. I have been a part of my studio's performance company since I was 6 and I have been in four productions with the company and in two with the National Black Theater festivals. I train a minimum of four days per week. I admire Misty Copeland as the first African-American female principal ballerina for ABT. Dance has shown me the power of God's gifts. I don't dance just for myself. I dance to God's glory and to bless those around me. **Dance HAS GIVEN ME THE DRIVE TO DO THINGS I DIDN'T THINK I COULD DO**, and has shown me that with faith in God, all things are possible. I auditioned for and have been invited to attend the Dance Theater of Harlem Summer Dance Intensive this year!



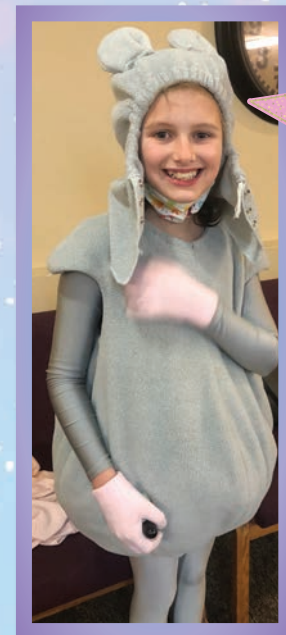
I go to a Christian dance studio that focuses on dancing for Jesus. I have always loved to dance to the music my mom played when I was little. When I was 3 years old, my mom decided to put me in dance lessons and I have been dancing ever since. My favorite forms of dance are acro (gymnastics) and lyrical (interpretive/praise dance). **I ALWAYS work at a skill UNTIL IS COMPLETED CORRECTLY.** At my dance studio, there is a performance at the end of the year where I get to watch all the other amazing dancers. They inspire me to try new moves, to keep dancing and growing in my skills.



I have been dancing since I was 2, and was inspired by my mami's dancing. My favorite dance form is tap. I like to show my faith through dancing by using my body to praise God.



I have been dancing for three years. I knew I was going to make friends at my lessons and that's what started it. I like both ballet and tap. I like to learn new moves and show them to Daddy. **I MOVE FOR God AND PRAISE GOD AS I DANCE!**



I have been dancing since I was 2 and have taken many different types of dance classes including tap and jazz, musical theater, and my favorite type, ballet. I take classes two to three times a week in June Taylor's School of Dance. **I LOVE DANCE BECAUSE I GET TO EXPRESS MYSELF AND feel free.** A dance performance that inspires me is *The Nutcracker*. Last year I got to be in June Taylor's 2021 production of it as a mouse. When I grow up, I want to be a dancer for the New York City Ballet. When I dance I do it to worship God with the movement of my body and praise Him with my dance.



Kate
(11)

I've been dancing for eight years. My favorite style is contemporary. I compete and am in the Apprentice Company. We compete in jazz, contemporary, musical theater and with a crossover piece. I also assist classes — I just finished my second year assisting a special program called Darby's Dancers which is for kids who have special needs; they each get buddied up with an assistant. **I GO TO A CHRISTIAN STUDIO, AND WE DANCE TO worship songs.** At competitions, I feel like we show others who God is because of our songs and our dancing.



Valerie
(10)

I've been dancing for almost seven years. I go three or four times a week, and I take ballet, jazz, contemporary, hip-hop. I also compete, and in one competition for musical theater I got third place overall in the whole competition! I show my faith through dance because **I LIKE DANCING FOR God** and dancing to Christian music.



Natalie
(13)

I just finished my 9th year of dance, and this was my first year in the competitive company for Chara Christian Dance Academy. My favorite styles of dances are ballet and hip-hop. I compete in jazz, contemporary, hip-hop and musical theater. Last year I was named Middle School Student of the Year. My teachers chose me because they love how **I ALWAYS WALK IN THE STUDIO WITH A SMILE ON MY FACE AND READY TO work hard!** My studio is a Christian studio so we dance to Christian songs and strive to spread the Gospel through our dancing.



Sophia Grace
(10)

I have been dancing since I was 5 years old. My mom signed me up for tap and I fell in love with performing! I am currently taking classes in tap, jazz and ballet. My favorite is jazz because I love learning all the different techniques. It's also fun to dance with my good friends who are in the class. Misty Copeland is my hero because she didn't stop pursuing her dreams of becoming a ballet dancer until it happened! She's also very graceful and it inspires me to keep practicing. Before I perform, **I ALWAYS PRAY TO GOD TO HAVE courage.** Once I get on stage, I feel unstoppable and brave. I also love to worship God through dance with my mom in the kitchen!



Alora
(11)

I have been dancing for one whole year. What started my love for it is the movie called The Greatest Showman. I dance in the air—it's called aerial silks—and it's the kind of dancing Zendaya did in the movie! **Dancing IS PART OF MY DAILY LIFE.** I go to classes twice a week. We don't really compete, but we do have a recital. One way that I put my faith into my dancing is that when I get hurt or have a very big silks or dance recital, I pray when I get hurt, I heal fast so I can get back to doing it and so that I can master the moves before my recital!



Sal
(7)

I've been dancing my whole life, even before I went to dance class! I started lessons when I was about 3 years old, and I've never stopped! I started with ballet, then I learned tap, then I learned ballroom and that's what I'm sticking with! I know cha cha, waltz, rumba, foxtrot, salsa, and my favorite, swing! Swing dance is always so fast and jumpy. I love the twirls and all the moves. My first competition was in March, and it was really cool! We did an East Coast Swing Dance. The judges said that they enjoyed watching me and told me to work on bending my knees. I scored a 98 and helped my team win! Watching others dance on TV is what inspired me to do ballroom dance. I was inspired to be a good dancer because I want to show the whole world that I am God's child. I dance for the Lord God, the King of the Heavens, because He is the Lord of Hosts and I want to dance for Him. **I THINK THE LORD IS FILLED WITH joy WHEN I DANCE.**



Isabella
(10)

I've been dancing for six years. I take ballet lessons, but I'm starting to branch out into other types of dance. Even though I don't compete, when I do my best while dancing, I feel like I've already won first place because dancing gives me a chance to show others my true self. The first performance I ever saw was *The Nutcracker*. From the moment the curtains opened to the final bows, I was enchanted. When I saw the Sugar Plum Fairy dance, I felt a warm, tingly feeling inside me. From that moment I knew I wanted to bring that feeling to others. **Dancing TEACHES ME TO RESPECT THE BODY GOD GAVE ME AND THE WONDERFUL THINGS IT CAN DO.** It shows me if you want something you have to work hard and never give up, because some things are worth all the work. It also teaches me, when you do something together, everyone has to do something, and at the end the joy multiplies.

Annabelle
(11)



I have been a competitive dancer for a few years now, but I have been dancing since I was 3! My mom was a dancer, and that inspired me to be one too! I've been *en pointe* (on pointe shoes) since last fall, with my two best friends, Penelope Kate and Clare! I really look up to Misty Copeland, who is an amazing dancer! **AS ONE OF God's Girls, I HAVE TO REMEMBER THAT GOD IS IN CONTROL, AND THAT HE HAS A PLAN FOR ME!** Even if I don't get a solo this year, I could get one next year! I will always be thankful for the amazing gift that He has given me ... to dance!

Liberty
(8)



I have been dancing since I was about 3 years old. I love ballet and jazz, especially leaps and turns. I go to dance practice every Wednesday, for two hours, plus some Saturdays to practice for *The Nutcracker*. **I LIKE TO TELL OTHERS IN MY CLASS ABOUT JESUS AND ALSO SHOW THE TALENTS GOD HAS GIVEN ME THROUGH MY dancing.**

Caitlin
(1)



I have been dancing for three years. My mom signed me up for ballet when I was 4 years old, and I enjoyed it. I tried gymnastics and then found out that the dance studio my sister goes to offers acrobatics. I started doing ballet and acrobatics at the dance studio this year. Ballet helps me with posture, balance and moving my arms that I can bring into acrobatics. I enjoy the flips and cartwheels in acrobatics class, and **I'VE LEARNED NOT TO GIVE UP WHEN learning!** For example, when I was trying to do a backbend, I practiced every day, believed in myself and then one day I was able to do it. I was very excited when it happened. I get to share the love of dance with my big sister Emma as we do ballet together.

Emma
(9)



I have been dancing for six years. I have done ballet for several years and have also tried tap and jazz. My favorite type of dance is lyrical (mix of jazz and ballet) because of the way I can express myself with the music. This is my first year doing lyrical. It's hasn't been easy learning the new moves but it's still fun and I like the challenge. **I GET TO SHARE THE love of dance WITH MY YOUNGER SISTER CAITLIN AS WE DO BALLET TOGETHER.** My favorite dance performance I have seen is *The Nutcracker*. I have seen it in person twice and we watch it together as a family at home every Christmas.

Aynsleigh
(5)



My mom says I started to walk when I was around 7 months of age and began to dance soon after! At first, I was enrolled in gymnastics, but my coach told my mom that I was made to dance, and while I still did gymnastics, I also started trying out dancing! I love to watch dance performances and tutorials on YouTube, and one of my favorite dance performances to watch is Debbie Allen's *Hot Chocolate Nutcracker*. Dancing inspires my faith because I know that my talent is God given, and that I can do anything through His love for me. **I SHOW MY faith IN MY LOVE FOR DANCE EVERY DAY.** I dance to worship music in the morning while getting ready for school, take my weekly dance class, and I even perform in the grocery store while we shop for groceries. I am passionate about dance, and I enjoy communicating to my audience without having to say a word. I also enjoy going to church and learning about God and His love for me. I learned about being God's Girl from **For Girls Like You** and the *God's Brave Girl Study Journal*—and how to be brave and face my challenges in dance and in my life!

Tempess
(10)



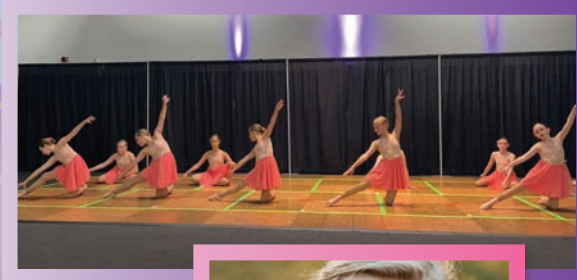
I started dancing lessons in 2015. It was ballet. There was only me so I could do it at my own pace and it helped me express myself—it was better to dance than talk. I just started doing competitions last year and on my last competition this season I got a Heart of Gold award for my solo. I look up to my teacher Ms. Amanda and I look up to Misty Copeland. **I HOPE THAT THROUGH MY DANCING I CAN MAKE THE WORLD A better place.**

I've been dancing for a year but didn't start formal classes until four months ago. My cousin loves dance and inspired me to start dancing. She's very graceful and is always helping me improve. We dance together a lot over FaceTime, even though we live in different states. My favorite dance form is ballet, but I also enjoy jazz, tap and modern. I don't compete, but I enjoy recitals and am hoping to do *The Nutcracker* this fall. **I ENJOY BEING ABLE TO HEAR GOD THROUGH MUSIC AND DANCING TO IT. IT MAKES ME GRATEFUL FOR MY flexibility and strength.**

Emily
(12)



I am a dancer at Center Stage Dance Studio in Elizabethtown Kentucky. I have been dancing for nine years and love it so much! I take ballet, tap, jazz, hip-hop, musical theatre, lyrical, master ballet and pointe. My favorite is hip-hop. It allows me to just let everything go and be myself. My favorite dancer is Misty Copeland and I want to be an amazing performer just like her, so I always try my hardest, and when I don't get a step or combination right away, I go home and work on it. I have recently been able to use my love of dance to perform a crusade around Kentucky churches and in Africa this summer to share the word of God alongside my church family. I love dancing and I hope to do it for a long time, and I hope to continue to use my faith and share it through dance. **MY GOAL FOR WHEN I DANCE IS TO make people happy AND MAKE ALL THEIR WORRIES GO AWAY.**



Sophia
(12)



My name is Nadya, which is Slavic for "hope." I am in the sixth grade and am homeschooled. My favorite Bible verse is Jeremiah 29:13: "You will seek Me and find Me, when you search for Me with all your heart." People who have inspired me are my ballet teacher, my parents, and the Daniels Sisters book series! My ballet teacher is extremely dramatic, and she always puts a smile on my face. **MY PARENTS inspired ME BY ENCOURAGING ME AND BEING THERE FOR ME.** In Ashton's *Dancing Dreams*, Ashton never gave up and tried her hardest, even when she was having trouble. Ashton was my biggest inspiration out of all of them. Dancing has inspired my faith by teaching me to help others and to treat others the way I want them to treat me even if they agitate me or make me sad; and helping me realize that it's not about what you do or who you are on the outside that matters—it's who you are on the inside.

Nadya
(12)



Melea
(12)

When I was little, I really loved ballet. I mainly liked it because of all the pretty dresses on TV, but now I love it because I find it fun and it is good exercise—especially the flexibility stretches! My sister Jayla inspires me the most. When I was younger, whatever she did, I did with her. She took dance lessons often, so I'd always see her dancing. **I FEEL LIKE IT'S SOMETHING THAT God HAS CALLED ME TO DO.** It helps me a lot when I'm angry or sad and I just want to dance. It also helps me with confidence, and dancing shows me that God gave me my gift for a very special reason. I want to use it for His good and show others that it's not just something I can do, it's something He gave me to do.

Isabel
(11)



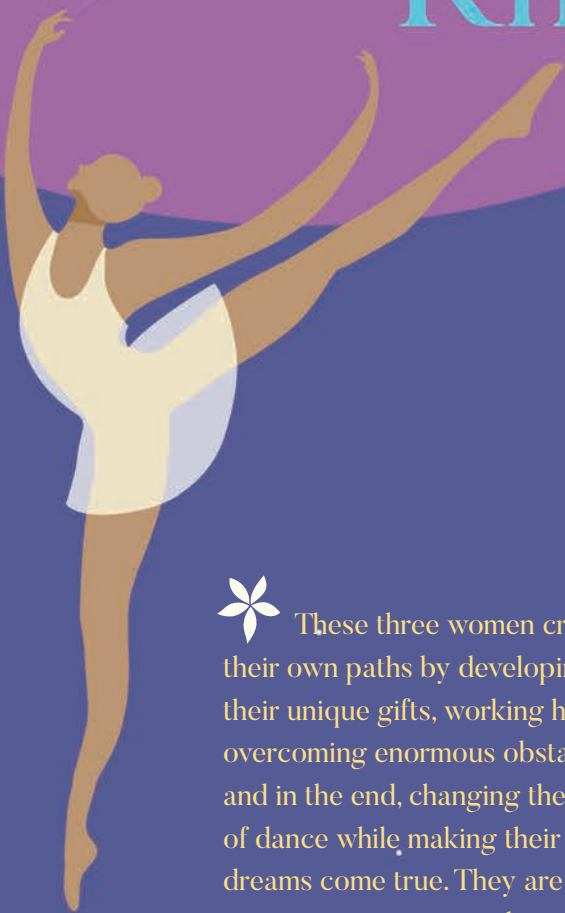
I have been dancing since I was 3 years old. I just do it because I love to do it. My favorite dance is modern, and dancing fits into my daily life because I enjoy being silly and I dance to movies I watch or music I listen to all the time. **AS GOD'S GIRL I DANCE TO WORSHIP AND praise Jesus.** So, while I am dancing for my recitals the music reminds me who I am dancing for—Jesus. Coming up at my school's art showcase I will do a piece for my last year in elementary school—a dance to "You Say" by Lauren Daigle. I created the routine myself. I love the power of this song and dancing to it. I love the message this will leave as I end this chapter. I look forward to more dance opportunities in middle school next year.

Clara
(13)



I do rhythmic gymnastics. Rhythmic gymnastics is a mix of gymnastics and ballet, where you use apparatuses like hoops, ribbons and ropes. I used to do regular gymnastics, and then started rhythmic gymnastics when I was 8. Every year there is a competition that every dance class from my studio competes in. I have never won, but we get lots of great feedback from the judges. Even though she isn't really a dancer, I look up to Simone Biles, because she is a gymnast. I love watching her do all the moves that I learn to do in class. **DANCING HAS INSPIRED MY LOVE OF music,** especially dancing to it, which is a form of worship that I love to do.

Great Women Dancers You Should Know!



These three women created their own paths by developing their unique gifts, working hard, overcoming enormous obstacles, and in the end, changing the world of dance while making their own dreams come true. They are a huge inspiration, not just to dancers, but to everyone!

Written and illustrated by
Janel Rodriguez Ferrer



Misty Copeland (Born 1982)

One of the most famous dancers living and working in the world today is Misty Copeland. She is a prima ballerina—but her story is unlike most who have come before her. For instance, ballet dancers usually start their training early—as young as 3 or 4 years old—and practice for at least 10 years before getting good enough to go pro. (“Pro” as in “professional” which means you can be paid for your work and can perhaps earn a living from it.)

Misty had her first lesson late—when she was 13! And not because she loved ballet or had always wanted to become a ballerina, but because her drill-team coach told her she should try. And it turned out that Misty was a ballet **prodigy** (someone unusually and naturally gifted with a talent) and in four short years she was able to “go pro.”

Not that it was easy. Misty was poor, dance lessons and gear were expensive, and she had to work extra hard to learn all the ballet positions other girls already knew. Plus, her mother didn’t want her “wasting” her time with dance. On top of all that, Misty was of mixed race (black and white)—and the ballet world had a history of favoring white ballerinas over all others. (In fact, until just recently, even ballet clothes were colored in pinks and creams to match white skin. Now tights and slippers come in more shades.)

However, Misty’s immense talent was undeniable. She won prizes, scholarships, and finally the appointment of **principal dancer** (dancer who gets to play the lead roles in ballets) for the American Ballet Theater—and was the first black woman to be one in their history!

Today Misty is still ABT’s main attraction, and she always dances before sold-out crowds. She is also a favorite dancer of **For Girls Like You** readers and is the favorite dancer of most young dancers around the world today.

Misty makes it a point to encourage them all to dream big, saying, “**Know that you can start late, look different, be uncertain and still succeed.**”



Martha Graham (1894-1991)

But ballet is not the only form of dance! There is also tap, ballroom, swing, lyrical, Latin, hip-hop, and more—including modern.

The most well-known modern dancer of all time is Martha Graham, who died in the 1990s when she was in her 90s! This means that even though she came to dance late (she only began taking classes at the age of 22—later than Misty Copeland) she was able to dance professionally for over 60 years.

Martha is perhaps most famous for helping to make modern dance popular in America, for starting her own dance company, and for having unusual costumes made for her dances.

At first, modern dance was seen as an alternative to, or even “enemy” of, ballet, because it was so different. And audience members found Martha’s made-up dance moves strange compared to the familiar dance moves of ballet. But Martha never let criticism bother her. She went on to create many dances inspired by stories from different cultures, American history, works of literature, and the Bible.

Her style of dancing didn’t tell the stories as much as they expressed emotions about them. And over time ballet dancers and choreographers were drawn to work with Martha. Because of this she declared that the “war” between ballet and modern dance as “over.” Their co-operation also proved that just because two things are different it doesn’t mean that they can’t work peacefully together to make something beautiful.

Maria Tallchief (1925-2013)

Perhaps the first American ballerina to receive worldwide fame as a major prima ballerina was Maria Tallchief. In fact, her life was full of firsts! She was the first American to dance with the Paris Opera Ballet, the first to perform at the Bolshoi Theater in Moscow, the first prima ballerina of the New York City Ballet Company and the first Native American ballet dancer to achieve such heights of success.

Like Misty, Maria was racially mixed. Her father was a member of the Osage nation, and her mother was white. So when first she moved to New York City to look for work as a dancer, what she found instead was racism everywhere she applied. People even advised her to change her last name and hide her heritage. But she refused.

Her persistence paid off when she finally found work with a Russian ballet company. Then, one day she filled in for a dancer who quit shortly before a show. She received great reviews for that performance, and her career took off. One of her best-known roles was as the Sugar Plum Fairy in *The Nutcracker*.

She went on to receive many awards during her lifetime. And once she retired opened a dance school of her own in Chicago. There she could be heard to advise her students to “dance from your heart!”





STEMgirls

SCIENCE FUN WITH THE DENTON DUO

Sisters Lydia and Bethany

GIVE IT A WHIRL!

DEFYING GRAVITY WITH A STEM DANCING EXPERIMENT

HAVE YOU EVER WONDERED HOW DANCERS ARE ABLE TO SPIN AND DANCE AND NOT FALL DOWN?

It has to do with keeping the center of gravity over your feet. When the center of gravity shifts too far to the left or right, you topple over! So, could we make a toy ballerina that can keep her balance? We tried ... and now you can too!



★ Find something around your house that can be your ballerina's strong backbone—straws, popsicle sticks, a chopstick, a clothespin, a pencil...

★ Next, find something that can create a bit of weight—bolts and nuts, washers, coins or clay. We want to try and make the

center of mass in the middle so when the ballerina wobbles, she doesn't fall!

★ Lastly, you'll need a pipe cleaner or stiff wire. Wrap the wire or pipe cleaner around the toy's "back bone." Experiment with different weights and with how you twist the pipe cleaner. Can you get it to balance? Once we got ours to work, we taped our picture of a ballerina on it. The ballerina could wobble around but stayed balanced on our finger!

SCIENCE LESSON

The point where the toy is balanced is called its **center of mass**. That means the mass (weight) around the point is equal in every direction, so it isn't pulling the toy one way or another to make it topple over. Having trouble getting your toy to balance? Symmetry is your friend! Try to have the weights be the same on both sides and wrap the pipe cleaner so that it is the same length on both sides.

When you were little, you didn't know how to keep your center of gravity over your feet. That is why babies, when they are learning to walk, fall over a LOT! You also must learn how to keep your center of balance when you are trying to ride a bike without training wheels on it. Balancing can be tough and takes a lot of practice to get right!



We loved our balancing dancer so much we couldn't wait to try other things — like Lydia's poster board bird. He could balance on just his beak! Maybe you can think of another cool shape to use like a butterfly or even make a tight-rope walker! We think it would be really fun to print out pictures of ourselves and make a toy Lydia and toy Bethany who can balance and wobble!

faith SERVICE. FUN.

WITH AMERICAN HERITAGE GIRLS

MEET



ANNILY

an 8-year-old Tenderheart with Troop OH0056 in Cincinnati, Ohio who loves to dance!



I love wearing my American Heritage Girls uniform, but it was extra fun to wear my dance outfit while earning my badge.



DANCE PERFORMANCE BADGE

I learned a whole lot of new things about dancing to earn my Dance Performance Badge!



READY, SET ... DANCE!

I AM 8 YEARS OLD, AND I STARTED AMERICAN HERITAGE GIRLS LAST YEAR IN MARCH. I love everything we have done so far! I started dancing when I was 6 years old; it was so much fun! My teacher's name was Ms. Muffie and we had lessons in her home studio. Ms. Muffie taught me the basics of dance—good posture, balance, building strong muscles, and how to have fun! This coming year I will be continuing to dance at our co-op, learning more about ballet and tap dance. I am really looking forward to that.

Right now, my favorite style of dance is ballet. I like ballet because it has lots of spins and jumps. When I got my Dance Performance Badge in my AHG Troop, it was fun because I learned new things. We learned how to square dance—an old American folk-dance style people did at celebrations such as weddings and barn raisings. It was a lot of fun as we got to spin each other around. The "caller" gave us instructions along with the music and we moved around the square with our partners. I also got a new purple tutu!

AHG has lots of opportunities to do badge work about other things related to dance. One of those is

physical fitness. I love to run and play which is why I wanted to do the physical fitness badge. It was so good to be there with my friends. We learned how God made our bodies to be strong and healthy. And we learned ways to keep our bodies strong and healthy. You could even think about dance as one of the ways to exercise for a strong, healthy body!

I think God gave me the gift of dancing to help people smile and bring them happiness. I prefer dancing with others, especially my friends and the other girls in my Troop. I am glad I got to have fun with my friends working on these badges. I also had fun with the older girls who taught us all the new things! I loved the Father/Daughter Dance—it was great to get dressed up and see all my friends dressed up! I am really looking forward to next year's dance now! Dancing makes me happy, and I think other girls should learn to dance because it will make them happy too! When we dance together, it is fun to just dance however we want. We can dance goofy, fancy, serious ... just do what makes us laugh and have fun! I think it makes God smile too.



Are you interested in being an American Heritage Girl and earning badges like Annily? If so, you and your parents can learn more about the program at AMERICANHERITAGEGIRLS.ORG.

COFFEE FILTER DANCERS

TUTU FUN!

These colorful dancers make great gifts or gift toppers! Color them to match your own (or your friend's) dancing costumes!



SUPPLIES

- Large Coffee Filters
- Washable Markers
- Pipe Cleaners
- Baking Sheet
- Scissors
- Eyedropper & Water
- Elastic Bands



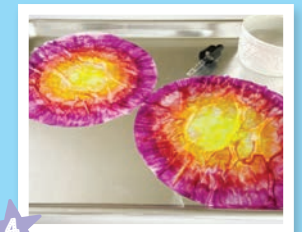
1 Working on a baking sheet, begin by choosing colors in a similar color scheme and fully color two coffee filters.



2 The more you cover the filter in color, the better the finished skirts look.



3 Using an eyedropper of water, wet both of your coffee filters.



4 Let the filters dry on the baking sheet outside or even overnight in the house.



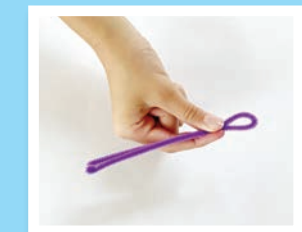
5 To make the first skirt, fold one dried filter in half, then in half again and then in half one more time until you have a small triangle.



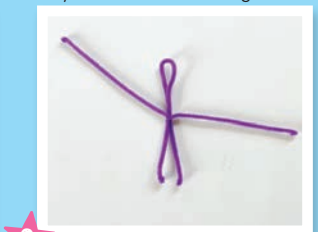
6 Cut the tip off the triangle, being careful not to cut too much.



7 Open the filter and fold in half, then make two small slits about a quarter of an inch from either side of the hole in your filter.



8 To make the body, you need two pipe cleaners. Start by folding the first one in half and creating a head shape at the top.



9 Take the second pipe cleaner and wrap it around the body starting about two inches down from the head.



10 Continue wrapping the pipe cleaner up the body until you reach the head and have two arms on each side.



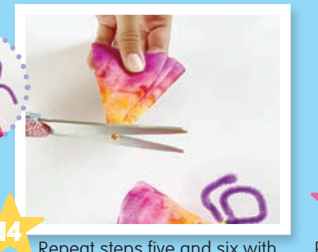
11 Put the arms through the slits on either side of the center hole.



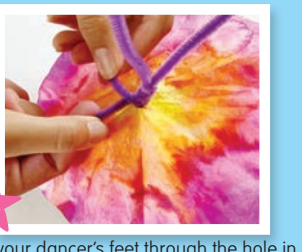
12 Pull the head and arms through the filter.



13 Wrap an elastic band over the head and arms to create the waist and secure the skirt.



14 Repeat steps five and six with your second coffee filter.



15 Put your dancer's feet through the hole in your second coffee filter and secure underneath with a small piece of pipe cleaner.



TRUE girl

WITH DANNAH GRESH

UNDIGNIFIED

"PRAISE HIS NAME WITH DANCING, ACCOMPANIED BY TAMBOURINE AND HARP."

PSALM 149:3

WHEN YOU THINK OF WORSHIP, WHAT IS THE FIRST THING THAT POPS INTO YOUR HEAD? Let me guess. Are you picturing people singing? While that's definitely one of the more common ways of worship, it's not the only way.

You can praise God by writing songs, painting pictures, or like our verse above says, you can worship by dancing!

Now, this doesn't have to be a perfectly choreographed ballet. Just put on some worship music and go for it! You don't have to wait until you've completed three years of dance class before you try it out.

If you're worried about what other people might think, check out **2 Samuel 6**. In this chapter, King David praised God by

dancing, and his wife was pretty embarrassed by it. She thought it wasn't a very dignified thing for a king to do. But instead of feeling ashamed, David stood by his actions and said he'd do it again to show just how much he loved God.

Today, find a worship song that you can't help but dance along to! Turn it up and have a mini worship dance party with your mom. (If you're not sure where to start, I recommend "Celebrate" from *True Girl: The Original Album*!)



DAVID WAS *dancing* BEFORE THE LORD WITH ALL HIS MIGHT, WHILE HE AND ALL ISRAEL WERE BRINGING UP THE ARK OF THE LORD WITH SHOUTS AND THE SOUND OF TRUMPETS. (2 SAMUEL 12:14-15)



Adapted from THE TRUE GIRL SUBSCRIPTION MARCH/APRIL DAILY DEVOS. Visit mytruegirl.com/subscription to learn more!

BEFORE YOU GO



GREAT DANCERS
ARE NOT GREAT BECAUSE
OF THEIR TECHNIQUE, THEY ARE
GREAT BECAUSE OF THEIR
PASSION.
Martha Graham



YOU TURNED FOR ME
MY MOURNING INTO
DANCING.
Psalm 30:11

THERE IS A TIME
FOR EVERY SEASON
A TIME TO WEEP
AND A TIME TO LAUGH,
A TIME TO MOURN
AND A TIME TO
DANCE.
Ecclesiastes 3:4

DANCERS
ARE ATHLETES OF
God.
Albert Einstein




Dance
AND BE GLAD.
Jeremiah 34:3

DANCE WITH YOUR HEART

AND YOUR FEET WILL FOLLOW.



LET THEM PRAISE
HIS NAME WITH
DANCING
AND MAKE
MUSIC
TO HIM WITH
TIMBREL AND HARP.
Psalm 149:3

FOR IN HIM WE
Live
AND MOVE
AND HAVE OUR BEING.
Acts 17:28

WHAT WILL YOU READ NEXT?

TITLE: _____

AUTHOR: _____

BOOK #
16

THIS BOOK MADE ME FEEL:

☐ HAPPY ☐ SAD ☐ SCARED ☐ EXCITED

☐ CURIOUS ☐ ANXIOUS ☐ PEACEFUL ☐ SMART

☐ _____ ☐ _____

MY FAVORITE QUOTE:

THE BEST PART:

FICTION
☐ FICTION ☐ NONFICTION

MY RATING
😊😊😊😊😊

HOW I FOUND IT

WHEN I READ IT

BOOK PAGE

FAVORITE CHARACTER

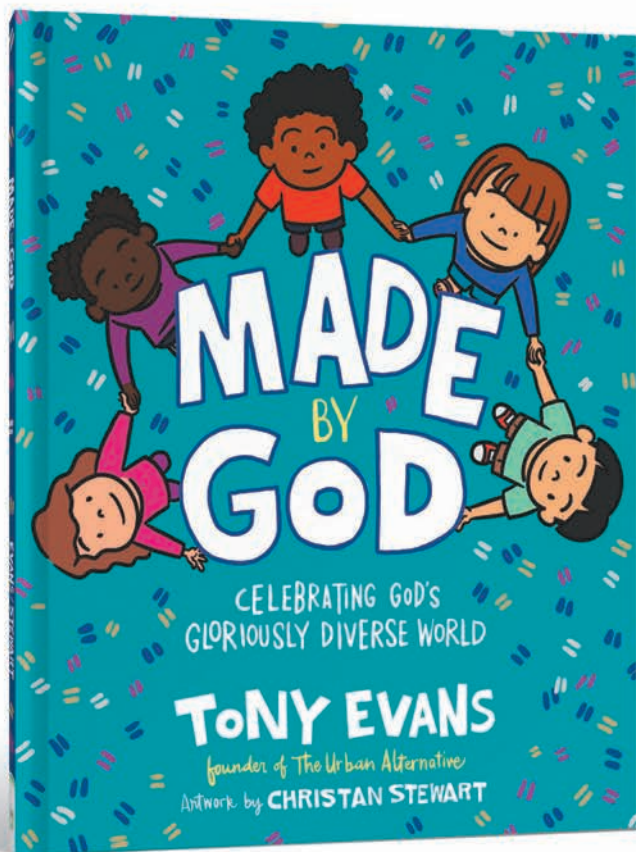
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★ You may also like:
Fantasy (page 52)
Great Adventures (page 18)



Made to *DANCE*.

Made to *LOVE*.

Made by *GOD!*

We may all look different, live in different places, and have different things, but we all made in God's image—unique yet equal—and equally loved by Him.

