

# Thinkibility – 29 Day Challenge

## Day 28 - Dance

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**Can you act out your day or express your feelings in a dance?**

Put on some music and express emotions, feelings and moods. Use the body as an instrument to explore and express ideas.

Discovering the emotion when you watch a dance performance is something that has been studied by [Peter Lovatt](#). Go [here](#) to watch him talk and dance about his research. Dance can also be used as a tool for enhancing a group's consciousness about the situation. In addition, dancing may help to create a common vision and build a mutual support.

Blog post about dance:

- [Extract Concepts - Change the Medium](#)
- [Dancing Statistics](#)

