



My Pre-performance routine

Name: _____

From Head to Toe Academy

Checklist/Controllables

I am in control of..

I am not in control of..

Things to pack...

Performance day morning routine

8 am start time, on beginning.

7:15am: Begin warm up

7am -7:15.. Meet with teachers..

6:45am -7.. Breathe, Meditation, focus time

5:45am-6:45.. Hair & Makeup

5-5:45am... Shower, breakfast

Wake time... 5am

Affirmation, Self Talk, Imagery, Breath

Affirm..

I will inspire others.

I enjoy a challenge - challenges make me stronger.

Breath-work..

Box Breath

Self- talk..

I will recognise negative thoughts & reframe them

Movement prep

Raise 5 mins

A, B, C skips

light jog/shuttle runs

Single leg hops

Activate & Mobilise 5 mins

Foam Roll, Mini band/ theraband work

Incnchworms

Quad - releve

Spiderman

Close Open gate

Dynamic pigeon

Ostrich

knees - chest

Walking cut

Downdog heel walks Toy Soldiers

Prepare:

5 secs of sharp movements

4 bars of dance -

8 bars on - 8 bars off

Notes

Create music playlist

Find out what time I need to be back stage

Breathe



Visualise

Your best self



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Raise:

Activate & Mobilise:

Prepare:

Notes

