



# SHIRA DANCE NEWS



## DANCER OF THE WEEK:

**MUSSIA CALMENSON**

CROWN HEIGHTS, BROOKLYN

### What is the most unique part about where you live?

I live in CH. I get to go to 770 the Rebbes shul whenever I want to; for Tzivos Hashem Rallies and to see the Rebbe's menorah being lit on Chanukkah.

### What is your favorite dance move?

Heel, toe, back, side and front step.

### Besides dance, what do you like to do?

Color and bake.

## GAME CORNER

### Say the Color of each Word!

(Don't read the word)

How Fast can you say it?

black white yellow green red blue  
 yellow red black green white red  
 white green red black yellow green  
 black white yellow green red blue  
 white green red black yellow green  
 yellow red black green white red  
 white green red black yellow green

TEVES  
CONTEST

SEND A VIDEO OF A FRIEND OR  
 FAMILY MEMBER DOING A  
 DANCE MOVE THAT YOU  
 LEARNED ONLINE

## FOR THE SHABBOS TABLE: WATER TO BLOOD- COLD TO WARM

In this weeks parsha, Parshas Vayeira, Hashem begins sending the makkos, The first makka was that all the water in the Nile turned to blood. What lesson does this teach us? Water shows coldness and not caring, while blood shows warmth and excitement. Hashem is teaching us that we should do Torah and mitzvot with warmth and excitement. Anything that is good and we can use to serve Hashem, we should do it with warmth and passion. When we do something like learning dance in a tzniusdik way, we should make sure we are doing it with excitement and joy because we are so lucky to be able to serve Hashem in such a fun way! We can think about something that is a good thing maybe we do in a cold way and make sure this week that we do it with warmth.