1. The most interesting part of Artsparks was when I discovered how fun it was because just hearing the name "Artsparks" sounds boring until you actually experience it.

2. The most surprising thing was when I first experienced Artsparks at first I thought it was like ballet, but the first session of Artsparks quickly changed my thoughts.

3. I discovered that just dancing will get your heart-rate up. It's cool to know that an everyday activity like dancing could be healthy for you.

4. I learned that the art form of dance is bigger than what we see in the media.

5. I learned that my health is a very important thing in life.

6. I learned that I can have fun dancing and also exercising at the same time and I didn't even know it.

7. I made the change of increasing my energy throughout the performance.

8. I participated with an increasing level of energy.

9. The art form connects to other subjects such as health.
11. I think this program may help my people skills by
listening to others more.

12. I have only one comment: I hope you all come back next
year for the 2013-2014 school year.