At my internship I was given the opportunity to take a big role and teach the girls P.E. classes a dance. I made up a short 1 minute dance to teach the girls before their Rhythm/Dance unit. Although I used to be a dancer it was difficult at first to get out of my comfort zone and go up on the stage in front of a class of 30 girls to teach a dance. It ended up being a great opportunity and all of the girls loved the dance. In fact, I was at lunch one day with my family and a student and her mother came up to me. The mother had told me that her daughter told her that she had the best time in P.E. when I taught them the dance. This made me feel so accomplished that the hard work I put in to make a great dance paid off and it was all worth it. It was the best feeling!