

Children's Inclusive Dance Class

Opening and Welcoming Introduction (0:00-0:10)

The class begins with a warm welcome, where the instructor greets the children and introduces the session's theme or focus, encouraging everyone to participate and feel comfortable.

Gentle Warm-Up Movements (0:10-0:20)

The instructor guides the children through a series of light warm-up activities. These may include stretching arms, bending knees, and moving in ways that engage different parts of the body, ensuring everyone feels ready and safe to dance.

Exploration of Space and Body Awareness (0:20-0:30)

Children are encouraged to move around the room freely, exploring how their bodies can move within the space. The instructor may provide simple prompts, such as moving like different animals or exploring shapes and levels, like reaching up high or crouching low.

Partnered and Group Movements (0:30-0:40)

The class includes partner or group-based activities, encouraging interaction among children. This may involve mirroring each other's movements, creating a sense of togetherness and inclusivity, where each child contributes to a shared dance.

Creative and Expressive Movements (0:40-0:50)

The instructor invites children to express their emotions through dance, moving freely and imaginatively. Children may be prompted to show how they feel through different types of movements, fostering creativity and self-expression.

Closing and Cool-Down (0:50-0:54)

The session winds down with a cool-down, as the children return to a circle or group formation. The instructor closes with a few calming breaths or a final gesture, bringing the class to a calm and joyful conclusion.