



DANCING AT HOME WITH TOTS AND KIDS

HAVE A YOUNG DANCER AT HOME WHO LOVES TO MOVE, BUT HESITANT ABOUT VIRTUAL CLASSES?

It's understandable to think about how they will engage, how much screen time they are getting outside of dance, or whether they will follow along in class. Keep reading to learn about 5 ways DAM and our occupational therapists can support our youngest dancers virtually:

1. KEEP THEM MOVING



Our Tots & Kids classes are action-packed and full of movement; even though it may feel like additional screen-time, virtual classes provide a structured and consistent way to stay active!

Our OT's: support our teams to find the right balance between verbal instruction and dancing to the music; especially important for our youngest friends who love to move and hear their favourite songs, which are included throughout each class.

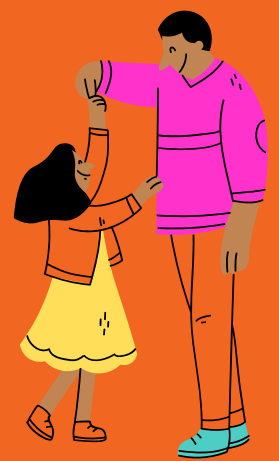


2. GETTING FAMILIES INVOLVED



We love a family dance party! Sometimes our dancers may benefit from a little encouragement to try new things when they're watching a teacher through the screen; we encourage families to join in the fun and dance it out as a group.

Our OT's: can consult with families to recommend strategies that promote engagement, fun, and fulfilment for everyone involved.



3. ENCOURAGING FUN

Our classes focus on meeting each dancer where they're at and above all, ensuring everyone has fun!

Our OT's: understand that dance looks a little bit different right now, and coach our teams and families to embrace any and all engagement within the virtual class. Personalizing classes to our dancers' interests supports dancers in having fun even if they take breaks from following along.



4. CONNECTING FRIENDS



Attending our virtual classes helps keep our community thriving, so that we can return where we left off when we can dance together in person again! Dancers can connect by dancing along to their favourite tunes with new friends!

Our OT'S: support our dancers in connecting with new and familiar faces by designing social interactions that use our dancers' strengths and interests to facilitate friendships.

5. SUPPORTING SKILL DEVELOPMENT

Virtual dance classes can support our dancers in developing gross motor skills, motor planning, and regulation skills, to name a few!

Our OT's: are experts at finding the "just right" challenge, and use this knowledge to support class planning and make recommendations to our teams that support dancers in developing their skills.

