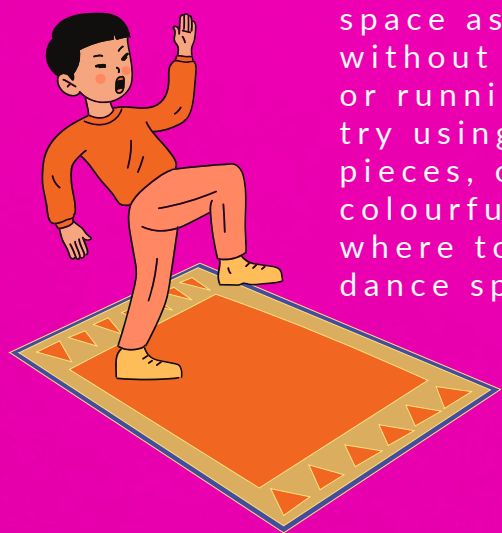




Setting Up Your Virtual Dance Space

MOST OF US DON'T HAVE BUILT-IN DANCE STUDIOS IN OUR HOMES, SO WE DO THE BEST WE CAN! KEEP READING FOR 5 TIPS FROM OUR OCCUPATIONAL THERAPISTS ON HOW TO SET UP AN EFFECTIVE VIRTUAL DANCE SPACE AT HOME:

1. DESIGNATE A SPACE



Make sure your dancer has as much space as possible to move around without fear of knocking things over or running into furniture. You can try using a yoga mat, foam puzzle pieces, or even taping down some colourful paper to show your dancer where to stand and where their dance space starts and ends.



2. ESTABLISH A GOOD TECH SET-UP

It can be helpful to set up your dancer's class on as large a screen as possible; a computer screen or connection to a TV will help dancers see their teacher and friends to feel engaged in the class. Connecting speakers can also be helpful to better hear the teacher's instructions and their favourite dance songs!

3. PICK OUT DANCE CLOTHES

Whether it be a leotard or your dancer's favourite track pants, selecting some clothes as "dance clothes" and changing into them right before class can support your dancer in transitioning to the class routine and promoting their dancer identity! Check out our [DAM apparel](#) for some great clothing options our community rocks!



4. CREATE A PROP BIN

Find some old costumes or accessories around the house and create a freestyle prop bin! Our dancers often love to pick out props and costumes to wear when we're together in the studio; try recreating this at home to promote some silliness and fun and get dancers excited to attend class each week.

5. TRY VISUALS TO PREPARE FOR CLASS

Social stories and visual schedules can be helpful to let dancers know what to expect in their dance class. Our team have created [social narratives](#) to support families in getting ready to attend our virtual programming. Looking for a resource? Let us know!

