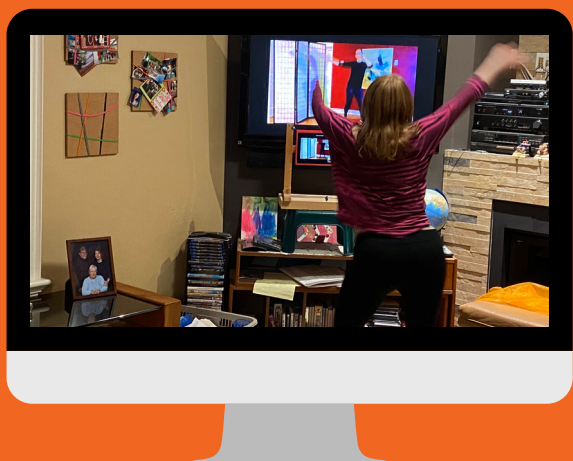




The Benefits of Virtual Dance

Missing dancing with friends in the studio? So are we! We are finding new joys and benefits in connecting online and keeping our DAM community thriving during difficult times. Maintaining relationships is important so that we can jump right back in when it is safe to dance together in person! Keep reading to see our occupational therapists' perspectives on the top 5 benefits of dancing through our screens:

1) Staying Active



Weekly dance classes provide a consistent way for your dancer to get some movement into their day in a fun and engaging way during a time when it can be difficult to stay active.

Our OT's: design classes to keep our dancers moving, provide strategies for engaging everyone, and support our dancers to move in whatever way is safest for their body.

2) Providing a Creative Outlet

Dance class is a natural place to develop our creativity and explore our bodies and interests!

Our OT's: support our teams in personalizing classes, building a safe community, and using dancer's strengths and interests to encourage creativity and imagination.



3) Connecting with People Outside of the Home

Virtual dance classes provide a way for your dancer to see new and familiar faces each week, to engage in social interactions in an inclusive and accessible virtual environment, and to build their support system outside of the family.

Our OT's: understand that there are infinite ways to communicate; they build off our dancers' strengths to facilitate connections within the group and check in with our dancers to see how they are doing and how we can be there for them.



4) Adding Structure and Routine to the Week

Structure and routine is a huge piece that is currently missing from most of our lives; weekly dance classes provide something to look forward to, and can act as an anchor in the week to plan other activities around.

Our OT's: assist our teams in building familiar but flexible routines into our classes that help our dancers know what to expect while also challenging them to try new things each week!



5) Learning Strategies for Other Settings

Virtual dance may be just one of the activities your dancer is currently participating in online; virtual dance classes can provide ideas for strategies to try out in other settings.

Our OT's: can work with your family to establish strategies that can be transferred to other virtual spaces, whether it be school or other activities. For example, OT's might provide recommendations to set up the home environment, or they might share ideas for specific supports that can benefit your dancer in any virtual interaction.

