

All Bodies Dance Project in Schools

All Bodies Dance Project brings together artists with and without disabilities to explore movement as a means of creative expression. We want to widen the spectrum of who dances and what dance can be. By bringing together “standing dancers” with dancers who use wheelchairs and other mobility aids, our practice challenges the idea of the “normal” body, while changing perceptions about disability. We strongly believe that everyBODY can dance and that ALL BODIES have something to say! By bringing our unique dance form to new audiences, we hope to inspire conversation and consideration about the power of dance to communicate and what meaningful inclusion can look like.



Workshops K-12:

Dance for EveryBODY is a fun and inspiring celebration of diversity, difference, and the power of dance. This workshop engages students in activities, exercises, and conversations designed to uncover what each unique dancing body has to say. Addressing themes of communication, expression, and community, *Dance for EveryBODY* uses foundational skills in contemporary dance and improvisation. Students will create and perform their own pieces of choreography as a means to explore their individual creativity and develop new appreciation for others. This workshop can be tailored to connect to classroom themes or curriculum ideas.

School Show K-12:

See & Be Seen exposes audiences to diversity, difference and the power of dance. This show engages viewers in activities, demonstrations and conversation that will leave them considering inclusion in a new way. Performed by a cast of dancers with and without disabilities, the performance challenges the idea of the "normal body," and addresses themes of communication, accessibility and inclusion.

Professional Development for Teachers:

Learn how to integrate movement into your classroom in creative and accessible ways. Discover strategies for engaging all students including people with disabilities. Teachers will learn basic movement facilitation skills that can enhance students' creativity, promote inclusion and instill confidence. Particular focus will be put on using inclusive language and encouraging embodied ways of understanding and learning. Suitable for educators of all grade levels.

We can be booked through ArtStarts: <https://artstarts.com/artist-profile/all-bodies-dance-project> or contact us directly at info@allbodiesdance.ca

allbodiesdance.ca

