

# A call to Integrating Dance & Education

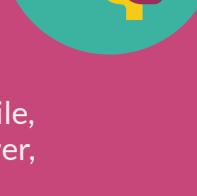


## Anne Green Gilbert

Founder of Brain - Compatible Dance Education, came up with a program where "BCDE is a structured methodology for teaching dance using a lesson plan and strategies that create an environment in which the brain is ready, willing, and able to learn."

Fig 1. Anne Green Gilbert, Founder of Brain-Compatible Education

The Brain dance is a warm up for the brain before any mental or physical activity and is good for any age in any environment!



## THE BRAIN DANCE

It is sequential and holistic with the following steps: breath, tactile, core-distal, head-tail, upper-lower, body side, cross lateral, and vestibular

## Learned Skills



## DANCE MOVEMENT THERAPY

Dance-Movement Therapy is a psychotherapeutic healing tool based on the idea that the mind and the body are connected.



LET'S GET MOVING

## DEVELOPED SKILLS

- Social and Communicative
- Engagement
- Consistent Body Image
- Self awareness
- Stable Relationships



EXPLORE CREATIVITY

## BCDE & DEVELOPMENT

"Is like an approach to like having children, having adults, revisit the patterns. And by doing so, this dance, repeatedly day to day or week to week to week, you are strengthening and developing those neural pathways, right? So then like by the end, someone who maybe didn't crawl when they were a kid has like strengthened that ability. So maybe like when they revisit that part of the brain dance, it becomes easier...let's use dance to keep the brain healthy. Let's use the brain to keep the dancing body healthy"

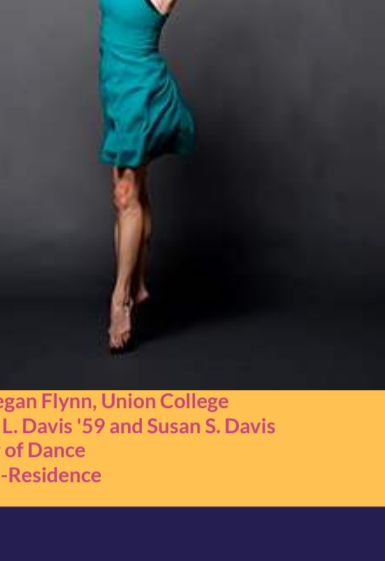


Fig 2. Megan Flynn, Union College, Gustave L. Davis '59 and Susan S. Davis Director of Dance Artist-in-Residence

## THE SCHOOL SETTING (NDEO)

The NDEO is the National Dance Education Organization that helps schools create dance curriculum. "Research indicates that when integrated into the PreK-12 curriculum, dance keeps students engaged in school, enhances learning when integrated into academic subjects, and improves overall school culture."

" Research shows that children primarily learn through physical and sensory experiences. When children are provided with creative movement problems that involve the selection of movement choices, they learn to think in the concrete reality of movement."



## THE IMPORTANCE

By adding dance education into the school curriculum, students can creative problem solve, express emotions, use it a resource for therapy, build healthy relationships with themselves and others, and can possibly pursue dance as a lifetime hobby. Having this readily available in a k-12 setting will set kids up for life after school and can even increase chances of getting through the struggles of school with less amounts of behavioral misconduct compared to programs without dance education



## WHY SHOULD DANCE BE IN SCHOOLS?

"Dance should absolutely be a part of the public education. Not every student is a football player or a runner. We need creative outlets for our students as well.

Dance is important to childhood development because it helps students become more bodily aware, spatially aware and emotionally self-aware. Dance also teaches character, especially persistence and patience. People who dance also have long term benefits because it is good for cognition, health and fitness, and enhancing neural pathways."

Shanna Becker, M.A., Director

## LISTEN TO THE RESEARCH!!!

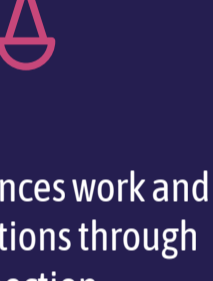
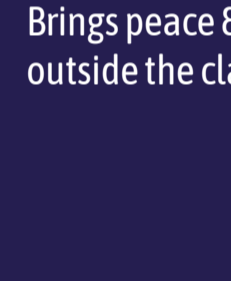
- Natural way for learning and expression
- Improve school culture
- Supports children's behaviors
- Enhances neural pathways

Students will be able to recognize and practice basic emotions at advanced levels

Promotes healthy lifestyles

Brings peace & wellbeing outside the classroom

Balances work and emotions through connection



"Participating in the arts for as little as 10 weeks has been shown to increase the resiliency and neural connectivity of the brain, making for increased self-awareness and better memory processing."

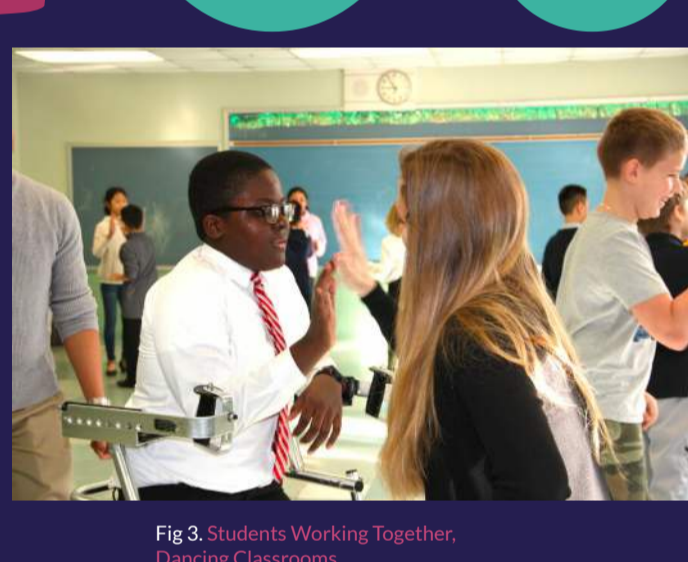


Fig 3. Students Working Together, Dancing Classrooms

The Dancing Classrooms is a nonprofit organization that brings social dancing to classrooms in high poverty rate areas of NYC

## DID YOU KNOW THAT 407,000 CHILDREN ARE IN FOSTER CARE?

"Without a stable attachment relationship, these children will be at risk for detrimental social patterns, crime, addiction, mental health and behavioral problems, and damaging relationships for the rest of their lives. DMT helps to promote healthy attachment through dance, it also addresses the trauma-oriented experiences and behaviors."

Children learn movement just as well as language !

Students learn best from connecting sensory and physical stimuli

DMT programs provides positive reinforcement and develops social and communication skills that mitigate the clumsy sociabilities of those with ASD

Creates inclusion and unity which helps children subconsciously battle social stereotypes

## WHAT WOULD YOU DO WITH DANCE?

"I would make it free, anyone that would want to come and dance could come and do so, like a community dance and I think that dance classes are not equitable, the dance world is not equitable."

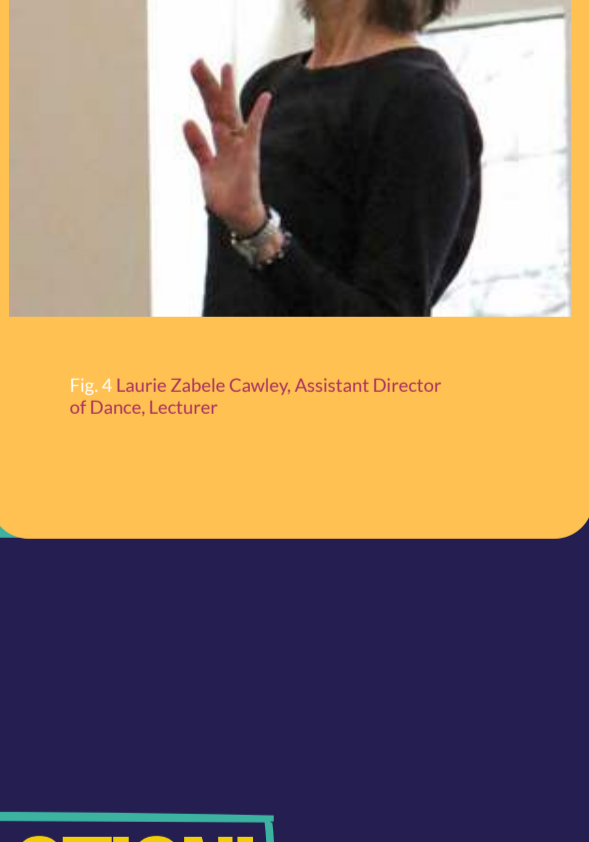


Fig 4. Laurie Zabele Cawley, Assistant Director of Dance, Lecturer

## CALL TO ACTION!

We as a whole community need to make Dance and Movement more accessible to K-12 youth by incorporating it into core curriculum!

## SOURCES

Brain-Compatible Dance Education & BrainDance, <https://www.creativedance.org/brain-dance/>

Dance/Movement Therapy with Children Throughout the World, <https://link.springer.com/article/10.1007/s10465-008-9045-z>

Dance as Our Source in Dance/Movement Therapy Education and Practice. <https://link.springer.com/article/10.1007/s10465-006-9025-0>

Dance in Public Education, <https://nces.ed.gov/pubs2012/2012014rev.pdf>

Dance of Attachment: Dance/Movement Therapy with Children Adopted Out of Foster Care, [https://digitalcommons.slc.edu/cgi/viewcontent.cgi?article=1049&context=dm\\_t\\_etd](https://digitalcommons.slc.edu/cgi/viewcontent.cgi?article=1049&context=dm_t_etd)

Key Facts and Statistics, <https://www.childwelfare.gov/fostercaremonth/awareness/facts/>

Laurie Zabele Cawley, <https://www.union.edu/theater-dance/faculty-staff/laurie-zabele-cawley>

Megan Flynn, <https://www.union.edu/theater-dance/faculty-staff/megan-flynn>

Programs, Dancing Classrooms, <https://dancingclassrooms.org/programs/>

The Effectiveness of Dance/Movement Therapy Interventions for Autism Spectrum Disorder: A Systematic Review, <https://link.springer.com/article/10.1007/s10465-019-09296-5>

Why Dance Education is Important, <https://www.ndeo.org/About/Dance-Education/K-12-Schools>