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BENEFITS

of Dance & Movement
Interventions

Improve:

Coordination & Balance
Fine & Gross Motor Skills
Muscle Strength & Control
Serial Recall & Repetition
Social Communication
Breath work & stress relief
Peer-based experiences
Strengthen cognitive function

Foster:

Opportunities to Socialize
Confidence
Self-Expression
Freedom in movement

DO AT HOME

- Warm-Up: Moving & Stretching
Song: Kung Fu Fighting
- Skill Builder - Serial Recall
Song: [Chicken Dance](#)
- [Across the Floor - Step, Triangle, Step](#)
Song: Star Wars Theme
- Choreography – Zumba
Song: [Disney Mambo #5](#)
- Game - Full Body Rock, Paper Scissors
- Free Style – Movement & Scarves
Song: Freeze Frame
- Cool-Down - Sea Creature
- Yoga Song: [Under the Sea](#)
- Highlights from an in-person
[adaptive dance class](#)
- [Example of adaptive dance](#)
- [Example of ASL dance class](#)

CLASSES

Click the link to find
a class

Dance/Movement Therapy at
[Children's Hospital Colorado](#)

[Feel the Beat Adaptive Dance Studio](#)

[Autistic Wings Dance Studio](#)

[Colorado Conservatory Adaptive
Dance Classes](#)

[Performability: Classes, Competitive
Teams & Musicals](#)



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DISABILITY VOICES

Youth Voices: I Prefer...

Freestyle, Ballet & Jazz Style
Rock, Pop & Country Music
30 Minute Classes
Stretching, Gross Motor &
Balancing Skills

Parent Voices: I Prefer:

Freestyle, Modern & Ballet
Styles
Pop, Rock & Country Music
30 Minute Classes
Coordination, Serial
Repetition & Strength Skills

**All Data Gathered From Qualtrics Surveys*

ADAPTIVE SUGGESTIONS

- Tactile music tools (e.g. speakers for vibration)
- Props: scarves, ribbons, glow sticks, balloons and flashlights
- Visual Supports: posters, screens, and cue cards
- Audio Supports: ASL interpreter, headphones
- Naming Movements
- Creative Expression encouraged
- Themed Dance Classes
- Blended Yoga

RESEARCH

[A Novel Dance Intervention](#)

[Dance On the Brain](#)

[Dance Promotes Positive Benefits in ASD](#)

[Dance/Movement Therapy as an Intervention for ASD](#)

[Dance Therapy Promotes Social Communication in Kids with ASD](#)

[Dance Therapy Reduces Depression & Anxiety](#)