



JFK Partners

UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS

The Dynamic Dance Initiative (TDDI)

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Inspiration for TDDI

The Dynamic Dance Initiative (TDDI) is inspired by a [2024 UCLA study](#), demonstrating the efficacy of telehealth movement & dance programs for youth with disabilities. Utilizing the principles from the study, TDDI seeks to expand and develop movement & dance opportunities for diverse families to engage in beneficial physical activity together.



Why TDDI?


The Dynamic Dance Initiative (TDDI) is inspired by a [2024 UCLA study](#), demonstrating the efficacy of telehealth movement & dance programs for youth with disabilities. Utilizing the principles from the study, TDDI seeks to expand and develop movement & dance opportunities for diverse families to engage in beneficial physical activity together.

1. I am a certified Zumba & Rebel Groove instructor, and I LOVE dance. I have seen the transformative effects dance can have.
2. Neuro-cognitive & social communication randomized control trials validate positive long-term physical, social and mental health outcomes for kids with disabilities, who regularly engage in movement & dance.
3. There is a dearth of movement & dance opportunities for youth, especially those with disabilities.

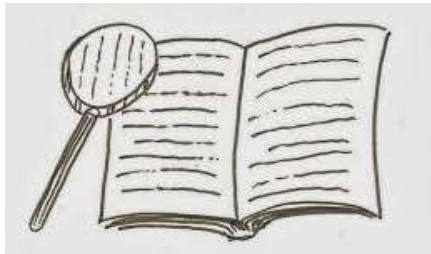




Project Goals

1. The primary project goal was to develop a dynamic dance resource for family use in home, to promote physical, mental and social development in youth with disabilities, including multiple disabilities.
 2. A secondary goal was the implementation of a pilot class to assess feasibility and interest for ongoing in-person classes, as well as gather feedback from youth and parent participants.
 3. Long term goals are twofold: 1) submit a grant proposal for the development of a series of free YouTube videos and 2) Identify a location in Greeley, CO, where in-person classes can be taught 3) Develop materials in alternative languages and modalities
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Methods



Research

RCTs have clearly demonstrated that dance & choreographed movement promotes positive physical, social & mental health outcomes in kids with disabilities.



Questionnaire

Identify needs & preferences from disability community and utilize the data to inform in-home resource guide & various programming platforms



Dance Classes

Pilot class implemented to gather additional feedback from kids and parents

Outcomes

- 32 Qualtrics questionnaires completed & returned - 13 youth & 19 parents, from the disability community
- Development of sample movement and dance curriculum that can be utilized in the home (informed by data received)
- Successful in-person pilot class conducted with sample curriculum
- Feedback from Qualtrics survey & the pilot class received & assimilated into an in-home resource guide
- In-home resource guide developed, which includes 1) dance curriculum for in-home use 2) list of community movement/dance resources 3) Tips for parents and instructors for creating adaptive and inclusive dance and movement curriculum

EVALUATION

& Feedback

Peak Parent Center Feedback:

- Ensure language & modality access
- Utilize visual cues with sign integration
- Emphasis on freedom to move differently
- Offer video demonstrations
- Offer tactile & vibration-based access

Pilot Dance Class Evaluation Results:

(7 kids, 9 caregivers)

- Did your child benefit from the class?
Yes 100%
- Desired frequency

Weekly	90%
Monthly	10%
- Comments/suggestions
 - Right balance of challenging and simple moves
 - Really fun
 - Great opportunity for my child to get out of her comfort zone
 - Having other kids helped my child to overcome her fear
 - My child learned helpful dance moves and breath work



Community Partners



Colorado Office of Employment First & Affiliates

- Content, design & dissemination of questionnaire

CO APSE

- Dissemination of questionnaire

PEAK Parent Center & Michele Williers

- Content & Design of in-home resource

UNCO

- Facility host for pilot dance class

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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

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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](#)

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Dissemination

- JFK/LEND
- COEF
- Peak Parent Center
- CO APSE
- City of Greeley



Video Highlights from TDDI Pilot Class



References

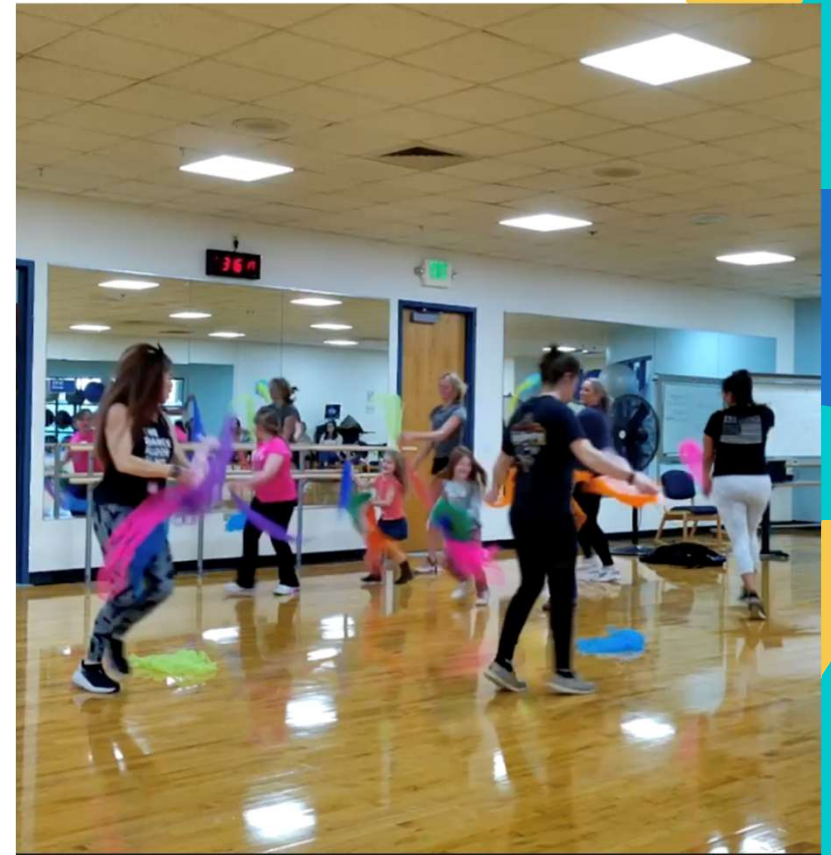
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Thank you!