

I go to Dance Class

A Social Story for
Dance Stars Adaptive Dance Class



Virginia Regional Ballet Academy

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Williamsburg Studio:
1228 Richmond Road, Williamsburg, VA 23185



I like to run.

**It is fun to
go fast.**



I like to jump.

**It is fun to go high
and land hard.**

I like to be loud.

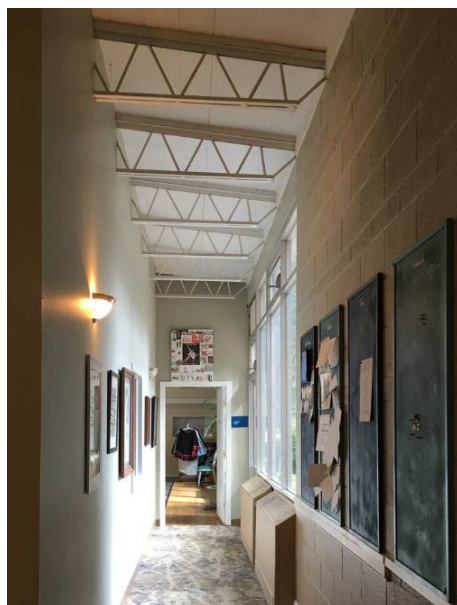
**It is fun to hear
my own voice.**





I go to Dance Class at the Virginia Regional Ballet. The gate and walkway lead to my Dance Class.

I can wait in the waiting area.





**I like to be near friends and teachers.
It is fun to be close to them.**





Sometimes I get a drink or go to the bathroom before class begins.

I walk into the studio when it's time to begin.



I try to use Whole Body Listening.

I can LOOK with my eyes...

LISTEN with my ears...

THINK about dance with my brain...

SPEAK quietly with my mouth...

and KEEP my hands off of other people until my teacher says my touch is okay.

Sometimes I feel like running fast in Dance Class. But it is dangerous.

Running fast in Dance Class could hurt me or other people.



I will try to run slowly.



Sometimes I feel like jumping in Dance Class when it is not time to jump.

But jumping when it is not time to jump could hurt me or other people.

I will try to wait until the teacher says it is time to jump.

Sometimes I feel like being loud with my voice in Dance Class.

But when I am loud, it hurts other people's ears.



I will try to use a quiet voice.

When I listen to my teacher, I know when it is time to be loud, or to jump.



Sometimes I feel like being close to my friends and teachers. But this can bother them or hurt them.

I will try to put space between my body and others.

**In Dance Class there are times that I
must wait.**

**When I stay with my friends and put
a little space in between myself and
others, I know when it is time to
jump,**

march,

stomp,

turn,

**and have FUN
doing all my favorite dances!**





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