

# I go to Dance Class

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A Social Story for  
Dance Stars Adaptive Dance Class



***Virginia Regional Ballet Academy***  
757.229.2553 • [WWW.DANCEVRB.COM](http://WWW.DANCEVRB.COM)

Yorktown Studio:  
4839 George Washington Memorial Hwy., Yorktown, VA 23692



**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.**





**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 a 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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