I go to Dance Class

A Social Story for Dance Stars Adaptive Dance Class



Virginia Regional Ballet Academy

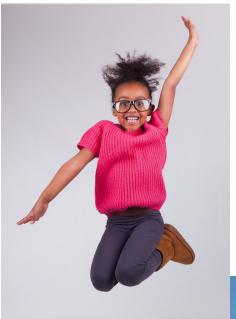
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Yorktown Studio: 4839 George Washington Memorial Hwy., Yorktown, VA 23692



I like to run.

It is fun to go fast.



I like to jump.

It is fun to go high and land hard.

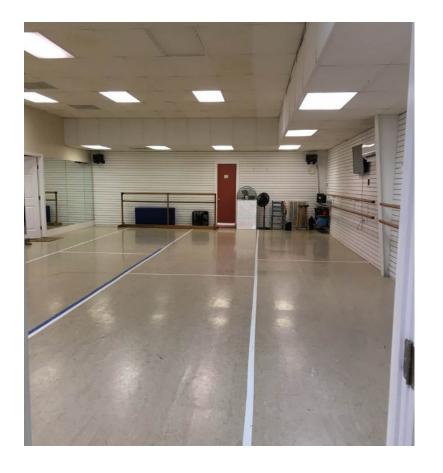
I like to be loud.

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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