



Some Ideas for Dare to Dance!

Every school has its own personality and you know best what dance activities might work for your student body. *Dare to Dance* is all about getting up and moving for a total of 20 minutes during the week of April 22-29. So ... what can you do? Anything you want! How you dare your school to dance is up to you. Think sock hops, traditional dance, flash mobs, folk dance, street dance – the options are endless. Below are just a few suggestions. If you would like to bounce around other ideas, need some help or have questions, do not hesitate to call our office at 902-422-1749.

→ To register your school now, please email us at danceweek@dancens.ca

Suggestions for “on your feet” *Dare to Dance* Activities

- Get the whole school outside for a flash mob ... and make a fantastic video of it! Pick high energy music; keep the movement simple, fun and repetitive;
- What about a 5-minute mid-class movement break right in the classroom each day of the week? Use different movement theme each day of the week – i.e. twisting, floating, mirroring, stretching, circling;
- Have an elder or a dance expert from another culture or a dance studio teacher come into your school and lead some activities – we will do our best to connect you with an instructor in your area;
- Hold a good old-fashioned sock hop at lunch hour mixing the favourite tunes of students with those of the staff;
- For schools using rotation, how about getting your students groovin’ to music between classes – i.e. each class creates a simple dance phrase that they can repeat while moving to their next class;
- How many squares can you fit in the Gym for a barn dance?
- Have a Perform! artist direct NDW activities at your school – check their website for more details and availability - <http://performns.ca/>

- For activities at your school, why not pick movement themes based on movies that have famous dance scenes; think *Saturday Night Fever*, *West Side Story* etc.
- Ask your colleagues at other schools what they might be planning for this year's *Dare to Dance* challenge

Other ways to celebrate Nova Scotia Dance Week

- **Share** Nova's Scotia's Dance Day message – **We will send you this year's message** from an inspiring Nova Scotian dance artist **just as soon as it is released.** Do you have a student who loves to dance? Give them a chance to deliver the message to the whole school over the P.A. or at an assembly and/or encourage fellow teachers to read it to their classes;
- **Show** dance films and videos in the gym or classrooms;
- **Invite** a dance professional to your school to talk to students about dance studies and careers in dance. Don't know one? We might be able to help. Call us at 902-422-1749;
- Have your students **research and write** about their favourite dancer. Maybe it's someone local, maybe it's an internationally famous one!
- **Insert** dance-related topics in classroom curriculum – Health, Social Studies/Geography, Language Arts, Music, Visual Arts etc.; use the French version of the NDW message as a teaching tool.

Ways to promote Nova Scotia Dance Week within your school:

- **Brand your Activities:** Whether your school has ongoing dance activities or you are creating special ones for NDW, **we will send you the official NDW logo & banner;**
- **Plaster your school** with *Dare to Dance* posters – **coming your way soon;**
- **Sponsor a contest** rewarding the best suggestions for celebrating dance week at your school; sponsor a contest for the best entries to "Why I like to Dance".
- **Create a flyer** with information about NDW/IDD and include Nova Scotia's Dance Day message