

Sometimes We Can't Do It Perfectly



I love going to dance class. I love to listen and feel the music as I move my body. I love going to see my friends and teachers at the dance studio. I love to practice the new dance steps that I learn in class.



Sometimes I might make a mistake. I might not be able to do the movements perfectly or dance in time with the beat. I might forget what comes next. Everyone makes mistakes. I can make good choices when I make a mistake or can't do something perfectly. I can find a quiet spot to calm down. I can do some slow breathing. I can ask the teacher, teacher helper, or my class buddy for help.



I can tell myself that we all make mistakes. I can remember that dance class is about having fun, and not about doing things perfectly. I can remember that making mistakes is part of learning.

When I make a mistake I can make good choices and have fun. I love dance class!



**For more stories and information on making dance accessible for everyone
please visit : www.allplaydance.org.au**



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