

Being In Crowds



Sometimes when I go to a dance class, there are lots of other children in groups together. There can also be groups of adults talking together. Crowds of children and adults can sometimes feel a little scary. People in crowds can make a lot of noise talking together and sometimes they can move in different directions



It's okay to feel scared around crowds, lots of people do. I will try and stay in control. I can walk away from the crowd and find a quiet place to calm down. I can ask for help from my parents or another adult I know.

At dance class, I can ask for help from the teacher or the teacher helper. After I have calmed down, I can go back and join the class.



Sometimes in the dance class the teacher will tell us where to stand. Sometimes we are each given a special spot called our 'Home Base'. We can go back to this spot after each exercise.

Our friend or buddy will often be beside us.



Dance is fun and I can make good choices to help me enjoy the dance class



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



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