

When Its Loud & Noisy



I love going to dance concerts. I can watch my favourite type of dance up close! I also love going to dance class.

I get to practice my dance moves and play with other kids.

Sometimes it can get really noisy and loud at dance classes and dance concerts. Sometimes loud music is played.

Sometimes people clap their hands to say well done to the dancers and show their excitement.



It's okay to be a little worried about all the noise at the concert or in the dance class. I can stay calm and in control. In the dance class I can ask the teacher to turn down the music or I can wear headphones or earplugs to block out some noise.



If none of these choices work, I can ask the teacher, the teacher helper or my class buddy for help to find a quiet place for some time away from the noise. I can also ask my parents for help. It is fun going to dance class and dance concerts, even when it is noisy!



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



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