



{inclusion outreach}

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## Ideas for Inclusion in Dance

Start with the dance activity the class is doing. How will all students participate in the activity? If a student has multiple and complex disabilities, what active role can they take? Next, consider adapting the materials or processes to enhance participation. Finally, add specialized equipment to further enhance participation.

Taking a role a group:

- Start a video to provide instructions for the dance steps
- Adapt the dance moves for a wheelchair user either self-propelled or someone assisting
- Gather props or costumes needed for a group activity
- Work with a group to create a routine for a performance

Adapt the materials:

- Large or built-up handles can assist grasp on hand-held props
- A universal cuff or EZ hold grip can be added to handles to assist grasp
- Velcro fasteners rather than buttons or snaps make costume changes easier

Use a special equipment or apps:

- Can Tunes app to start and stop the music on an ipad
- Use a spinner to select a random option for the group warm-ups
- Use a switch or bell to indicate when to pause in a freeze dance activity
- Uses an ipad app such as garage band or waveband to play a rhythm and all the dancers must move to that rhythm.



**Respect**

**Competence**

**Inclusion**

**Presence**

**Choice**