

DANCE EXPRESSIONS

February 13th 2018- April 3rd 2018
Every Tuesday from 2:30pm-4:00pm at the school



Cost: \$100.00



Available for 7th-8th grade students



This program will educate your teen about their different emotions and what to do with their feelings and this energy, while also promoting a healthy lifestyle. Dance, art, and movement expressions will be used in order to help them process through their day to day emotions, giving them healthy tools to use at home. Your teen does not have to be struggling to benefit from this fun & interactive approach to emotional awareness and expression.

Offered by: Amber Worman M.Ed., LPATA, LPCA is a licensed Art Therapist and owner of Phoenix Rising Wellness. Taking a Holistic Approach her mission is to educate kids and teens about emotions, different forms of expression, positive self-care, and healthy lifestyles through healing foods, fitness, and caring for the environment.

TO REGISTER PLEASE USE SIGN UP SHEET OR VISIT:
WWW.PHOENIXRISINGWELLNESS.NET/DANCE-EXPRESSIONS-2
MEDICAID PAID OPTION AVAILABLE~ CONTACT (502) 536-7187

Phoenix Rising Wellness After School Program Registration/ Waiver of Liability

Please complete, sign, and return form to school or register and pay online.
www.phoenixrisingwellness.net/dance-those-emotions
Registration form and payment are due the first scheduled day of the program.

School: _____

Name of Student: _____

Parents Full Name: _____

Address: _____ City: _____

State: _____ Zip: _____

Cell Number: _____ Home Number: _____

Child's Grade: _____ Child's Gender: _____

Teachers Name: _____

Emergency Contacts

Name: _____ Name: _____

Phone Number: _____ Phone Number: _____

Address: _____ Address: _____

I also authorize the following to pick up my child _____

Medical Information: _____ Allergies: _____

Medications _____ Other _____

Release and Liability Waiver

I, _____, agree to allow my child _____ to participate in selected program offered by Phoenix Rising Wellness at my child's school. I/we realize that participation in this program could involve some possible personal injury. Despite precautions, accidents and injuries may occur. I hereby releases and forever discharges, hold harmless, and waive all claims or suits for damages or injury arising from the Students participation in the Program and liability against Phoenix Rising Wellness, the Instructor, the School District, its officers, agents, employees, and volunteers, for property damage during or after program, injury, accident, illness, or death occurring during or by reason of this Program participation. I, Parent/Guardian, hereby waives any and all rights to hold Phoenix Rising Wellness, Amber Worman, the School District personally, individually, jointly or severally liable for any and all claims. By signing this release form, I/we (the student and parent/guardian) assume all risks related to the program offered by Phoenix Rising Wellness.

I understand that prompt pick up is required at 5:00pm. Failure to do so could result in my child being excluded from class and/or a \$10 late pick-up fee.

Photo Release: By signing this form I give consent and authorization for photographs/video of my child to be taken during their participation in this program, to be used in any Phoenix Rising Wellness publicity materials, including website without compensation to you.

Medical Release: In the event of an emergency/non-emergency situation requiring medical treatment, I hereby grant permission for all medical treatment for my child until I can be contacted.

Select Program:

Dance Those Emotions Dance Expressions Other

Method of Payment- Please make all checks out to Phoenix Rising Wellness.

Check Credit Card Cash Online Payment Medicaid Client

I HAVE READ AND FULLY UNDERSTAND THE ABOVE WAIVER AND LIABILITY RELEASE.

Signature of Parent/Guardian _____ Date _____

After School Program- Dance Expressions

Purpose: This After School Program is designed for 7th-8th grade students and will run for 8 consecutive weeks. Most kids and even some adults struggle to identify and process emotions. Identification and expression of feelings is a vital part of healthy development for all ages. This program will educate your teen about their different emotions and what to do with these feelings and energy, while also promoting a healthy lifestyle. Dance, art, and movement expressions will be taught in order to help them process through their day to day emotions and stress, giving them healthy tools to use at home. Your teen does not have to be struggling academically or at home to benefit from this fun approach to emotional awareness and expression.

Bio: Amber Worman M.Ed., LPATA, LPCA is a licensed Art Therapist and owner of Phoenix Rising Wellness in Louisville, KY. The focus of her work is with kids and teens through dance, movement, play, and healing arts. Taking a Holistic approach, the mission of her work is to help kids and teens learn about emotions, different forms of expression, positive self-care, and healthy lifestyles through healing foods, fitness, and caring for the environment.

Ages: This program is designed for 7th-8th grade students.

Cost: \$100.00 per student includes all 8 weeks

Medicaid Paid Option: Parents will need to contact Amber for further information

www.phoenixrisingwellness/dance-those-emotions-tues

(502) 536-7187 info@phoenixrisingwellness.net

Dates and Times: February 13th 2018- April 3rd 2018

Every Tuesday from 2:30pm-4:00pm at the school

- ★ Week 1- Who Are You- exploring self through art and dance
- ★ Week 2- What's That Emotion- increasing emotional awareness through game play
- ★ Week 3- Emotion Charades- using game play and body movements to communicate emotions
- ★ Week 4- Shake It Out- learn how to express overwhelming emotions through dance, music and art creation
- ★ Week 5- Drumming It Out- learn further how to express overwhelming emotions through dance, drumming, and creating
- ★ Week 6- Color Dance- learn how to self-monitor the level of intensity of emotional expression through play and dance
- ★ Week 7- Magic Dance Sticks- learn about the importance of recycling, creativity, imagination, and expression
- ★ Week 8- Dynamic- learn to work together with other students and increase imagination and creativity.

Week Breakdowns-

Week 1- Who Are You: Through movement and dance poses of choice the teens will express a greeting non-verbally and the group will mirror this greeting back, increasing ability to communicate and show empathy. They will then be encouraged to create a piece of art about who they are. The group will use dance and body language to express who they are through a series of questions (are they quiet or loud, are they funny or serious). These will be used as a fun icebreaker and to introduce the group to movement and dance while increasing creative and expression. Ending session with a free style dance party and breathing exercises.

Week 2- What's That Emotion: Once greeting and the dance warm up has happened the teens will start off with creating their own emotion bingo cards from recycled materials. Once created they will game play for a round or two of bingo. This will help increase conversation about emotions and emotional awareness in a fun engaging way. Prizes will be fruits to support a healthy lifestyle. Ending session with a free style dance party and breathing exercises.

Week 3- Emotion Charades: They will start with a greeting and a dance warm up to get them ready for the day's activities. Bringing the emotional identification they work on last week with them, they will play emotion charades. Each teen will be encouraged to think creatively with their body in order to express the emotion they drew to the group. This is an interactive way of increasing emotion and body connection. Prizes will be fruits to support a healthy child. Ending session with a free style dance party and breathing exercises.

Week 4- Shake It Out: The group starts with nonverbal greetings and a dance warm up to keep the routine going. The group will creating their own shaker out of recycled materials. Once creation has happened the group will then use creation to express excessive energies and intense feelings through music making and dance. This gives them tools they can take home to express with. Ending session with a free style dance party and breathing exercises.

Week 5- Drum It Out: Following the routine set greetings and a dance warm up gets this party started. The group will creating their own drum out of recycled. Once creation has happened the group will then use creation to express excessive energies and intense feelings through music making and dance. This gives them tools they can take home to express with. Ending session with a free style dance party and breathing exercises.

Week 6- Color Dance: Dance greeting and the warm kick us off for the afternoon. The group will then created a colored flag to do the color dance. The different color levels will teach them body awareness and control of impulses through game play and dance. Ending session with a free style dance party and breathing exercises.

Week 7- Magic Dance Sticks: Greetings and dancing start us out and lead us into the magically land of creating. The group will create their own dance streamer out of recycled tree branches and other various materials. Then they will use their magically stick through dance and

storytelling. This will increase the teens creativity, imagination, and expressive play and movement. Ending session with a free style dance party and breathing exercises.

Week 8- Dynamic: As always the group will start session with a dance greeting and warm up. For the last session of the program the teens will get their creative hats on and design a group dance. They will be encouraged to work together to design their dance moves step by step increasing imagination and creativity. The breaking down process of this will increase motor planning, and patiences. This session will also increase their abilities to work together with other members, social play, and communication skills. Confidence will be built as they perform their last dance as a group.