

# DANCE THOSE EMOTIONS

January 24th 2018 ~ February 28th 2018  
Every Wednesday at 3:45pm ~ 5:00pm at the school

Cost: \$95.00

**Available for 3rd-5th grade students**



This program will educate your child 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 and give them healthy tools to use at home.

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 LEARN MORE PLEASE VISIT:

[WWW.PHOENIXRISINGWELLNESS.NET/DANCE-THOSE-EMOTIONS-WED](http://WWW.PHOENIXRISINGWELLNESS.NET/DANCE-THOSE-EMOTIONS-WED)

MEDICAID PAID OPTION AVAILABLE ~CONTACT (502) 536-7187 FOR MORE INFORMATION

# Phoenix Rising Wellness Dance Those Emotions 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](http://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 Dance Those Emotions 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. 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.

**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.

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 Those Emotions**

### **School: Lincoln Elementary Performing Arts School**

**Purpose:** This After School Program is designed for 3rd-5th grade students and will run for 6 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 children about the different emotions and what to do with these emotions 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. The student 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.

**Space Needed:** Gym, auditorium, stage, or large open space is ideal setting for this program. I will need a few tables and chairs.

**Ages:** This program is designed for 3rd-5th students.

**Cost:** \$95.00 per student includes all 6 weeks

**Medicaid Paid Option:** Parents will need to contact Amber for further information  
[www.phoenixrisingwellness/dance-those-emotions-wed](http://www.phoenixrisingwellness/dance-those-emotions-wed)  
(502) 536-7187 [info@phoenixrisingwellness.net](mailto:info@phoenixrisingwellness.net)

**Dates and Times:** January 24th 2018- February 28th 2018

Every Wednesday from 3:45pm -5:00pm at the school

January 24th- Who Are You- exploring self through art and dance

January 31st- What's That Emotion- increasing emotional awareness through game play

February 7th- The Shake, Clap, & Jump Way- learn further how to express overwhelming emotions through dance

February 14th- Color Dance- learn how to self-monitor the level of intensity of emotional expression through play and dance

February 21st- Magic Dance Sticks- learn about the importance of recycling, creativity, imagination, and expression

February 28th- Dynamic- learn to work together with other students and increase imagination and creativity.

### **Week Breakdowns-**

January 24th- Who Are You: Through movement and dance poses of choice the child 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 nametag 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 children to movement and dance while increasing creative and expression. Ending session with a free style dance party and breathing exercises.

January 31st- What's That Emotion- What's That Emotion: Once greeting and the dance warm up has happened the children 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 child. Ending session with a free style dance party and breathing exercises.

February 7th- The Shake, Clap, & Jump Way: Following the routine set greetings and a dance warm up gets this party started. Using modern songs the kids can relate to, they will learn to use dance and body expression and movements to reduce overwhelming feelings and excess energies. Ending session with a free style dance party and breathing exercises.

February 14th- Color Dance: Color Dance: Dance greeting and the warm kick us off for the afternoon. The group will then create colored feathers to do the color dance challenge. The different color levels will teach them body awareness and how to control of impulses through game play and dance. The winners will be given a fruit as healthy prizes. Ending session with a free style dance party and breathing exercises.

February 21st- Magic Dance Sticks: Greetings and dance 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 children's creativity, imagination, and expressive play and movement. Ending session with a free style dance party and breathing exercises.

February 28th- Dynamic: As always the kids will start session with a dance greeting and warm up. For the last session of the program the kids 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.