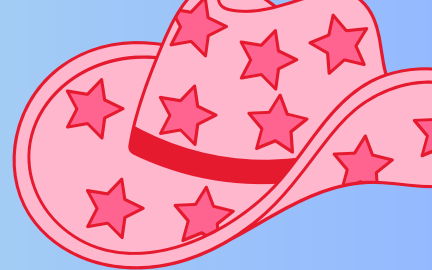


Facilitating Dance



2-3 min ACTIVITY OPENING, WELCOME CAMPERS!

- **Every activity begins with an enthusiastic HELLO & Welcome to Dance!** NOW introduce yourselves as their Dance A.C's! Remember 1st is Last & Fast! Campers will love their time at Dance as much as you do! Have so much fun!
- Explain a little about dance, and what they will be doing for the next hour.
- **NOW it's time to share names, by leading a NAME WHIP!** This builds community & connection! Get creative & circle up! Ex. Ask them to share their name & your favorite song? Or name + favorite dance style/move

3-5 min DANCE WITH INTENTION - EVERY OPENING NEEDS A 3 KEYS & 4 OUTCOMES DISCUSSION

Refer to 'Dance with Intention' on the next page to guide you in having a 3 keys & 4 outcomes conversation with campers at the start of each activity period.

- Please address all 3 keys AND talk about what we hope they experience/gain from their time at Dance!

3-5 min GET LOOSE!

Refer to 'Get Loose: Warm-up Activities' on the next page.

Every activity period should start with one of these activities.

50 min TIME TO DANCE! - BREAK IT DOWN!

When it comes time to teach the dance, your facilitation should cater to all learning styles and abilities. Some campers will learn by watching someone do it, some by listening to the steps being called out.

- The dance moves should be taught and practiced without music. Once campers are feeling more confident, add the music!
- Some cabins will learn the dance fast and won't need the whole hour. This provides an opportunity for you to teach other common dances that will be played at the all-camp dance (i.e., Macarena, Cupid Shuffle, Cha Cha Slide, Wobble, etc.).

****PRO TIP: USE YOUR QUICK LEARNERS TO HELP TEACH OTHER CAMPERS!**

5-7 min CLOSING TIME!

Thank them for participating! -- Be specific, what were some great qualities you saw in campers? Tell them! Encourage them to do the same!

Closings are a perfect time for reflection! ex. Name + compliment one person on something you saw them do during archery, ask them to be specific!

Dance with Intention

COUNSELORS ARE ASKED TO HELP CAMPERS GROW IN CAMP'S FOUR OUTCOMES. DURING YOUR ACTIVITY OPENING TELL THEM A LITTLE ABOUT WHAT WE HOPE THEY GAIN FROM THEIR EXPERIENCE AT DANCE:

SOCIAL COMPETENCIES

Practice patience while learning
Patient while others learn
Encouraging of others

POSITIVE SELF-IDENTITY

Participation
Patience
Manage big feelings

INDEPENDENCE & SELF RELIANCE

Following instructions
Asking for help

SENSE OF SUPPORT

Encouragement
Participation
Helpfulness

3 Keys to Success

Physical Safety.

Be mindful of how you are dancing and where you are dancing!

Ask yourself, are you going to hurt yourself or anyone else with your dance moves?"

Emotional Safety.

It important to create a supportive environment at Camp! Let's all remember to be encouraging, kind & helpful!

Everyone has their own way of dancing. There is no wrong way to dance. Stay mindful of how your words or comments might make others feel!

Respect Camp Facilities & Equipment

Have fun and play hard! Chairs, benches, tables, walls, etc. are not needed while dancing and are not physically safe or respecting facilities.

Get Loose: Warm-up Activity Ideas:

Stretch Wave

Have campers & counselors gather in a circle. Choose one person to demonstrate a stretch of their choosing. Everyone else in the circle then copies that stretch. Go around the circle until everyone has led a stretch of their own.

Freeze Dance

This game can be played with any music you like. Before you turn on the music, explain that when you turn it down campers must freeze in place. They can freestyle dance however they like! Before you turn the music back up, you can add variations to camper dancing by saying things like: "In this round, dance like you are underwater!" or "stuck in Jello", "like you are a Zombie" etc.

Soul Train Line

Just like the classic dance party my friends. Have campers form two lines facing each other to form an aisle. Campers can solo dance or dance with a partner down the aisle.

To the Beat of your Own Drum

In this game, one camper is the leader for about a minute of music. Each camper can have a different song, or they can share the same! Have campers number off. Begin with the camper who is number 1. Play a song and have the first camper lead the entire group in a dance. Encourage the leader to be creative and just have fun with it! While the leader is dancing, the rest of the group can follow their lead and dance the way they are!

Prepping for Your Activity

- USE YOUR RESOURCES!!! Your support directors are human resources, don't forget about them!
- Lesson planning can be tough, but the best instructors remain flexible. Have a Plan A and a Plan B. Something that reaches one group of campers may feel different with the next, and the same goes for individual campers.
- Think about your timing...work backwards! How long for your closing? How long will it take to execute this activity? What will your Opening/Intro/Frontloading be?
- Be prepared for each cabin group, HAVE A PLAN!
- SET THE STAGE! Have any supplies and equipment ready to go BEFORE cabins arrive...prep for the morning...prep for the afternoon!
- You will be provided with a video of the dance to guide your learning! Start practicing! Materials will only be used as your personal learning resource and inspiration and will not be used to teach the campers.... That's your job!
- Be prepared to make any adaptation necessary to include campers with physical limitations.
- Make sure you know how to work the sound system in Fellowship Hall
- Plan with your co. Who will lead and say what? Who will teach the dance? Will you both? Or take turns? Etc.

Facilitation: Things to Consider

The activity experience will vary greatly depending on your cabin. Some general tips for successfully working with groups include:

- Think about group comfort
- Think about group size
- Make sure you have their attention & then deliver
- Be clear & concise in your words
- Make instructions easily digestible & age appropriate
- Sequencing - timing when its best to present what information for superb camper engagement
- Front Loading - what information is necessary & helpful to present early or during transitions
- How will you & your Co's share facilitation, who will say what and when and how?!

What is the role of the Cabin Counselor at Dance?

Cabin Counselors are expected to help keep their campers engaged, respectful, and safe.

At Dance, ask cabin counselors to help you:

- Supervise any campers, especially if they're struggling to engage.
- To assist campers with learning dance moves if needed.
- Be on the lookout for dangerous behaviors, intentional or not.
- Cabin counselors should never leave you alone at an activity, 1-2 cabin counselors must always be present.
- Ensure their health & safety - drinking water & taking short breaks!

Counselors are asked to stay present and engaged with their campers throughout the activity. Cabin Counselors should learn the dance with their cabin, so that they can help their campers learn!

Equipment & Storage

Dance is a low supply and equipment activity!

The Dance computer is stored in the Media room of the Fellowship Hall, where your activity is run.

Health & Safety

- If a participant gets injured, send them with a counselor to the Med Shed. (Rule of 3 applies!)
- Should a more serious incident occur:
 - Calm the individual
 - Send an adult to Med Shed for IMMEDIATE assistance
 - Have an adult supervise remaining campers
 - Immobilize the individual
 - Pack and isolate injured area using the activity First Aid kit and supplies
 - Bandage and immobilize in place and is safe, proceed to the Med Shed.
- In case of thunder and lightning we ask that you stay inside for the entirety of your activity period. (see Lightning procedure)
- First Aid and Universal Precaution kits are maintained at this activity.