



I am going to DANCE CLASS!

I'm going to be a dancer at  
Dancing For Donations!



When I come to class, first, the adult taking care of me checks in at the front desk.



I say hello to my dance instructors.



- I can use my voice.
- I can give a hug.
- I can wave my hand hello.
- I can give a high-five.
- I can tell about how my day is going and ask my friends how their day is going.

I put my street shoes and other things I don't need in the cubby.



I get some water and use the bathroom before class starts.



I drink plenty of water.

If I need to, I can use the step stool to help me get on the toilet or reach the soap to wash my hands.



After I am done going to the bathroom

- 1) I flush the toilet,
- 2) I wash my hands with soap, and
- 3) I dry my hands on the towel.



I'm ready for class! Before class I can stretch or practice my dancing!



There is tape on the floor to show me where to stand in class.





In class I will watch and follow ALL my teacher's directions.



I will pay attention and stay focused.



Sometimes I might have to wait while the teachers are working with my classmates.

While I am waiting,

I can watch my classmates,

I can count up to 100,

I can sit on my tape spot,

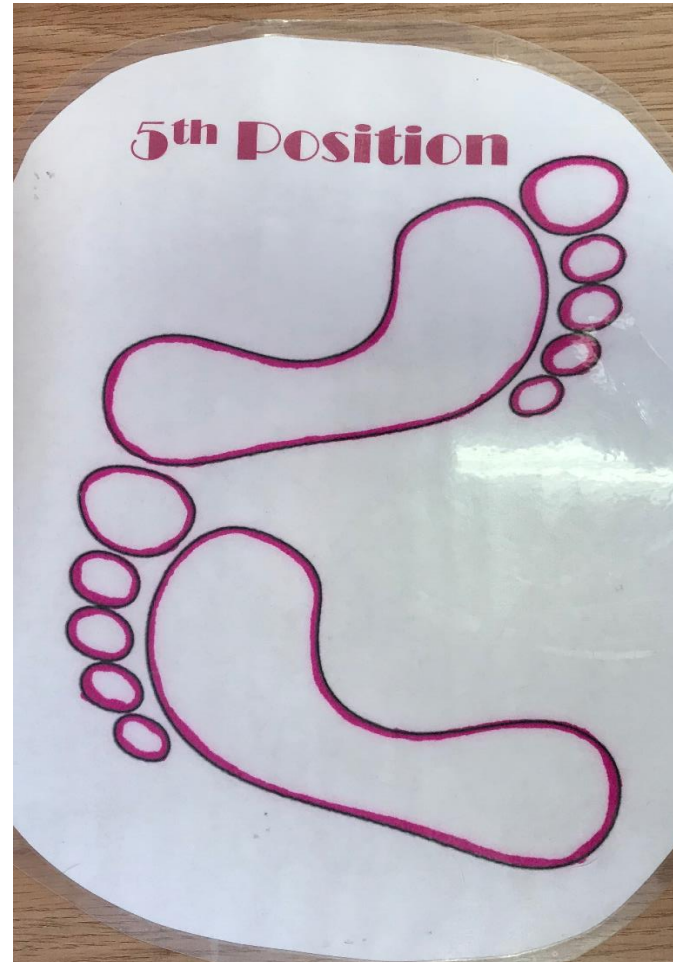
I can take some deep breaths.



Sometimes the teacher may hold my hand or touch my arm or leg to show me how to dance.



Sometimes my teacher might show me a diagram or picture to help me dance.



Some of my friends might need more help to dance than I do. It's nice to be learning with all my different friends.



I have a positive attitude about me and all my friends in class!



If the music gets too loud, I can ask to use the headphones.





I will be encouraging and give others dancers a high 5 or tell them they are doing a good job!



# After class it's time to blow up balloons and play!



Balloons are blown up with a pump



The pump makes a loud noise when its on.

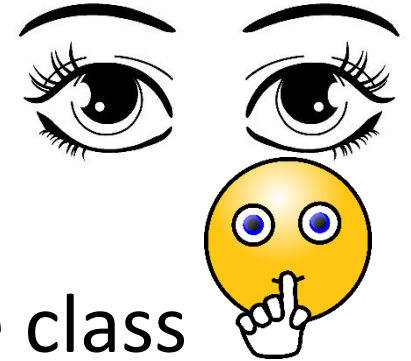


I can ask my teacher if I can wear the headphones if the noise bothers me.



# TO GET A BALLOON I NEED TO:

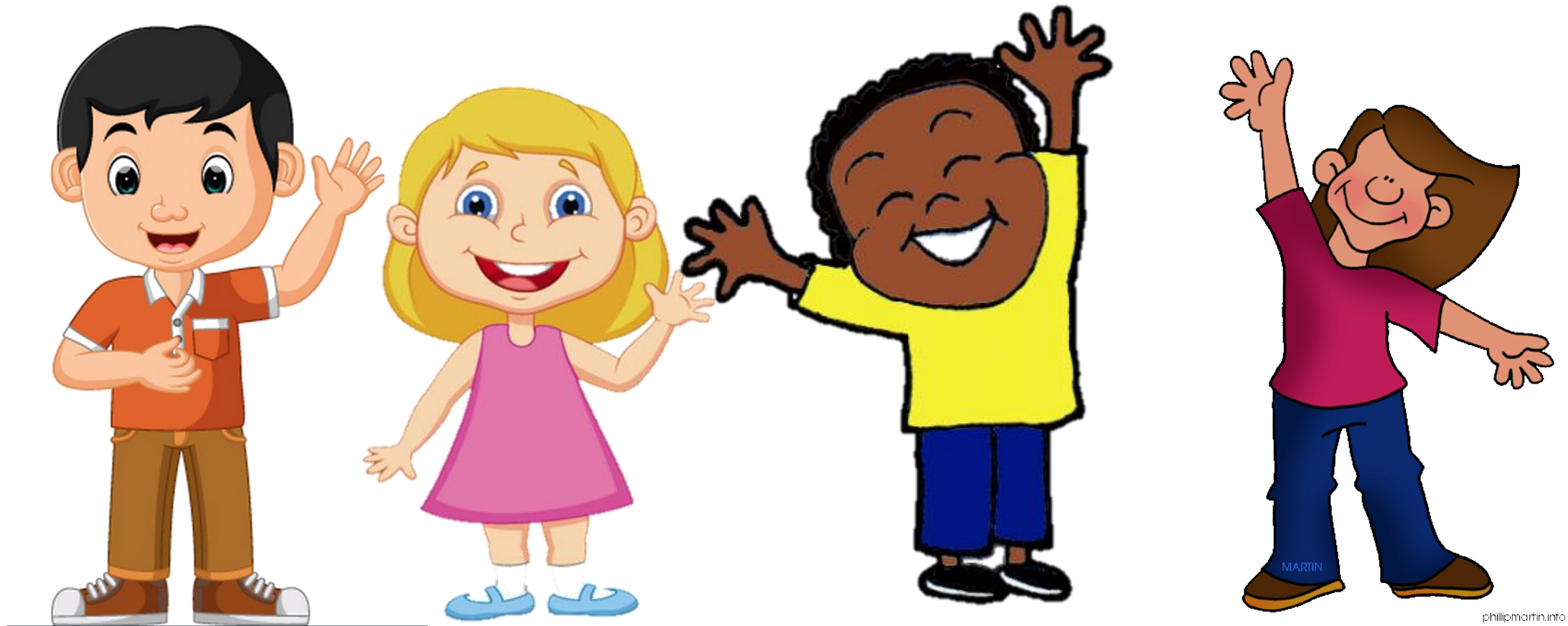
- 1) Listen and follow directions for the whole class
- 2) Use my watching eyes to help me pay attention
- 3) Have a bubble when it gets too loud
- 4) Dance with Ms. Sara and Ms. Amanda the entire class
- 5) Try my best even when something is hard.



After balloons are over, it's time to go home!  
I will put my shoes on and remember to clean up  
and take home all my things.



I say goodbye to my teachers and my friends!



I'll have more fun the next time I come back to dance class at Dancing for Donations!



# Dance Class Rules

## **Before class:**

- Be on time!
- Go to the bathroom and get water.
- Say hi, give hugs, and tell stories.
- Use **walking** feet on the floor.
- Talk to teachers, if needed.
- Bring a positive attitude.

## **During class:**

- Listen to ALL of our dance teachers.
- Pay attention and stay focused.
- Bubbles in mouth (stay quiet)
- Stay on your tape .
- Only sit when the teacher says to sit.
- Be encouraging of other dancers. Tell them good job! Give high 5.
- Encourage yourself, keep positive.
- Always do you best and have fun.

## **After class:**

- Give hugs and say goodbye.
- Clean up after yourself.
- Be proud of your dancing.
- Listen to mom and dad and teachers.
- Practice and stretch at home.



*Dance School*

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