

# Dance Around the World - Dance



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## WHAT MAKES IT MEANINGFUL

This activity is a fun and joyful way to move your body while learning about dances from different cultures around the world. Dancing can help you feel good, improve your mood, and connect with others. It's also a way to celebrate diversity and learn something new about people from different countries.

## TIME

30 - 60 minutes (or however long you'd like)

## MATERIALS

- Wide open space to dance
- Music from different countries or cultures.

Some examples:

- Latin (e.g., Salsa or Bachata)
- African (e.g., Afrobeats or traditional drumming)





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- Bollywood (Indian film dance)
  - Irish (step dancing or jigs)
- A way to play the music:  
You can use a phone, tablet, speaker, or computer.
- Optional:
  - Scarves, hats, or fun costumes for dressing up
  - Dance videos or pictures to help you see what the dance looks like

## INSTRUCTIONS

1. Pick a Country or Culture:  
With help if needed, choose one or more cultures you want to explore. For example, you might choose to learn a dance from India, Brazil, or Ireland.
2. Listen to the Music:  
Play a song from that culture. Try to listen to the rhythm — is it fast or slow? Happy or calm? You can move your body gently to the beat, even while sitting.
3. Try Some Dance Moves:  
You can:
  - a. Watch a simple dance video and copy the moves
  - b. Make up your own dance based on how the music makes you feel
  - c. Use scarves or your arms to move with the rhythm
  - d. Do it sitting down if standing is hard — that's perfectly okay!



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## 4. Dance Alone or With Friends:

You can do this activity by yourself, with a support person, or in a group. Everyone can take turns choosing music or showing a move.

## 5. Put on a Mini Show (Optional):

If you feel comfortable, you can put on a short performance for others. Wear something fun or colourful and show off your moves!

## 6. Talk About It:

After dancing, take a break and talk or write about:

- a. What was your favourite song or dance?
- b. How did the music make you feel?
- c. Did you learn anything new about the culture?

## SUPPORTS NEEDED

Support may be needed depending on the individual's needs.