

Enhancing Literacy through Circle Dancing

'Dancing into Health & Words'

When you dance what comes up for you?

Freedom	Happy feelings	In the moment	Calm
Relaxed	arrived	peaceful	energized
Free	At peace	Letting go	Connected
Bring peace to yourself	Feeling good & well	The rhythm got into my mind and body	dancing to the rhythm of the waves & the sea
Roots	wellbeing	Prayer	Grounded
Sharing	Rhythm of life	Makes me feel like I have control of something	Coping mechanism
Good Vibes	Connecting	Togetherness	Thers always a glimmer of light
My Coordination has improved, I have Parkinson's	Awareness of all different walks of Life	At one with Nature	Awareness that we are all connected
Kind	Centred	Calm	Bonding
Beautiful	Keeps us Centred	Relaxing	Connection
Peace	Happiness	Hope	Inspired
Inspire	Reflection	Hopeful	Energized
Gives me energy	Tranquility	Sharing	kindness
Gives my mind a rest	Stops me overthinking	I feel happy	Opposites
Makes you go with the flow	I feel safe doing this	We trust each other	Getting a workout without even noticing it