

Enhancing Literacy Through Circle Dance

‘Dancing into Health & Words’

Programme Outline:

Facilitator	Kate Crotty
Overall Aim	To provide learners with an engaging multi-sensory pathway to literacy. Research shows that physical movement enhances cognitive development, memory retention and focus, all critical components of literacy acquisition.
Session 1:	Building Community & Trust AIM: To welcome the group and establish a safe and inclusive learning environment where participants feel comfortable expressing themselves both verbally and through movement. Some very gentle dances will be facilitated and evaluated to promote a can-do attitude.
Session 2:	Introducing Movement as Language AIM: To explore how movement can reflect emotions and stories, fostering a connection between physical expression and verbal/written communication. Make connections with movement and words and demonstrate how powerful words can be, and document expressed experiences.
Session 3:	Integrating Movement and Literacy Skills AIM: To connect dance activities with literacy exercises, such as creating poems, short stories, or reflective writings based on the creative experience of dance. Explore handouts from C. Mackesy (2019) in relation to the power of words.
Session 4:	Encouraging Creativity and Storytelling AIM: To inspire participants to verbalise and share insights and what they are experiencing through the dance, and explore ways of expressing themselves through stories, dance, poetry & spoken word activities.

Session 5:	Promoting Group Collaboration AIM: To strengthen teamwork and mutual understanding through group dances that require coordination and cooperation. Also to explore handouts, feedback and progress any exercise undertaken.
Session 6:	Expanding Vocabulary Through Movement AIM: To use dance themes and movements to introduce and reinforce new vocabulary related to emotions, actions and cultural expressions. To firm up any creative exercise being developed.
Session 7:	Enhancing Listening and Observation Skills AIM: To develop participants, active listening and observations skills through synchronised dance and collaborative movement patterns. To agree a final version of any creative literacy exercise being developed. Further explore exercises from Mackesy C. (2019).
Session 8:	Celebrating Progress, Sharing and Evaluating the Overall Experience. AIM: To facilitate an appropriate ending which includes a check-in and evaluation, also to secure progression pathways for participants. To celebrate with some refreshments and fun activities.