



Canada's National Ballet School's Sharing Dance is making dance accessible to everyone. Free online resources help community leaders deliver meaningful dance activities that provide the physical, social, emotional and cultural benefits of dance.

## What is NBS Sharing Dance Day and why participate?

Every year Canada's National Ballet School commissions an original Canadian choreography and supports individuals and communities across the country as they learn and perform.

This year's choreography is particularly meaningful as it explores the theme of Environmental Stewardship, providing a platform for discussions on the responsible use and protection of nature through conservation and sustainable practices.

NBS Sharing Dance Day is a fun, physical and artistic way to learn about dance, and an opportunity to foster new relationships in your community. The resources to support implementation are downloadable and free, and there are minimal equipment and space requirements.

[Learn more about the choreographers](#)  
[Have a look at NBS Sharing Dance Day 2017](#)

## Register a Team Now and receive access to:

- A warm-up video that prepares participants to move and learn.
- Free NBS Sharing Dance T-shirts for your team if 10 or more participants register with your group.
- A notice of events and special workshop opportunities in your community.

## Let's get dancing

**Space requirements:** Large open area such as a gym or classroom.

**Equipment:** Internet access, Stereo system, Projector or smart board (optional).

## NBS Sharing Dance resources

- [Instructional videos](#)
- [Music](#)

| Resource             | Videos | Length             |
|----------------------|--------|--------------------|
| Warm-up              | 1      | 5 minutes          |
| Instructional videos | 8      | 10–15 minutes each |
| Rehearsal videos     | 1      | 10 minutes         |
| Modified version     | 3      | 5–7 minutes each   |



## Using the instructional videos

In the eight instructional videos, the movements of the dance are broken down, step-by-step by a NBS Sharing Dance instructor, supporting participants in learning the choreography.

Once comfortable with the sequence, NBS Sharing Dance Day leaders/participants can use the rehearsal video to practice the full choreography. Additional NBS Sharing Dance Day videos include a warm-up and a sample modified/seated version of the choreography.

## Learning the dance

NBS Sharing Dance Day leaders have the opportunity to support participants in learning the choreography in a way that best suits their context. For instance, leaders could:

- Use the online videos to learn the choreography and teach the dance to community groups.
- Project the online videos during a rehearsal to learn the choreography with community members.

## Recurring rehearsals or introductory workshops

The NBS Sharing Dance Day resources offer flexibility in the way participants can learn the choreography. For instance, leaders may choose to practice the NBS Sharing Dance Day choreography during regular/weekly 45–60 minute classes. In other cases, leaders may choose to facilitate an introductory workshop, and then encourage participants to continue learning the choreography on their own.

## Communicating with the larger community

Your NBS Sharing Dance Day could be a small celebration with your participants and their families and friends, or a larger event that includes a more public performance in the larger community. Canada's National Ballet School has developed a series of strategies and messages to support you bringing community members together:

**Schools:** Encouraging local schools to take part and learn the choreography is a great way to involve the broader community in your initiative. In order to start the conversation, NBS has created a downloadable [principal letter](#) to share information on NBS Sharing Dance and its value to a school.

**Community Partnerships:** NBS Sharing Dance Day events are an opportunity to engage local dance studios, after-school programs and a variety of community organizations. Involving multiple organizations in NBS Sharing Dance Day events will expand participation and may result in additional support in the form of space, volunteers and promotional efforts. Consider what partnerships might be beneficial and reach out to the local community for support. Download an example of a letter to community leaders [here](#).



If you need further support in communicating with schools or community groups please don't hesitate to contact [Niamh Byrne Rodgers](#), Coordinator of NBS Sharing Dance.

## Practical considerations

### Creating a safe space for dance

In all instances, it is important to consider how the physical environment impacts the safety of your participants. The following checklist will help ensure that the space is suitable for movement:

- The floor is clean, even and clear of obstacles.
- There is enough room for participants to move freely and extend their limbs fully while maintaining personal space (e.g., chairs tucked in, dance space clear of other equipment).
- The dancing space is well defined (i.e., if the room is large or serves multiple functions, the participants are aware of what areas are on and off limits).

Beyond the physical space there are many elements that can impact a participant's physical safety. It is important that you understand and follow the health and safety guidelines of your rehearsal space. Here are a few things to consider:

- Encourage participants to wear clothes that are conducive to movement.
- Ensure dancers have appropriate footwear for your floor surface (e.g., indoor sneakers, barefoot).
- Include in the lesson a physical warm-up to prepare participants for activity.
- Ensure music volume is loud enough to be engaging but not so loud that it impedes communication.
- Adapt or modify the movement to meet any unique needs (e.g., participant recovering from injury, participant who uses a wheelchair) of the participants. Find more information on creating modifications below.

### Technical needs for event

Technical considerations don't have to be so... technical. You'll need some sort of sound system. Think about how many dancers you have and how big your audience will be. In some cases, a boom box may be enough; but if you're outside, or if you're planning to draw a big crowd, you may want to rent something bigger. Check out your local music store or check online for an audio/visual equipment rental company if you think you need a bigger sound system.

## Promotion

Get your community excited and encourage people to dance along: Download the poster template [here](#) and include information about your rehearsals and event. Paper your neighbourhood and get the word out!



- Online event listings will help promote your rehearsals and event, and most platforms are free!
- Make connections with local media and invite them to promote and attend your event – good-news stories deserve good coverage.
- Connect on social media. Check out the NBS Sharing Dance social accounts below for sample promotional tweets, and post about your initiative. Don't forget to tag NBS Sharing Dance. We will re-post and help you get the word out.
  - o Twitter and Instagram: @sharing\_dance
  - o Facebook: Sharing Dance
  - o Don't forget to use #SharingDance

## Meeting the needs of all NBS Sharing Dance Day participants

In order to meet the needs of all dance participants, it may be important to offer modifications or adaptations to ensure learning is meaningful and inclusive.

There are a number of ways to modify movements. You may create them yourself, ask the participants to create their own modifications, or use the *online modified version* as a resource.

Modifications are usually based on the original movement and spring from:

- Meaning or image
  - o *"The image of the movement is a growing tree; how could we tell the same story in a different way?" "Let's stay in a seated position and grow our spines and arms toward the sky?"*
- Quality of the movement
  - o *"That movement has a sharp, energetic action? Could we be that sharp with a different body part?"*
- Coordination
  - o *"The dancers on the video are using their legs and arms. Can you show me what it would look like if we do only the legs? What about only the arms?"*

If you would like help or suggestions for modifications please contact NBS Sharing Dance teacher [Nancy Lehan](#).

## Formations

The dance has few changes of formation but it is important that you arrange participants so that everyone has the opportunity to see and be seen. Consider placing participants in staggered lines. ([Diagram](#))

There are moments in the choreography where you can easily change formations and give participants a chance to experience a different position. For example, at the end of Instructional Video 6, as participants travel with their extended eagle-like arms, you can easily transition to a new formation.



The dance ends with participants collecting water vapor, allowing it to condense on their hands and drip down to the earth. If you have a small group of participants they can perform this movement in a single circle (as shown in the video). For a larger group, ask each dancer to face the centre of the space in order to make a formation like the one below ([Diagram](#)).

## Consider fundraising

Canada's National Ballet School believes the artistry and movement of dance positively impacts the physical and emotional well-being of Canadians of all ages and all abilities. That's why we ask that you and your team consider fundraising along the way to NBS Sharing Dance Day.

### What does the fundraised money support?

NBS Sharing Dance is a national movement, sharing the health and creative benefits of dance in communities across Canada. All funds raised support the delivery of free, fun, accessible and healthy dance programs year-round for children and youth, seniors, and everyone in between. In addition to supporting the expansion of the program to more communities each year, funds are reinvested in existing school and community partnerships to help build capacity and sustainability. Your community will benefit at the same time that you help others.

### Double your impact

All donations will be matched by the Public Health Agency of Canada. This means that all funds raised through the NBS Sharing Dance fundraising campaign will be doubled instantly. Every penny ensures that dance and its physical, emotional and mental health benefits are accessible to all Canadians.

### How to get started

Log in to the [registration platform](#) and set a fundraising goal for your team. Access tools and email templates to support your fundraising efforts, and get the word out. Encourage your team members to reach out to family, friends and the community, and invite them to donate toward your cause.