

School Information and Booking Pack

"Grounded in Neuroscience, Aligned with ACARA: Nurturing Regulation, Connection, and Expression Through Dance."

PROGRAM OVERVIEW

Creative Dance Industries programs are engaging and fun. They are tailored to suit students from Prep through to Year 12.

Our instructors do more than teach movement to music. We weave the neuroscience of stress regulation, social connection, and emotional health in our classes.

CDI programs align with the ACARA curriculum. We provide resources and CDI instructors can help teachers assess their students in dance.

By integrating patterned movement and rhythmic structure, we help settle students nervous systems so they are ready to learn, create, and collaborate.



WHAT WILL YOUR STUDENTS LEARN?

- A clear understanding of the ACARA Dance curriculum
- A Warm Up dance that highlights the Dance Elements: Rhythmic Warm-Up that uses repetitive patterns to lower stress responses and focus attention (Perry, 2009).)
- A Main Themed Routine (Hip Hop based): Group Choreography & Synchrony: Moving in unison stimulates natural endorphins, builds trust, and fosters prosocial connection (Tarr et al., 2015).
- A Cultural Themed Routine (Why & Where do we Dance?): Cultural & Themed Routines: Explores non-verbal self-expression, identity, and shared storytelling in a safe, structured space (van der Kolk, 2014).
- Increased confidence in choreography and creative tasks
- Safe dance practice knowledge: Emphasizes choice, bodily awareness, and physical boundary safety.
- Detailed workshopping of all Four Strands
- A Spectacular Showcase for families to enjoy



No dance experience is needed — all activities are accessible and adaptable.

HEALTH, SOCIAL AND CULTURAL BENEFITS OF DANCE

DANCE AS A TRAUMA-TRANSFORMATIVE PRACTICE

- Dance has credible potential as a trauma-transformative practice because it works on the body, the group and the story at once. Trauma is increasingly understood as a disturbance of bodily regulation, relationship and identity (Herman, 1992; van der Kolk, 2014).

- Dance combines rhythm, patterned movement, synchrony with others, interoceptive attention and symbolic expression in a single activity. Few other practices reach so many of the systems that trauma disrupts.

RYHTHM & REPETITIVE PATTERNED MOVEMENT

- Rhythm is the element of dance with the most direct theoretical route to the brainstem. The earliest regulating experiences are rhythmic: the maternal heartbeat, rocking, walking and breath. Rhythm also offers predictability, which trauma removes. A steady beat tells the body what comes next, and a repeated phrase lets a young person succeed through familiarity.

- A small randomised study found that 12 weeks of dance movement therapy lowered psychological distress and altered plasma serotonin and dopamine in 40 adolescents with mild depression (Jeong et al., 2005).

GROUP SYNCHRONY, CO-REGULATION AND BELONGING

- Moving in time with others is one of the best-evidenced social effects of dance. Van der Kolk (2014) describes trauma as a loss of being in sync with others and collective rhythm as a way to restore it.

- Synchrony increases affiliation and cooperation. Groups who move or sing in time cooperate more afterwards, even at personal cost (Wiltermuth & Heath, 2009) and children who sing and dance together are later more helpful to one another (Kirschner & Tomasello, 2010).

- Dance adds a neurochemical dimension. Tarr et al. (2015) found that synchrony and physical exertion each independently raised pain threshold, a proxy for endorphin release, and increased bonding. This suggests that unison work and energetic work contribute separately, and that both belong in a session.

EMBODIMENT, INTEROCEPTION & MINDFULNESS

- Dance rebuilds the capacity to feel the body safely, which trauma often removes. Many survivors cope by avoiding internal sensation, because the body has become the place where threat is felt. Interoception, the sensing of internal bodily states, underpins emotional awareness and regulation. (Price & Hooven, 2018).

- Dance offers mindfulness in motion, which can suit young people who find stillness intolerable. Attention rests on weight, breath, contact with the floor and the shape of a movement. Movement qualities also shape feeling: Shafir et al. (2016) found that specific motor elements were associated with specific felt emotions. A qualitative meta-synthesis identified a renewed mind-body connection and an expanded range of movement as recurring outcomes of dance movement therapy for trauma (Levine & Land, 2016).

SELF-EXPRESSION, NARRATIVE AND THE SENSE OF SELF

- Dance gives form to experience that cannot yet be spoken, and devising a performance turns that form into a story the young person owns. Trauma disrupts identity as well as regulation.

- Movement offers a non-verbal route to expression. Van der Kolk (2006) notes that traumatic memory is often held as sensation and image, with limited access to language. Gesture, shape and spatial relationship can symbolise such material without requiring disclosure. Pierce (2014) argues that this makes dance movement therapy suited to dissociation and developmental trauma, where integration of body, emotion and thought is the goal.

- Making a story adds a second mechanism. Devised choreography asks a group to build a coherent narrative in movement: select, sequence, revise and give an ending.

CULTURE AND COLLECTIVE HEALING

- Dance is a long-standing healing practice in many cultures, and much trauma is collective and intergenerational. Dunphy and Ware (2019) describe how dance supports quality of life in Indigenous Australian communities through connection to culture and roles for every generation.

- Play, Joy and Beauty can facilitate transformation. Thompson (2009) argues that applied performance should value affect, beauty and pleasure, and he questions the assumption that survivors must narrate their trauma to heal. For a young person whose body has mainly known threat, experiencing it as a source of enjoyment and skill is itself corrective.

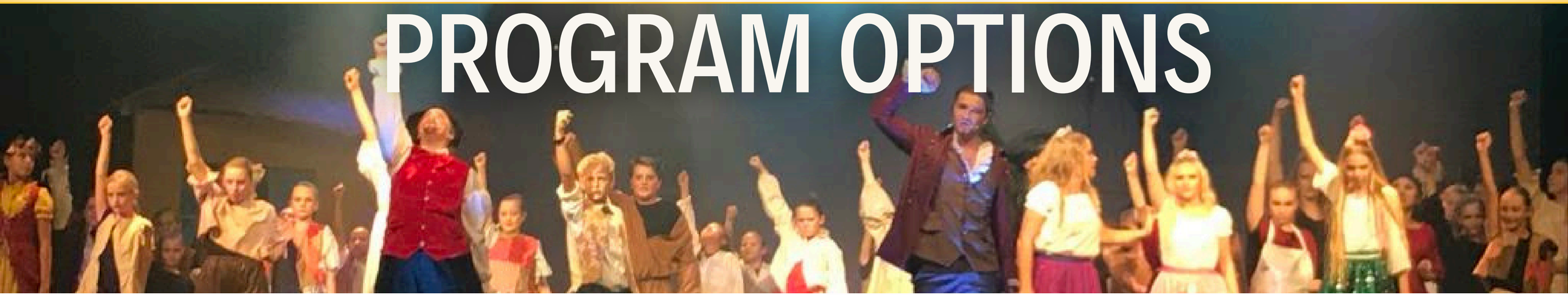
- Adolescence is a period of identity formation and heightened sensitivity to peers. Group devising uses this developmental energy well, since it offers belonging, status through contribution and a shared achievement.

ACARA School Dance Specialists

CREATIVE DANCE INDUSTRIES — DANCE FOR LIFE

Bringing the Joy of Dance to Schools

PROGRAM OPTIONS



OPTION A — FULL TERM PACKAGE

A 10 week comprehensive program, from Safe Dance / Warm - Up, to Team Choreogaphy, Assessment and a Showcase

OPTION B — 8 WEEK PACKAGE

A comprehensive program covering all options in our Full term package, but with some additional classroom time to watch & review dance videos & practice in movement breaks.

OPTION C — 6 WEEK PACKAGE

Leave the movement work to us and take care of the theory and group choreography in regualar class time.

OPTION D — 2 WEEK PACKAGE

Ideal for highschools wanting the wow factor to help get older students moving. Our choreography leading into theirs with detailed explaination.

"Because patterned, repetitive activity shapes and changes the brain... Neural systems, and thus children, can change with dedicated amounts of focused repetition."
(2008) by Dr. Bruce D. Perry and Dr. Erin P. Hambrick. [1, 2]

www.creativedanceindustries.com

Click here to book

0438 487 968

ALL BOOKINGS INCLUDE:

- Specialist dance instructor on site
- All lesson plans & assessment standard elaborations
- Printable Student Workbooks: Include reflective prompts that support interoceptive awareness and self-referential growth.
- 3 Dance Routines
- Student choreography
- Dance video discussions
- Access to digital resources
- Follow-up support via email
- Customised unit planning
- Trauma-Informed & Inclusive Pedagogy: Every routine and activity is built on choice, invitation, and safe containment.
- PA / music & microphone

SHOWCASE INCLUSIONS:

- Instructor supported showcase
- PA sound / microphone/ EMCEE & lighting
- Optional disco extras



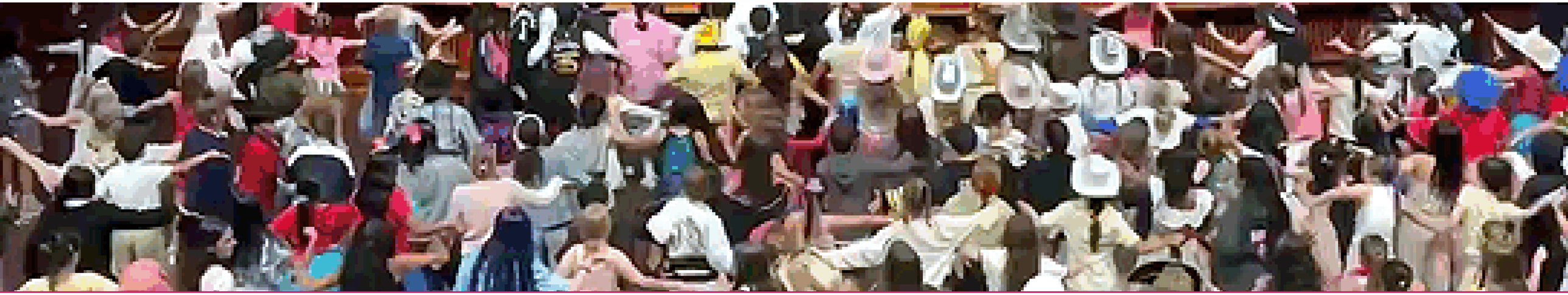
PRICING STRUCTURE

Pricing varies depending on:

- The type of program / service
- The number of lessons
- The number of students attending.

A personalised quote will be provided upon enquiry.

Travel fees may apply for regional schools.



SCHOOL REQUIREMENTS

To ensure a smooth and safe workshop, schools are asked to provide:

- A clear indoor space (hall, drama room, gym, or large classroom)
- Access to a projector or screen
- Staff attendance as agreed
- Any school-specific safety information
- Their chosen themes for each bandwith
- The timetable for Dance Lessons

COLLABORATION PREPARTIONS

We will forward you:

- Our staff Blue Card information & DOB
- Lesson Plans & Poster Printouts
- Insurance details & Risk Assement
- Psychologically & Physically Safe Spaces: We collaborate with school staff to adapt spaces, avoiding forced unison or intrusive exercise, ensuring every student feels secure and supported.





BOOKING PROCESS

STEP 1 — SUBMIT AN ENQUIRY

Provide your preferred date / term, program option, and student numbers.

STEP 2 — RECEIVE A QUOTE & CONFIRMATION

We'll send a tailored quote and confirm availability.

STEP 3 — PRE-SESSION CONSULTATION

We discuss your staff & student needs, year levels, and curriculum focus.

STEP 4 — ON-SITE DELIVERY

Your dance instructor arrives with all resources and runs the sessions.

STEP 5 — FOLLOW-UP SUPPORT

We provide additional resources and ongoing email support.

BOOK YOUR SCHOOL TODAY

"Transforming school communities by bringing body, group, and story together through the science of movement."



Join us for a hands-on creative experience that you'll never forget.
Reserve your spot today!



OTHER SERVICE WE PROVIDE:

- ACARA STUDENT SHOWCASE FOR FAMILIES
- SCHOOL FUNDRAISING DISCOS
- GRADUATION PERFORMANCE AND DISCO
- ACARA SCHOOL SHOW - EDUCATIONAL PERFORMANCE
- MUSICAL CHOREOGRAPHY AND DIRECTION