

Impact Report
2021-22

Building
Community

Creating
Connections



Support of Heart of Dance is an Investment in Your Community -

Now, and in the Future!



De'Anthony Jackson's Heart of Dance experience opened doors to a new and exciting future! Earlier this year he starred in *Something Happened in Our Town* at Mpls Children's Theatre, which made national news and led to multiple interviews with PBS Newshour, WCCO and the Star Tribune, as well as other theatrical roles.

His mother says the program gave her younger son the confidence to be in front of a crowd. De'Anthony told us, "Dancing Classrooms helped me get used to people watching me perform. The Colors of the Rainbow Team Match helped me get used to being in front of an audience.

That's good, because since then I've done a lot of interviews and had offers to do more plays." Scan QR code for full interview.



Sayvon Jackson participated in Dancing Classrooms four years ago. It has impacted his life ever since. His mother remembers after her older son began the program, she got fewer behavioral calls from the school. He became a leader in his class and even joined the student council!

Not only did Sayvon tell us his basketball game improved because he was lighter on his feet on the court, he said, "Since [doing Dancing Classrooms] I've been more mature. It made me a better person. It definitely will stay with me for the rest of my life!" Scan QR code for full interview.



Mom, Christy, reflects on the transformation Dancing Classrooms has had on her sons. "[Sayvon] was more excited and just enjoyed the dancing. His behavior started to get way better. He became more mature. He built connections. He's a straight A student ever since."

"It made De'Anthony be prepared to be in front of a crowd. Theater, dancing, singing, it's all connected. It all began with Dancing Classrooms. I encourage it for all schools!" Scan QR code for full interview.



Kristina's Phoenix Cove Adult Day Center serves Asians elders who are typically shy. When she brought in Dance for Life, "There was hesitation at first. But halfway through the program, they were all participating . . . they were just having fun! Their endurance was longer, their memory got better. I saw their confidence improve tremendously. They couldn't wait to show their families [at the final showcase] - some of them looked like teenagers!" Scan QR code for full interview.



Dancing Classrooms



"Antoine, who is fairly shy, said how much he had liked dancing. Miss Ella made them all feel good about participating."

-Academia Cesar Chavez Teacher

"I felt embarrassed to dance at first but I feel differently now. I thought I wasn't going to like it but now I do. It's fun!"

- Anna, 5th grader



**SOCIAL
EMOTIONAL
LEARNING**

"There are so many things we enjoy about Heart of Dance, but the number one thing is the fun and joy it brings to our kids!

Seeing them dancing together and working together is wonderful, and they're excited to do it!"

- MTS Principal



**CONNECTIONS
AND
COMMUNITY**

"Students who struggled with traditional academic approaches were really engaged in Dancing Classrooms. Teachers saw those students emerge as leaders in ways they hadn't previously!"

- Community of Peace Principal



**MENTAL
AND
PHYSICAL
WELLNESS**

"This program improved my balance, flexibility, focus and awareness of the moment. It gave me confidence to get on the dance floor for my 60th class reunion!"

- Paula, DL Participant



"I joined Dance for Life for a Summer activity and I've learned a variety of dances and rhythms. Through participation in this class I've even noticed an improvement in learning and memorizing different phrases on the piano!"

- Sarah, DL Participant



Dance for Life



Many thanks to our Dance for Life partner, YMCA of the North!

Across 6 Schools for the 2021-2022 year. . .

We Served Over
370
STUDENTS

With More Than
300
CLASS HOURS

In
17
CLASSROOMS

This year in Dance for Life...

We piloted
3
residencies
In person and virtually with

40
participants

"These dance classes did improve my posture, physical strength, stamina, and confidence!"



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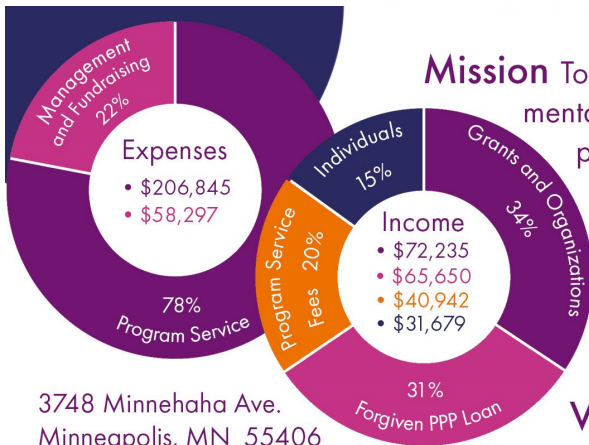
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Mission To transform lives through the physical, mental, social and emotional benefits of partner dance.

Vision Through partner dance, youth, senior adults, veterans, and communities from all walks of life are connected, respected and given an environment in which to thrive.

Values Respect, Elegance, and Teamwork



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