
CHIN UP CHEST OUT

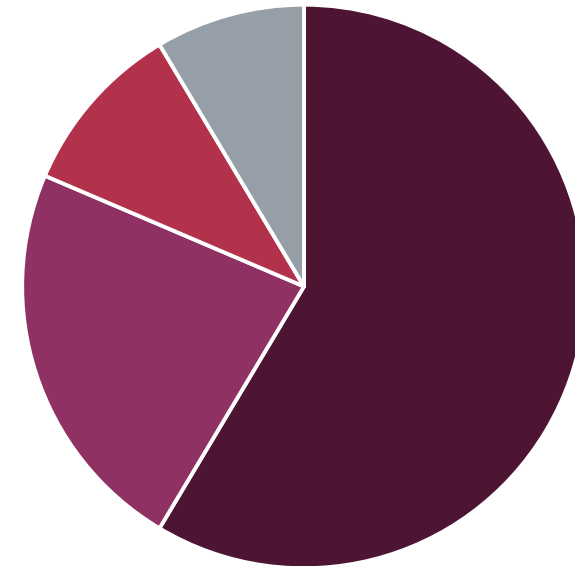


A PROGRAM DESIGNATED TO PROMOTE HIGH SELF ESTEEM, CONFIDENCE AND
CONFLICT RESOLUTION

HIGH SELF ESTEEM

Studies show that dance has been proven to increase high self esteem in students and adults. The high self esteem comes from the release of endorphins from the movement in dance. These endorphins produce a positive feeling in the body.

Increased Self Esteem From Dance



■ 7th-12th Grade ■ K-6th Grade ■ College Students and Adults ■ Seniors

CONFIDENCE

In dance you are taught to keep your head up while dancing. This skill is extremely important not only in dance but in everyday life. Students will learn the importance of walking into a room with their head high, chin up and chest out.



CONFLICT AND RESOLUTION

Dance has been proven to be a part of solving conflict in positive ways. The importance of sophisticated knowledge of body awareness and somatic dance education for peace; is crucial to educators interested in the teaching of conflict resolution and violence prevention programs.

Conflict generally creates stress and this stress is always registered in the body. A key to regulating the physiological aspects of the body is by developing the resilience to return to homeostasis quickly. Dance, when infused with somatic awareness, can further impact physiological imbalances. Both dance and somatic dance, include music, imagery, rhythm, coordination and comradeship – all important features in relaxation and feeling supported by others.

****Homeostasis****

The relaxed physical condition where the heart and breath rate returns to a resting state



BACKGROUND



Dynamic Force Dance mission is to inspire children of every race and ethnic background to take part in the arts. Dance is about unity and grace. The Chin Up Chest Out program is a workshop within Dynamic Force Dance. The workshop is an initiative to help establish high self esteem, confidence and conflict resolution in young men and women. It was established in 2017 after the founder, Sheena Baskerville was asked to be a panelist at the Americas Big Sister Youth EmpowerHERment Summit, hosted by Tragil Wade, sister of NBA superstar, Dwayne Wade.

At the end of the workshop selected students will receive an 8 week dance scholarship at Dynamic Force Dance!

HOW IT WORKS

Discussion

Founder, Sheena Baskerville will speak with students about the importance of high self esteem, confidence and conflict resolution

Learn Somatic Dance

Students will learn a dance using “CAPS” a traditional negotiation tool for problem situation and a movement model. Within this, students will dance their personal story

Perform

The workshop is completed by students performing the new dance and applying the techniques learned throughout the day



CONTACT US

THIS WORKSHOP IS OPEN TO ALL MIDDLE AND HIGH SCHOOLS IN THE CHICAGO LAND AREA.

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