

Sensory Inclusion in the Dance Classroom

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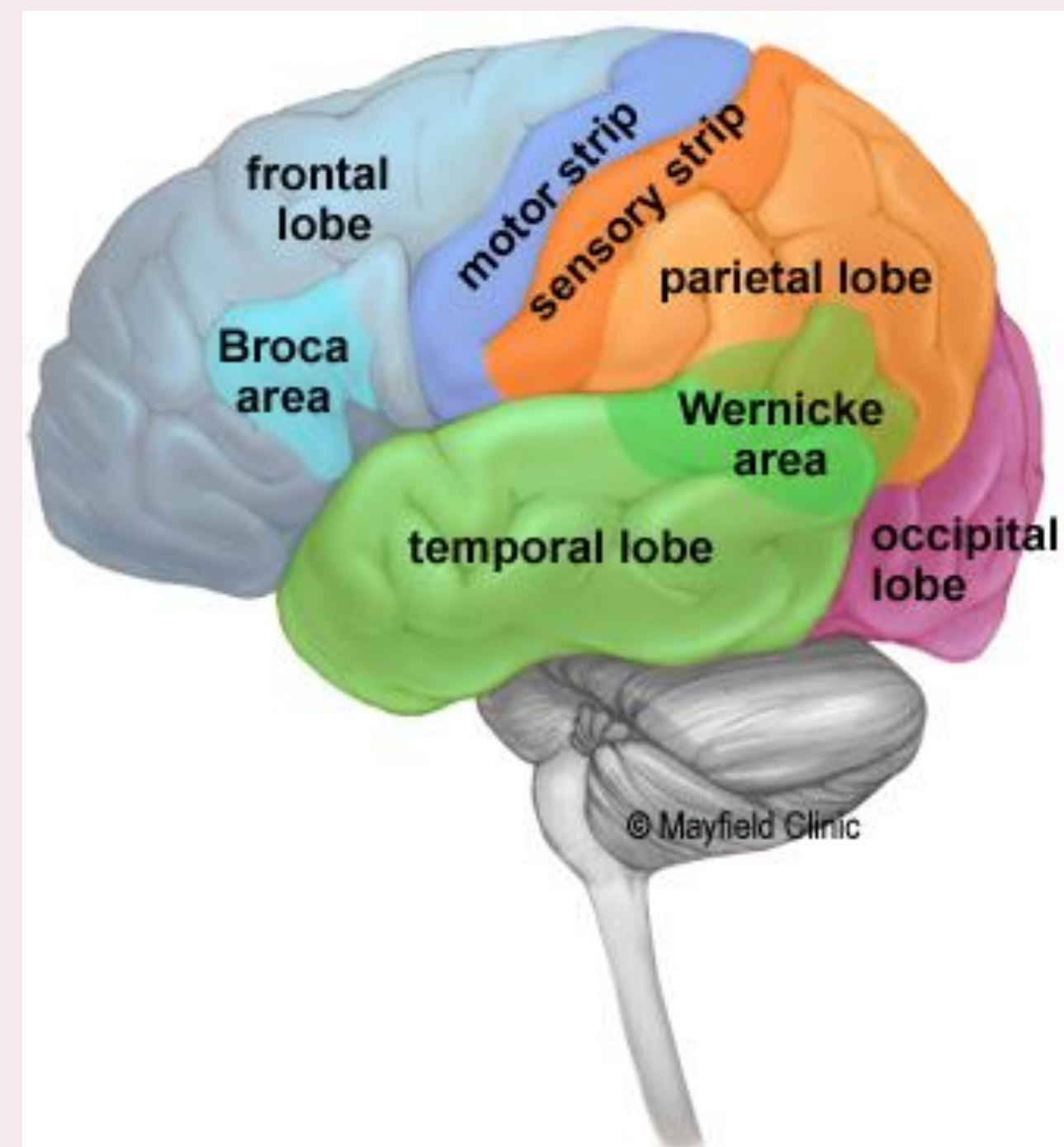
What does it mean to be sensory inclusive or sensory friendly?

“...an approach that intentionally minimizes overwhelming sensory experiences.”
-Sensory Friendly Solutions

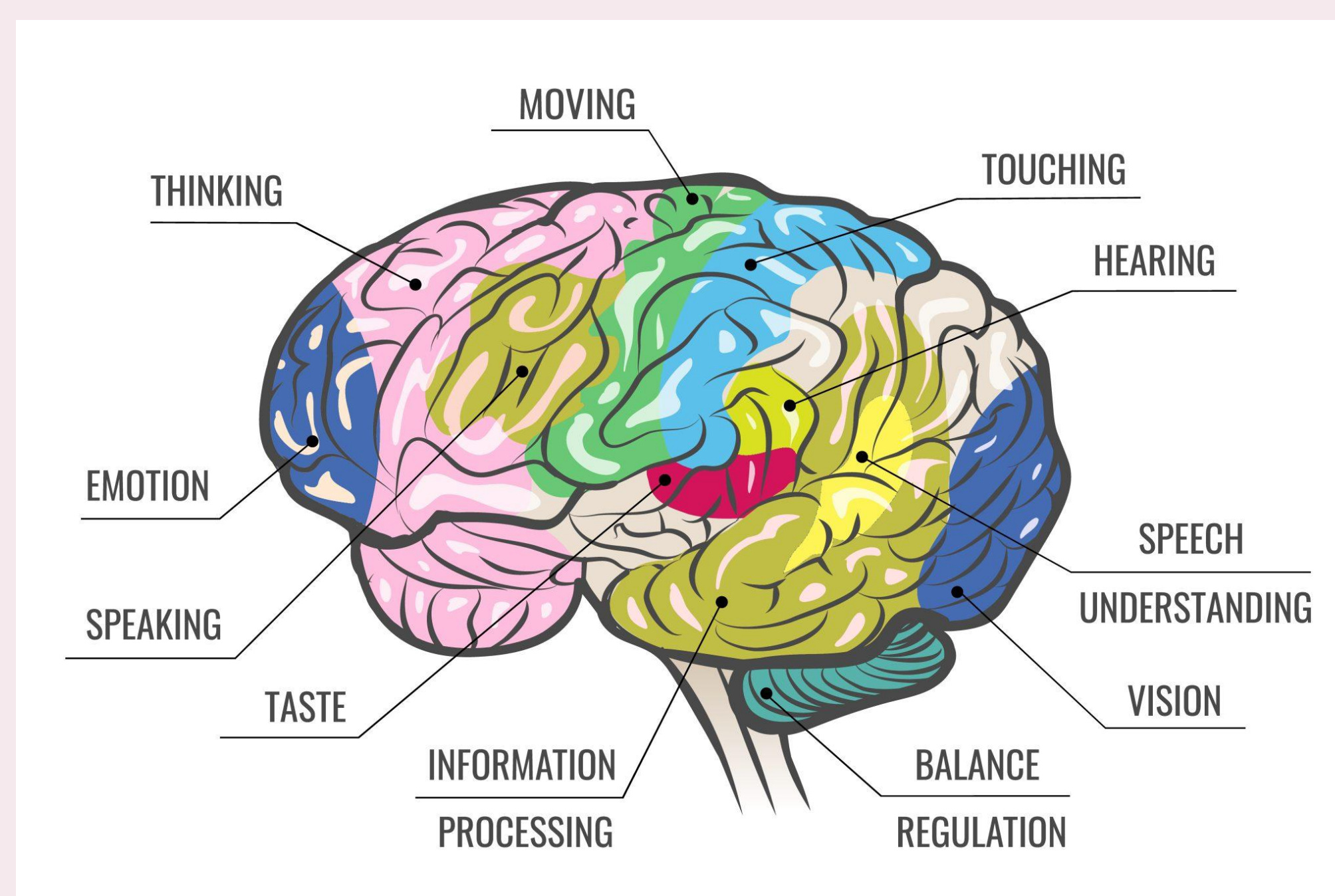
What is a sensory experience?

“Sensory experiences refer to the perceptions and responses generated through sensory stimuli that an individual encounters from their environment...[which] allow[s] individuals to interact with and interpret the world around them.”
-IGI Global Scientific Publishing

Where does the brain process sensory information?



Scientific names for the regions of the brain

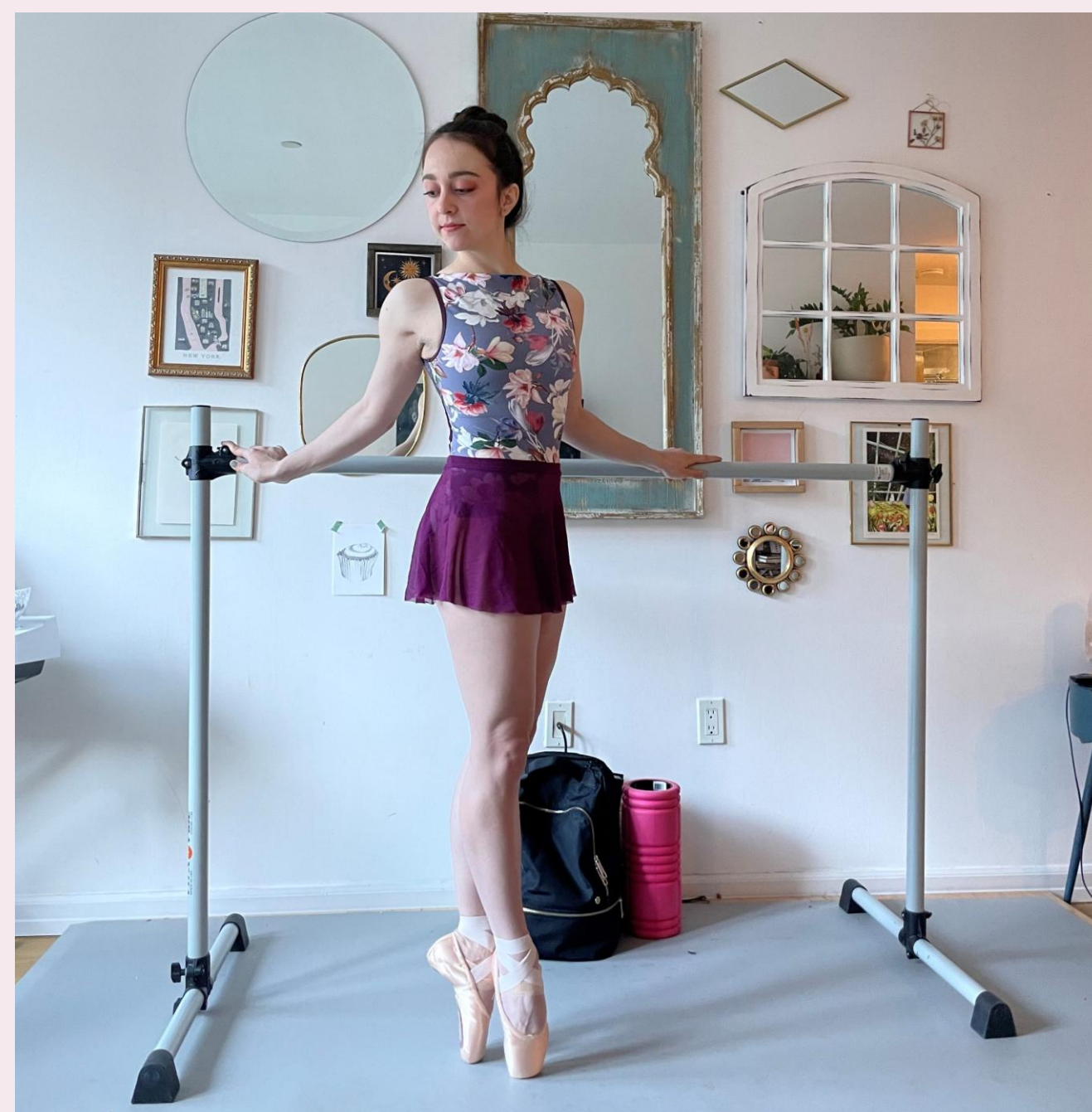


What those regions do

Some mental and physical conditions that impact sensory perceptions:

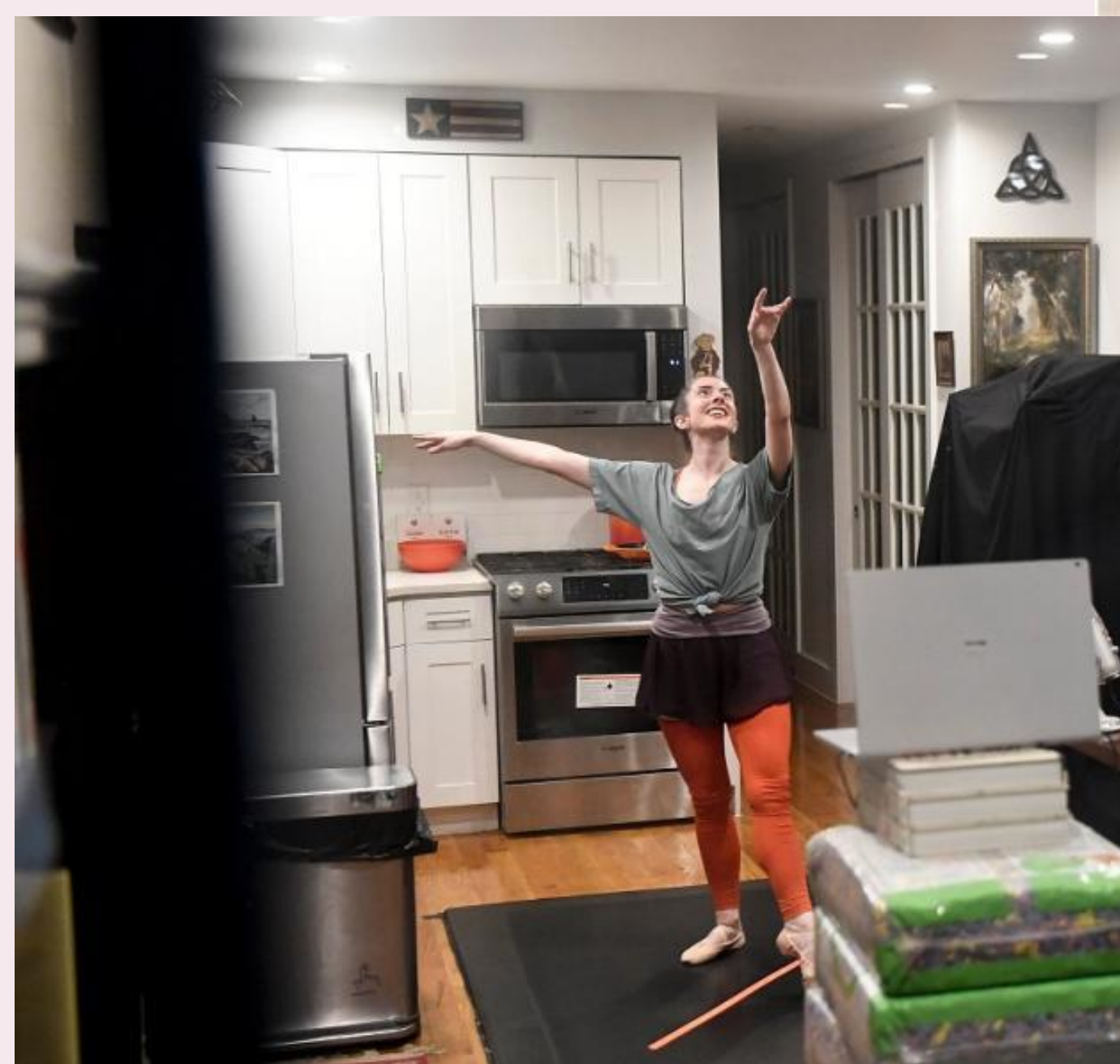
- Autism
- ADHD
- Anxiety
- Low vision/blindness
- Hard of hearing/deafness

Dancers with unique sensory perceptions



Emily DeMaioNewton is a dancer with autism who loved how structured ballet was as the social expectations were communicated.

Shaheem is a deaf hip hop dancer who was a performer at the 2024 Paris Olympics. He lost his hearing at the age of 4 and feels the music through vibrations.



Krishna Washburn learned to dance while she had her vision but all of her professional work has been done blind. She created an online ballet studio called The Dark Room Ballet.

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