

A Dance Class For Me!



May 2016 Newsletter

Update from Elizabeth

Happy Day After Mother's Day! I hope you found some time to relax and that you had a good day.

It's already May 2016! Can you believe it?

If you don't know already, the name of the class is now **A Dance Class For Me!** I wanted the class to seem less specific to autism because all children with sensory processing disorder or other special needs are welcome.

Class days are now Sunday, Monday and Wednesday. Added to the Sunday schedule is a class for 3-4 year old children on the spectrum. It's an incredibly fun class to teach. The children I have now like to be together and each know the sequences and one day they will both dance with me at the same time, until then they are a wonderful challenge and I love it.

Teens and Young Adults have the opportunity to take the class on Sunday at 1:30 pm.

Private classes are available and they can be targeted to the student's

specific need. I have had one on Monday night and we have a great time.

There will be no classes on Memorial Day Weekend but the rest of the classes will continue through June 8th and after a break my Summer Program will start!

Summer Program 2016

A Dance Class For Me! And More!

During July I will be teaching for 4 weeks. The price will be \$50 for 4 classes, if you are a returning student. First time students get the first class free and three classes for \$37.50. The calendar of classes is at the end of the newsletter.

Students in a very small group class don't like to be alone in class if the others are absent. The students like to be together, they like to see each other, and socialize. For this reason, the class size for summer is a minimum of 5 students. If there isn't enough interest in a particular class, it will not start.

If these times don't work for you please let me know what does work. If I can, I will start a list and advertise for a class at that time.

If you are interested in enrolling your child or enrolling yourself, please email me right away at ewizabephamp@gmail.com.

Great news for one of my Young Adult Students!

There is great news about one of my students, Andy Edmunds. He has been in my class since last year. He's been given a chance to be a teacher's aide for social skills classes two days a week! He is so excited. Andy has been studying yoga for a long while, too. He taught a class for his classmates last week. His adult school friends loved it so he will teach again, maybe on a regular basis. Knowing he enjoys being a role model and his desire to work with kids Andy's mother, his greatest advocate, looked for opportunities with him.

Other Organizations and Projects

Comedy improvisation has been a big part of my life since...let's say the previous century. The Down Syndrome Association of Orange County has invited me to teach improvisation in July on Thursdays at 5:00 pm. If you would like to RSVP to this event, please call the DSAOC Center at (714)540-5794 or email programs@dsaoc.org. I'm so excited. If you'd like to know more about the DSAOC, please go to www.dsaoc.org.

If you have questions about improvisation you can contact me. I teach the basic rules, there are few, and we play games to reinforce improvisation skills. Sometimes it's funny or silly but this skill really helps

a person stay "in the moment" which is useful for actors and I think parents and caregivers. I will add a class to the Summer Program for anyone interested.

Girls Inc is an organization that helps girls realize their potential. I volunteer as a tutor for Kindergarten girls. Yes, they are learning to read. I will be doing this all Spring, if you have any questions or are interested in the work they do, please go to www.girlsinc-oc.org.

Class Locations and Times

Capoeira Mandingueiro

16582 Gothard Ave. Suite N
Huntington Beach, CA 92647

Children Ages 3 and 4 on
Sundays, Session 12:30 pm

Teen & Young Adult Class on
Sundays, Session 1:30 pm

Children 5 and up on Mondays and
Wednesdays, Sessions at 5:00 pm

If you would like **A Dance Class For Me!** Trial class at a school or special location please let me know. And I'm always looking for more venues and groups to work with.

A Special Thank You

Thanks to the help of Chachi Escobar there are a couple of pages in Spanish. If you know anyone who can translate English to Vietnamese, please let me know. If I can have

each language on a poster I can start advertising in more places.

Please follow me on Twitter (ERCAMTP) and "Like" my Facebook page (ELIZABETH ROSE CHACON, Autism Movement Therapy® Provider). If you are on Facebook and your child is in a Huntington Beach class please join my *closed* group called **Autism Movement Therapy in Huntington Beach**. Only members of the group will be able to see the posted comments, likes and pictures.

**FIRST CLASS
FREE**

Class information

A Dance Class For Me! a program using Autism Movement Therapy® (AMT) is open to children on and off the Autism Spectrum. If you know a young child who is not yet identified as an autistic child, or is not speaking yet, he or she is absolutely welcome to take the class. Most of my students have usually tried or do not like typical dance/movement classes. However, they find AMT suits them because behavior does not preclude participation. This class is most therapeutic if attended for a series of weeks.

To create speech, information must pass between the left and right hemispheres of the brain. Movement throughout the class is designed to

help stimulate the brain and build new neuropathways between the right and left hemisphere. The brain is challenged by the class to create new pathways; the class is a safe place to experience the stimulation of lights, music, mirrors and movement. If students become stressed they are taught self-regulation techniques throughout the class.

Discipline

Students don't have to worry about doing anything right or wrong. The only thing they are to do is follow me, and MOVE with me! But if they have a "meltdown" or start hitting the mirror or another person the student will be asked to sit in a chair in the dance room and will be shown some techniques to calm him or herself down. The choice to rejoin the class belongs to the student. When the child is ready they can simply indicate that he/she would like to start dancing again. Raising the hand, asking, or simply joining again are all acceptable.

If you know of anyone who would benefit from this therapy, please give them my information.

Parents

Parents are encouraged to observe their child. If you want to join the class you might have to sign a release for the facility. I will be asking you to dance or move with me just like the other students because

additional role models are beneficial to movement therapy. If you would like to take 45-60 minutes to relax, sit, read, or enjoy just watching the class you are welcome to do that. There is usually space in the lobby of the studio for private conversation.

No special dance clothes are required. (Shoe requirements are up to each studio owner.) Most students like to dance barefoot. If your child prefers socks, I recommend 100% cotton socks to reduce slipping on the dance studio floor. If your student likes to wear

skirts, I recommend dance briefs to allow freedom of movement.

Please try **A Dance Class For Me!**



Elizabeth Rose Chacon

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A Dance Class For Me! And More!
Summer Program July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
June 26	June 27 AMT CLASS #1 5:00 Ages 5 & Up	June 28	June 29	June 30	1	2
3	4 4 TH OF JULY NO CLASS	5	6 AMT CLASS #1 5:00 Ages 5 & Up	7 DSAOC IMPROV #1 5:00 Teens & Young Adults	8	9
10 AMT CLASS #1 12:30 Ages 3-4 1:30 Teens & Young Adults 2:30 Improv 13 & Up 3:30 Improv 5 & Up	11 AMT CLASS #2	12	13 AMT CLASS #2	14 DSAOC IMPROV #2	15	16
17 AMT CLASS #2	18 AMT CLASS #3	19	20 AMT CLASS #3	21 DSAOC IMPROV #3	22	23
24 AMT CLASS #3	25 AMT CLASS #4	26	27 AMT CLASS #4	28 DSAOC IMPROV #4	29	30
31 AMT CLASS #4						