



Santa Barbara Dance Institute

In a changing world, there is a need to combine social and emotional learning with academic learning to fully develop the potential of every student, no matter what his or her background may be. Over the years we have seen schools desiring to implement arts programs that can fulfill this need in an affordable and sustainable way. *SBDI Dance Infusion Training™* enables teachers to infuse dance into their curriculum to help children learn and grow by empowering them to believe in themselves, develop their ability to work in a team, and establish their personal standard of excellence.

SBDI Dance Infusion Training™

The SBDI Dance Infusion Training enables physical education and classroom teachers to use the benefits of dance in their teaching curriculum. Training teachers in this new approach allows schools to **enhance their Arts Curriculum** as well as **fulfill Physical Education minutes**. This course provides teachers the confidence, a structured methodology, and ready-to-use tools to incorporate dance into their classroom.

The SBDI Dance Infusion Training is a two-day training in which SBDI Teaching Artists take physical education and classroom teachers through SBDI's proven teaching methodology.

Participants will:

- Learn how to use dance as a pedagogical approach
- Learn simple movements that can be applied to many different music genres
- Obtain tools to teach dance and ways to adapt them to your class's needs
- Learn classroom management skills and activities to keep all students fully engaged for the entire period (your bag of tools)
- Learn basic principles of choreography
- Learn how to teach students create their own choreography
- Obtain a music list for different music genres
- Obtain SBDI's Dance Infusion Manual with a 10 day lesson plan

Impact of SBDI Methodology

Over a period of twelve years of providing dance programs in schools SBDI methodology shows:

- 63% of children improved in the 40 Developmental Assets as a *direct result* of the SBDI Program (independent longitudinal assessment)

Our annual surveys with students and teachers consistently show that:

- 85% of children show improvements in general behavior
- 89% state improvements in critical life skills, such as teamwork, focused concentration, commitment, and respect.
- More than 60% of our students achieve higher grades after attending our program.



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Overall Goal

The overall goal of implementing dance is to teach critical life skills and create meaningful and lasting change in children's perceptions and behaviors through dance. More specifically, our objectives are to:

- Improve students' self-confidence, school attendance and behavior
- Give children an opportunity to gain positive attention from peers, teachers, and family
- Promote good health through vigorous physical activity
- Give children a genuine experience of success through hard work, discipline, and teamwork.

About SBDI

Founded in 2005, SBDI teaches dance programs that help children to discover their potential by empowering them to believe in themselves, to understand what it means to be part of a team or community, and to develop a personal standard of excellence. Using dance as a vehicle, we not only give children the tools to be successful in life but the actual experience of success.

SBDI programs meet the state of California's Visual and Performing Arts Standards in Dance for in-school programs and California's Quality Standards for After School Learning. SBDI has taught programs at schools in Carpinteria, Goleta, Santa Barbara, Los Olivos, and Solvang.

Video links

- Documentary (12min.) - <https://vimeo.com/7368857> "5, 6, 7, 8, Dance!"
- Interview with Bill Cirone, Superintendent of Santa Barbara County Schools <https://vimeo.com/62176621> "Schools of Thought"



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Testimonials

“As an administrator, in regards to money that can be spent on the arts, there is no better place to spend it.” - *Matt Zuchowicz, Santa Barbara County Education Office*

“My daughter has learned through dance that with love and focus she can do anything she sets her mind to” - *SBDI parent*

“I absolutely feel my students are blessed to have such a dynamic program offered to them. There are so many positives to learning dance. I have found that students who would not typically want to perform in front of large groups have adapted and grown to becoming star performers. Students that struggle with basic counting and skip counting are able to count and identify 4 or 5 counts of 8 without even having to think about it. I have also noticed some of my students that struggle with comprehension/processing have become excellent performers. I am amazed at their ability to comprehend the steps taught, remember the steps, and recall the numerous amounts of 8 counts needed to complete the dance. I absolutely love this program, but what I love the most is the instructors ability to reach every single student in the class and by the end of the program they transform each student into believe in themselves and their ability to perform.” - *3rd grade Classroom Teacher of SBDI students*

“Santa Barbara Dance Institute (SBDI) has been an important part of the arts and music curriculum at Solvang School for over 10 years. We contract with SBDI to teach dance to our third grade students, as well as an after school program for fourth through eighth graders. The program has always been strong and over the years it has become a special “rite of passage” for our students who enter 3rd grade to be able to participate.

I became more involved with SBDI last year, when my third grader was involved with the program. I can tell you as a parent, that Friday dance classes were something that the third graders looked forward to all week. They admired and respected their teachers who inspired them to work hard but of course had a lot of fun! I was in awe as the year went on and I watched the third graders perform. The teamwork and discipline was building individual self-confidence and self-esteem. As a parent, I can tell you that this program should be a part of EVERY child’s curriculum.

We are keenly aware of the impending demands of our new National Curriculum Standards but I am happy that our school continues to support arts education and programs like SBDI. To be well rounded, it seems to me that students need these opportunities to grow their creativity and talents.” – *PTA President & parent*