dance to learn learn to move

The Center for Kinesthetic Education can tailor unique dance residencies to meet your goals:

- Infuse the curriculum with dance, music and drama
- Increase student physical activity
- Foster creativity & critical thinking
- Learn conflict resolution techniques
- Addressing bullying & conflict
- Promote a healthy & peaceful learning environment

for Students

Moving Dialogues: Exploring Choreography

With a CKE teaching artist, students participate in dance-making. Dance movements are developed from dance based curriculum such as rhythm and shape and school based curriculum (e.g. literacy, social emotional learning, environmental/ecology, social studies, science).

Moving Math: Dance-Making using Mathematical Concepts

A series of movement and dance lessons that support sections of specific math units. Movement skills and choreography are shaped from these math themes.

Performing Peace: Including the Bully

We help address bullying and teach key aspects of conflict resolution. Students look at the nature of bullying including the role of the bully, target and bystanders. Students practice new responses to conflict through games and choreographing positive responses to a wide range of feelings.

Dancing with the Brain in Mind

Students actively develop better concentration through exercises based on brain-related motor patterns. Lessons include 3 to 5 minute movement practices as short breaks to increase focus and relaxation strategies that can be helpful in preparing for testing.

for Educators

Professional development includes workshops, model lessons, teacher support in the classroom in any combination of the following:

Conflict Resolution through Movement & Dance

- Practice guiding students to respond to conflict peacefully.
- Use body language awareness by tuning in to bodily cues.
- Explore behaviors for resisting bullying and dealing with difficult situations.
- Learn to guide students through movement towards positive choices in response to their feelings.

Dynamic Learning Skills

- Learn to integrate movement and dance into lesson plans.
- Teach self-regulation and assist group transitions while supporting the kinesthetic learner.
- Practice classroom relaxation techniques with students dealing with complex feelings and academic stress.

Teachers Supervision Group

- Participate in a periodic seminar for movement educators. Topics discussed: inclusion of children with special needs, conflict resolution, brain-based learning and teaching an academic subject through movement arts.

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Center for Kinesthetic Education
NYC DOE Vendor

Our Mission

Our commitment is to design programs for youth and adults that reveal the importance of body awareness and movement in learning, self-expression, and interpersonal relationships. CKE Dances! fulfills this mission through dance education that integrates socio-emotional learning, psycho-physical education and artistic creativity.

Martha Eddy, CMA, Ed.D.,
founder and director

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CKE Dances!

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