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RHYTHM 4 YOU(TH)

How to involve dyslexic people with dance?

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PROVIDE CLEAR AND VISUAL INSTRUCTIONS

Dyslexic individuals may struggle with processing and understanding verbal instructions. Utilize visual aids, such as diagrams, pictures, or videos, to demonstrate dance moves and sequences. Visual cues can help them better comprehend and remember the choreography.



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BREAK DOWN INSTRUCTIONS INTO SMALLER STEPS

Present complex dance moves and routines in manageable segments. Breaking down the instructions into smaller steps allows dyslexic individuals to focus on one element at a time, reducing the potential for overwhelm. Gradually build upon these steps to form the complete routine.



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UTILIZE MULTI-SENSORY TEACHING METHODS

Incorporate multiple sensory modalities to enhance learning. Along with visual demonstrations, use physical cues, touch, and kinesthetic experiences to guide dyslexic individuals through the movements. Encourage them to feel the rhythm, tempo, and flow of the dance through their bodies.



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CREATE A STRUCTURED AND PREDICTABLE ENVIRONMENT

Dyslexic individuals often benefit from structure and predictability.
Establish a consistent routine in your dance sessions. Use a
predictable format and maintain a regular schedule to help them
feel more comfortable and at ease.



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ENCOURAGE SELF-EXPRESSION AND CREATIVITY

Dance provides a platform for self-expression. Encourage dyslexic individuals to express themselves freely through movement and encourage them to explore their unique style. This fosters a sense of empowerment and boosts their self-confidence.



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ADAPT LEARNING MATERIALS

Dyslexic individuals may benefit from adapted learning materials. Provide written instructions in a dyslexia-friendly format, such as using larger fonts, clear spacing, and sans-serif typefaces. You can also provide audio recordings or visual resources to support their understanding and practice outside of class.



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OFFER REPETITION AND REINFORCEMENT

Dyslexic individuals often require additional repetition to reinforce learning. Repeat instructions and movements multiple times, allowing them to practice and internalize the dance steps. Repetition helps solidify their understanding and improves their muscle memory.



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PROVIDE POSITIVE AND CONSTRUCTIVE FEEDBACK

Celebrate their progress and achievements. Offer positive reinforcement and specific feedback to help them improve. Emphasize their strengths and highlight areas where they have shown growth. This fosters a positive learning environment and motivates them to continue developing their skills.



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FOSTER A SUPPORTIVE COMMUNITY

Create a supportive and inclusive community within the dance environment. Encourage peer interaction and collaboration, promoting empathy and understanding among all participants. This supportive network can provide emotional encouragement and a sense of belonging for dyslexic individuals.



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SEEK PROFESSIONAL GUIDANCE

Consider collaborating with professionals experienced in working with dyslexic individuals. They can offer valuable insights and strategies to adapt dance instruction to meet the specific needs of dyslexic learners. Their expertise can help create an inclusive and effective learning environment.



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