



Proposal

Who we are:

Core Dance is a contemporary dance organization that creates, performs, and produces compelling or original dance that ignites the creative spirit and actively encourages participation and conversation by and with the community. Core Dance uses dance to illuminate, educate and question.

Core Dance is coming up to its 40 anniversary as a dance organization. Core Dance's work emphasizes heavily on partnerships within our community such as schools, After Care programs, and programs that work with populations living in isolation due to their circumstances.

What we do:

We offer a series of dance and movement workshops designed to assist educators in teaching body awareness, storytelling and/or Executive Function Development. These workshops can be as short as a day or last for weeks.

We always build these residencies with our partners in the classroom to ensure that our partner's goals with each program are met. We also build our evaluation tools with each classroom educator so that the data is as unique as each group of students.

We have successfully completed residencies using this methodology for more than 25 years. Typically, we work with 1-2 Teaching Artists in a group of 20 students. We have extensive experience in working with groups of students from the age of 4 to 18 years old.

We have recently finished two 8-week long residencies at East Atlanta Kids Club in Atlanta and at the Houston Area Women's Shelter in Houston, TX. Each residency using dance and movement to teach a curriculum of Anti-bullying and Self-awareness.

We have a dance theatre performance for children in 2 - 5th grade, developed to bring awareness to Anti-bullying and to encourage self-awareness and positive body image.

Atlanta

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The children's book, *Full Mouse/Empty Mouse*, by Dr. Dina Zeckhausen, was the inspiration for the new dance theatre work that enables students to:

- identify their feelings
- investigate solutions when being bullied
- develop an understanding of feelings and stress on the body
- gain basic insights into the connection between feelings and bullying

"Heart of the Matter" is a 35-minute narrated performance piece that is followed by a Question & Answer session with the students. Additionally, we offer a movement workshop that facilitates integration with others by giving students tools for investigating their own feelings and learning how to work with one another in bullying situations. It fosters integration of self by highlighting body image and awareness issues. The entire production introduces process building and skill building by giving students, especially those kinesthetically oriented, tools to cope in new classroom situations.

There is potential to build an 8-session residency.

We are excited to build a residency in partnership with you to meet your needs. Regular and open communication is important for us so that we can best tailor our offerings for you.