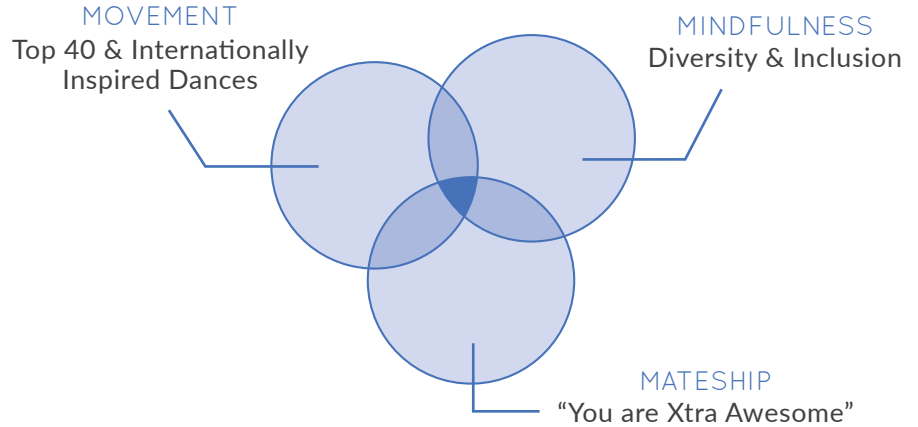




I AM XTRA AWESOME

X Dance is a curriculum-based dance program that explores diversity through a high-energy and culturally rich dance experience. Students identify their unique characteristics, and celebrate with the "I am Xtra Awesome" affirmation. Over 3 sessions, students will experience a variety of dance styles from around the world, as well as activities designed to broaden their understanding of diversity and how they can take action to make the world a more inclusive place.



LEARNING OUTCOMES:

Being open to new experiences, the freedom of moving your own way, accepting your own style and accepting others, celebrating what makes us different and what makes us the same, actions of inclusion.

- **Diversity:** Identifying and celebrating the diverse parts of ourselves and others
- **Acceptance:** Exploring empathy and acceptance to build connection
- **Inclusion:** Taking responsibility to create an inclusive environment

Students will explore inclusion through a variety of dance styles and activities over their three X Dance sessions. These styles include:

- South Asian
- Latin American
- Canadian Aboriginal
- Carriibbean
- French African
- Sports themed... and more!



Community Engagement Events

The wider school community is invited back to the school to participate in the program as a family. Using the Connected Movement Approach, students teach family members the physical skills they have learned through the program, reflect together, and then engage in deeper conversation around health and wellness. These events are a fun, high energy way of building a stronger school culture.



X Dance

X Movement Online is a plug-and-play daily physical activity and mindfulness game that easily sustains the impact of the X Dance live experience. Using the Connected Movement Approach, X Movement Online's X Dance program is delivered in classrooms through a structured curriculum which provides the framework for students to gain a deeper understanding of diversity and inclusion.

Topics Include:

Culture & Diversity

Curiosity

Connectedness

Inclusion

Community & Belonging

Empathy

