

X Movement

X Dance

YOU ARE XTRA AWESOME

Dear Parents/Guardians,

We are thrilled to welcome the X MOVEMENT team to our school! Our students will be participating in an X Dance experience.

X Movement will integrate the powerful Connected Movement Approach to Energize our school!

Connected Movement is...

MOVEMENT

Physical activity that makes you feel good, irrespective of ability.

MINDFULNESS

Using reflection to become aware of self, other and the world around you.

MATESHIP

Building relationships through communication, equality and trust.

X Dance encourages students to understand where in the world they belong. They are asked to celebrate what makes them diverse. This is solidified with an 'I AM XTRA AWESOME' affirmation. Celebrating others for their unique characteristics also has a large focus throughout the program with the affirmation "YOU ARE XTRA AWESOME!"

For more information on the program please visit www.xmovement.com

