

Priming the Brain for Learning through Dance

Meghan Sissom

Program Type

Art Form

Primary Curricular Connection

Grades

Delivery Method

Audience Size

Program Length

Workshop

Dance

SEL

K | 1 | 2 | 3 | 4

In-Person

30

45



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Teaching Artist Review

Program Description

The Brain Dance is a structured methodology for teaching dance using a lesson plan and strategies that create an environment in which the brain is ready, willing, and able to learn. This holistic approach develops every student into a whole dancer as skilled technician, critical thinker, collaborator, and creator. The BrainDance patterns are: Breath, Tactile, Core-Distal, HeadTail, Upper-Lower, BodySide, Cross Lateral, Eye-Tracking, and Vestibular. The BrainDance integrates mind and body and may be adapted for all ages and abilities.

Video

Pricing

Single: \$90
Multiples: \$80 each