

All-Abilities Dance Incursions



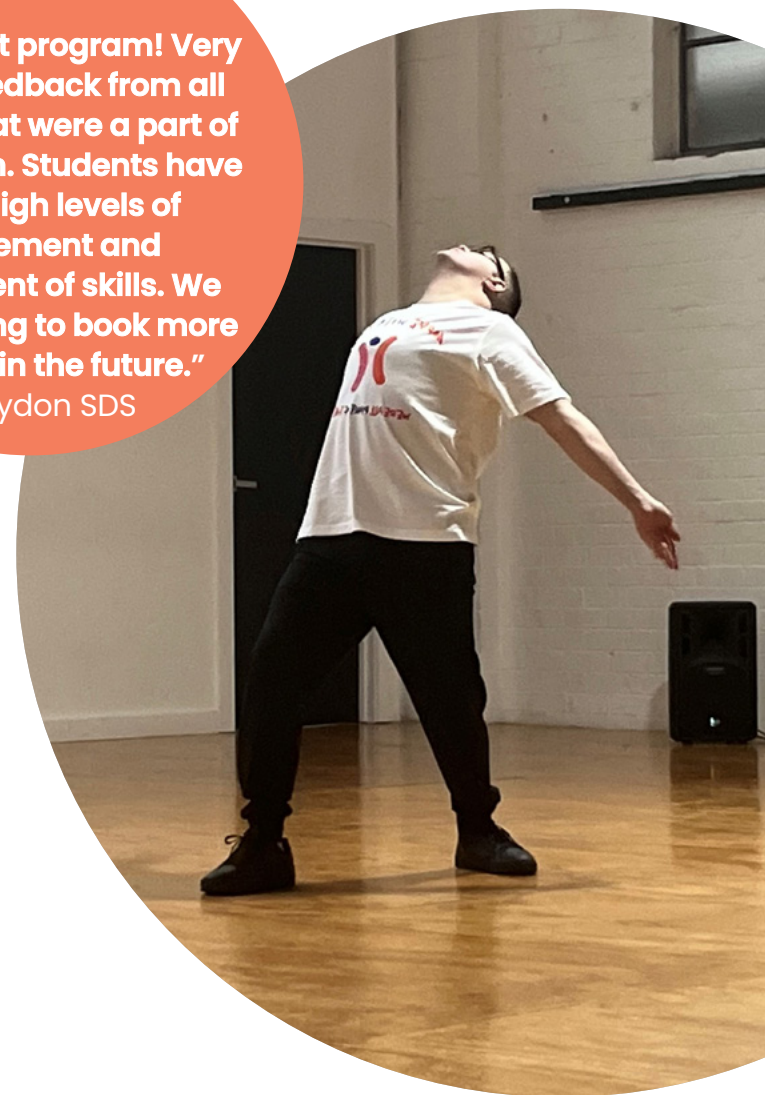
Empowering Students: Inclusive Dance Incursions for Engagement and Well-Being

Classes specifically designed for students with diverse abilities. We create a fun, engaging, and nurturing environment that promotes physical activity, social interaction, and personal growth for your students.

We cater to the unique needs of different student cohorts ensuring a customised and meaningful learning experience.

Our program can work towards performance outcomes, offering students the opportunity to showcase their skills at school events or engage with the community through local festivals and community days.

"Really great program! Very positive feedback from all students that were a part of the program. Students have shown high levels of engagement and development of skills. We will be hoping to book more incursion in the future."
- Croydon SDS





Key Benefits



Inclusivity & Community Engagement

Provide students with diverse abilities the equitable opportunities to dance and express themselves. We foster a sense of belonging and accomplishment through the shared experience of dance and creative expression.



Physical Health

Studies in dance therapy and physical rehabilitation demonstrate that dance interventions significantly improve motor skills, balance, and physical endurance in people with disabilities. This benefit ensures that all students have an enjoyable and achievable means to enhance their physical fitness.



Enriching Curriculum and Student Experiences

Diversify your school's curriculum. By integrating inclusive dance classes, your school provides a diverse, varied, education, fostering new passions and skill development while enriching the students' overall learning journey.



Holistic Development

Physical, emotional, and cognitive development. Build skills such as coordination, self-expression, and teamwork.

Why Choose emotion21?

emotion21 is a program run by the Inclusion Foundation that provides evidence-based dance and fitness programs for people with Down syndrome and other disabilities. We have 15 years experience in providing supportive, customised environments tailored to suit the specific learning needs of people with disabilities in a physically active and socially engaging setting.

Evidence-based Approach

Our programs are grounded in research and best practices, ensuring a high-quality, engaging, and effective learning experience for your students.

Proven Impact and Industry Recognition

Over our 15-year journey, emotion21 has garnered significant industry acclaim and achievements. Awards like the recent "Active Recreation & Leisure Initiative" from the 2023 Disability Sport and Recreation Awards, among others, demonstrate our consistent recognition in the field to deliver engaging, effective, and highly regarded programs.

Professional and Skilled Teachers

Our dance teachers are carefully selected for their expertise, understanding of inclusive practices, and commitment to continuous professional development.

Customised Curriculum

We adapt our classes to the specific needs of the students, providing a supportive and inclusive environment.



Get involved

emotion21 has several opportunities for community engagement.



Book a special workshop for your school or community group



Support us with a donation



Learn more about us

