



Lyceum of Kato Achaia

Outline: **Experiential activities**

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School, country: Lyceum of Kato Achaia, Greece

Subject: Acceptance – Collaboration - Social communication

Title of the activity: **“Dance, Health, Well-being”**

Level: 1st class (15-16 years old)

Justification and description of the activity:

Our aim is to improve communication skills, cooperation, acceptance, and trust between students. In order to achieve this aim, we decided to use the art of dance.

Dancing provides many great benefits such as health, confidence, self-expression self-esteem, and better social skills.

Additionally, dancing reduces stress, improves social communication, as well as general and psychological well being.

The activity is based on cooperative - experiential learning, giving participants the chance to express feelings and emotions. This type of educational experience helps students to develop new skills, new attitudes and new ways of thinking.

Students involved in Erasmus+/ RESPECT, participated in the health-promotion project “Dance, Health, Well-being”.

Students practiced in different dances, mostly traditional. They worked in pairs or in groups, so they felt too close each other, because they had to collaborate in order to have a good result. The members of sub-groups sometimes were quite different. They had origin from different countries, or belonged to minorities with different culture. Some of them encountered difficulties, some others had to help and encourage them. Finally they were able to collaborate efficiently and to understand that dancing brings people together.

Sequence of activities:

- Weekly dance sessions.
- Participation in school activities.
- Presentation of dances and project's procedure at the end of the year.

Products/instruments of evaluation:

- Dancing team participated in school events.
- Dances were exposed in front of school's students at the end of the year.
- A video with team's activities was also created and presented at the end of the year. The video is available on school's blog. (<http://blogs.sch.gr/lyk-k-ac/archives/2301>) and on YouTube (<https://www.youtube.com/watch?v=f3CVVTFNzSE&t=6s>)

Grouping:

The whole group, or groups of 4 - 6 students and groups of 2 students, according to the type of dance.

Resources:

Different kind of music, teacher-Animator.

Spaces/Contexts:

School's presentation room, courtyard.

Recommendations of the authors for putting it into practice:

This activity is suitable for tightening relations between members of a group, as well as the development of cooperation and acceptance relations. Dancing activity could also include cooperative exercises improving teambuilding.

Photos



