



**Learning
Connections**
Helping children achieve

Dance & Discover

Experience the joy of dance
and discover growth through movement!

Learning Connections is proud to introduce **Dance & Discover**, which supplements the Early Years Program.

Dance & Discover creates a nurturing environment where children can explore movement imaginatively and express themselves, while encouraging primitive reflex integration and self-regulation.

Each session integrates developmental movement, breath work, music, colourful props and activities that foster physical, emotional, cognitive and social development.

The benefits:

Confidence & Connection: Fosters emotional and social growth through creative play and group activities.

Strength & Flexibility: Empowers children with yoga, dance, and breathwork techniques to promote body awareness.

Resilience & Regulation: Promotes the development of self-regulation skills for a stronger sense of control and well-being.

Elements of Dance & Discover

Each Dance & Discover session has a consistent structure, providing a predictable environment that creates a safe space while encouraging primitive reflex integration, self-regulation and healthy attachment to the group.

The elements include:

Singing & Movement	Strengthening motor skills while enhancing body and spatial awareness through playful movement sequences.
Breath Work & Yoga	Developing flexibility, calmness, and emotional control with breathing techniques and yoga poses.
Creative Dance	Creating dances together fosters imagination, self-expression, and community spirit.
Reflection Time	Encouraging emotional identification and expression through drawing and words.



Clare Apelt is our Dance & Discover Coordinator and is happy to develop a program for your centre or a tailored individualised program for children who respond particularly to dance therapy.

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