



# Movement education by Pilobolus



MOVIN' is an in-school dance workshop residency led by Pilobolus teaching artists that bring students of varying abilities, ages, and backgrounds together to create a student-led community.

Students learn how to express themselves through collaborative, improvisational movement with physicality and humor. Workshops focus on socio-emotional skills, teamwork, collaboration, and self expression.

MOVIN' empowers students of all abilities to create and share stories through dance making. Students learn to communicate with others through movement while highlighting individual talents in a safe space.

The program culminates in a celebratory performance for the school community and families. Multi-year residencies allow for student mentorship and community building as participants engage over time, transferring ownership of the work from teacher-centered to student-centered.

## A POSITIVE IMPACT

"My students were eager to go to dance class each day. I noticed that the dance class helped my students with teamwork. This was an area where they had challenges because working together would cause them to argue. In dance class, they learned that working together was the only way to complete the fun tasks, which made students realize working together wasn't as hard as they originally thought. I also noticed that students' creativity skyrocketed after being in the dance class. Students were coming up with all different ways to complete the challenges instead of trying to copy others."

*Becca Bremer, Third Grade Teacher  
Brass City Charter School, Residency 2024*

## EACH MOVIN' SESSION:

- Includes a Pilobolus warm-up, improvised movement, group exercises, collaborative discussions, and a supportive ideas exchange
- Encourages youth to collaborate harmoniously, nurturing both group cohesion and individual expression.
- Guides participants through a creative journey that derives its content from the participants, not the instructors.

**PIL  
OBOLUS**

FOR MORE INFO VISIT [PILOBOLUS.ORG/MOVIN](https://pilobolus.org/movin)