



# Rainbowdance

AN EARLY CHILDHOOD PROGRAM OF THE BOSTON CHILDREN'S FOUNDATION

Children walk into the classroom with diverse upbringings, abilities and behaviors, but they all face the same challenge; moving from the safety of home into the greater world.

## What we do

Rainbowdance works in the classroom to foster universal emotional and social skills that children need to thrive, such as: overcoming challenges, relating to others and becoming self-confident and secure. For this reason Rainbowdance is a positive developmental tool for all socio-economic, developmental and cultural backgrounds.

## What it looks like

Rainbowdance gathers participants around a parachute for one hour to connect and create social empathy, self-confidence and self-regulation. Blending storytelling, object lessons, repetitious movements set to cultural music and improvisation, Rainbowdance gives children the opportunity to interact at their own pace and engage at their level.

Unlike other active programs, Rainbowdance leaves classrooms with a sense of calm, which the children internalize and bring into the rest of their day

"The children are learning self soothing strategies; we have caught them singing the songs to themselves when alone in book area or working in the art area."

- Karen Vogel  
Director of Bright Horizons,  
Harborview

## One Free Demo Class in Rainbowdance!

Interested in more? We'd love to offer you a sample of our program. Our staff will connect with you, learn more about your center and see how Rainbowdance can be an asset to your school.



## Other Rainbowdance recipients

- Harvard University Day Care Centers
- Horace Mann School for the Deaf
- Jackson Mann Community Center
- South Boston Neighborhood House



### Get in touch

Please contact us if you are interested in any of the following:

1. One free demo class of Rainbowdance
2. Summer *Transition to Kindergarten or Rainbowdance Basic* classes
3. Speaking with one of our staff about options to offer Rainbowdance in the coming school year

### Contact

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### Rainbowdance Programming

Our groups are tailored to meet each school's needs. We offer the following programming opportunities:

#### 1. *Transition to Kindergarten*

The child who has developed self-esteem and confidence is prepared to confront social challenges with curiosity and courage. A recent Massachusetts Governor's forum on Readiness for Kindergarten agreed that social and emotional health at the preschool level increases children's readiness for kindergarten. If they feel regulated, confident and empathic towards others, they will be successful in a formal school environment. In this model we expand the repertoire, increasing its sophistication to mirror the challenges children will face in the formal school environment.

#### 2. *Rainbowdance Basic*

The basic model of our program works to build social empathy, self-confidence and self-regulation, using music, movement and storytelling. Rainbowdance is adaptable for children ages 1-5 as well as children with special needs and behavioral challenges.

### School Year Rainbowdance

Loved Rainbowdance during your demo class or over the summer? We look forward to exploring ways to offer a continued service throughout the school year.