

# CANADA'S NATIONAL BALLET SCHOOL

## *Sharing Dance*

### **NBS is Sharing Dance: Make dance a part of your students' lives!**

With Canada's National Ballet School's (NBS) FREE suite of online dance lessons and activities, it's never been easier to inspire creativity and build physical literacy skills. Best of all, no dance experience is necessary to facilitate or engage with these resources.

**NBS REACH** is an online learning hub that hosts free, expert-developed resources designed to help educators get kids engaged and physically active through curriculum-linked movement activities.

**NBS Kids** develops important skills like:

- Exploring ideas through the creative process
- Building self-confidence and a personal identity
- Collaborating and working with a group

To learn more, visit [www.sharingdance.ca](http://www.sharingdance.ca), and to access free comprehensive teaching resources, [register here](#).

NBS also invites you to join us for **NBS Sharing Dance Day 2020!**

Each year, thousands of Canadians engage with the easy-to-learn NBS Sharing Dance choreography. This program is of special interest to teachers as it focuses on developing fundamental aspects of physical literacy. You'll get tools to engage your students in learning and discussion on important themes that touch on history, arts, culture and more.

[Register](#) for NBS REACH, and you'll be able to access resources we've specially designed to support your involvement and motivate your students. Launching in January 2020, the following resources will be available:

- NBS Sharing Dance Day 2020 choreography videos
- Warm up videos
- Teacher lesson plans and resources
- Information on how to host your own NBS Sharing Dance Day event, or how to join us for Toronto's event in June

If you have any questions about NBS Kids or NBS Sharing Dance Day 2020, please email Niamh Byrne Rodgers at [nbyrnerodgers@nbs-enb.ca](mailto:nbyrnerodgers@nbs-enb.ca)