

PILOBOLUS All About Us Dance

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Program	Workshop
Type	
Art Form	Dance & Movement
Curriculum/a	Social and Emotional Learning
Target	Elementary School (1st - 5th grade) Middle School (6th - 8th grade) High School (9th - 12th grade) Young
Grades	Adult (18 - 21 years old) Family Early Childhood (PreK-K)

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Testimonial

"The students were actively engaged, and supported throughout their process. They were amazed at the dancers' ability along with their own ability and creative venture. Students were still talking about the class the next day, that is a testament of how well the program/class went."

Paula, Scottsdale Middle School

Description

The core values of Pilobolus are creativity, collaboration, and communication. Students will experience Pilobolus's signature techniques of improvisation and movement creation through physically challenging, games and activities. Pilobolus Teaching artists lead students through movement activities that encourage sharing ideas and perspectives, team building, collaborative problem solving, and building trust and empathy with a group. This class is playful, student-driven, physically engaging, and fun.

For grades 1-3 we recommend 40-45 minute classes

For grades 4 and up we recommend 60 minutes but we will work with the time that is available in the school schedule.

Objectives

Enhance Creativity: Experience Pilobolus's signature techniques in improvisation and movement creation to unlock creative potential.

Foster Collaboration: Engage in activities that encourage the sharing of ideas and perspectives, enhancing team-building skills.

Improve Communication: Learn how to collaboratively problem-solve through movement, building effective communication skills.

Build Trust and Empathy: Participate in exercises designed to establish trust and empathy within a group setting.

Develop Physical Skills: Take on physically challenging games and activities that improve mobility, balance, and awareness.

Student-Driven Learning: Benefit from a playful, student-focused environment that adapts to individual needs and encourages active participation.

Pricing Information

\$1,176 for 4 workshops in one day

Program Length

For grades 1-3 we recommend 40-45 minute classes

For grades 4 and up we recommend 60 minutes but we will work with the time that is available in the school schedule.

Participants

Up to 25

Technical Specifications

We need 20 x 20 feet of open space to move. This can be done in a classroom with desks moved to the side, a gymnasium, a cafeteria, or another open room.