

# BACK TO SCHOOL WELLBEING WORKSHOPS

SPRINGS  
DANCE COMPANY

## Boing! Bounce! We're back to school!

Physical, feel-good dance workshops framed in a reassuring and structured environment.

A boost for children's mental health as they negotiate 'back to school'

Fun, inspiring activities giving pupils the chance to dance together, to observe and respond, and to re-establish relationships and community through working alongside each other.

Space and social distancing won't stop creativity flourishing in these inclusive, expert-led dance workshops.



To book or for a friendly chat about what we can do for your school, call us on: 07876 752 910 or email: [touring@springsdancecompany.org.uk](mailto:touring@springsdancecompany.org.uk)

*“Suberb session ... very encouraging and inclusive. Emily and Sarah were very warm and encouraging of ALL the children. I don't think it could have been better!”*

*Mrs Cooper yr5*



[www.springsdancecompany.org.uk/join-in/schools-workshops/](http://www.springsdancecompany.org.uk/join-in/schools-workshops/)