



## **Embrace Dancing** ▾

### **Dancing with an Open Mind**

The themed information document to remind inclusive dancing

The information on this document was originally developed for Autism Dance Day, International Dance Day and beyond

**Dancing is for everyone  
Dancing is an art form which stretches through different backgrounds, cultures & circumstances. It is also an expressive and exciting art form which stretches through different cultures, backgrounds, and circumstances.**

**Regardless of what type of dancing, some people may be more passionate, some like to excel further while others see this as a fun activity and a break from their daily life.**

**Dancing is for everyone, so regardless if we are at a dance class, social events, parties and music events we must break the divisions and value each other.**

#### **Not to divide**

**Despite the positivity of dancing, we must remember we must not use perceptions or differing abilities to marginalise, exclude and reject in any dancing environment.**

**As dancing is a universal language, we must not limit dancing environments to the quick learners and the highly confident.**

**Continues on Next Page**

© Copyright Keith Mckenzie  
The information featured is suggestions only  
Keith Mckenzie cannot be responsible for any errors that might occur





# Dancing with an Open Mind

Continued

## Tips and suggestions

### At classes

Some people may find learning more challenging than others. Never use this to disrespect or insult their presence. Also, support them if they can and don't exclude them socially or for a social dance after classes.

### At parties & events linked with passionate dancing

This can be a competitive environment with some people who like to be at their best. However, this is never an excuse to divide & exclude those who have differing abilities and can find the social environment very challenging. Some people of various abilities may find the events so overwhelming they can affect their ability to dance.

Music events & club nights, festivals  
Everyone has their own dancing expressions. Some environments are fast and competitive but regardless of whether we must be respectful and not to cause bullying, abuse or socially demonise those of differing abilities and or perceptions

### Key Points

Not to use situations or changes to divide

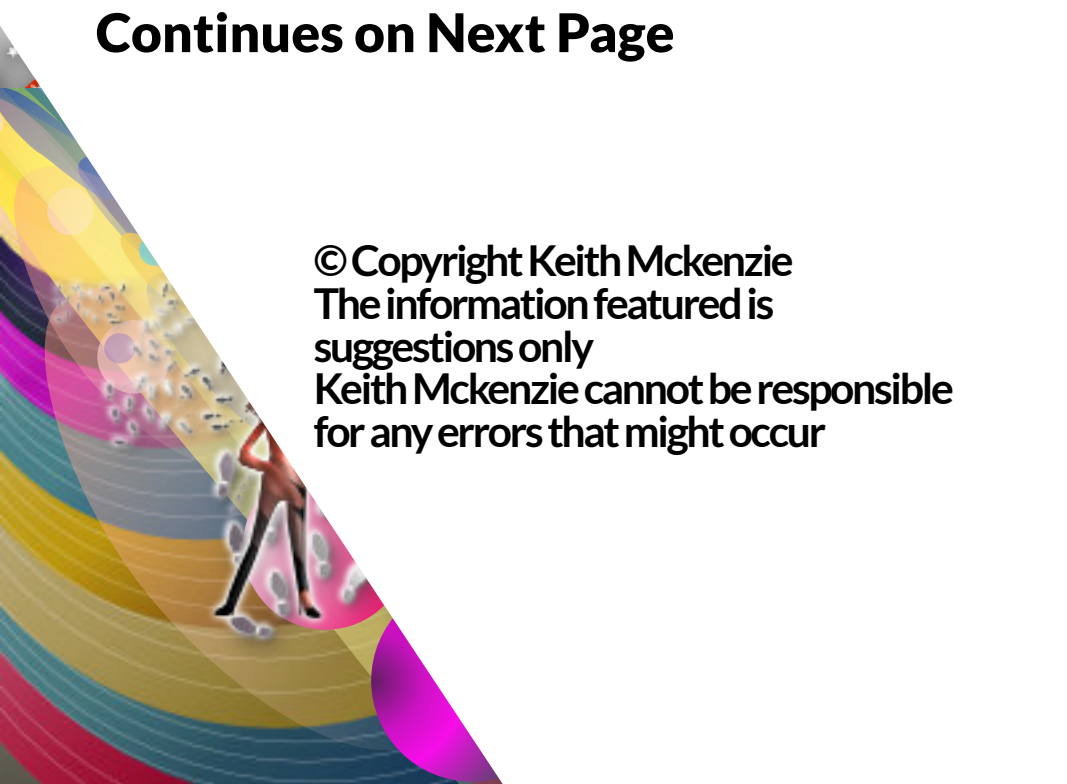
Even though the dancing environments change and evolve all the time, it makes no sense to use social trends, perceptions, and presumptions to reject, exclude and divide those who have different abilities or may appear different.

### Break the divisions

Reach out and spend social time with people outside those you normally meet and hang around. Because supportive of those in need or those who find it challenging or overwhelming. This is not about dependency it is about positive encouragement.

Continues on Next Page

© Copyright Keith Mckenzie  
The information featured is suggestions only  
Keith Mckenzie cannot be responsible for any errors that might occur





# Dancing with an Open Mind

Continued

## Key Points

**Have an open mind beyond how you perceive**

**Stop making the judge and jury towards anyone who appears different in their appearance or their abilities**

**We must not have any barriers**

**A divided dancing environment is unstable and damaging and nobody benefits from a divided dancing culture.**

**See the best out of each other**

**We must not use vanity and perception to exclude and divide.**

**See the positive of each other and we might have a more vibrant and colourful dancing environment for stock this means more people are highly like to have a positive experience for everyone**

Written and designed by Keith Mckenzie  
A neurodiversity awareness campaigner, latin dancing participant and a creative designer

---

## Embrace Dancing

Developed by Keith Mckenzie  
with Plus Value Awareness

Explore further online by selecting the Embrace Dancing link via the websites shown below

**[keithmckenzie.dudaone.com](http://keithmckenzie.dudaone.com)**  
**[plusvalue.dudaone.com](http://plusvalue.dudaone.com)**

Embrace Dancing is a special awareness feature to enable inclusive dancing for hidden differences.

The information from this document is for all people with neurodiversity, invisible disabilities & Anxiety with the information mainly for Autism, ADHD, Dyslexia, Dyspraxia & Social Anxiety

© Copyright Keith Mckenzie  
The information featured is suggestions only  
Keith Mckenzie cannot be responsible for any errors that might occur

