Going to Dance Class at Missouri Contemporary Ballet
I will go to dance class at Missouri Contemporary Ballet. I will follow directions. I will tell someone if I need or want anything.

I will stay with my family when we park our car and pay at the meter. I will stay calm and be safe on the sidewalk and street.
I will walk in the door with my family. I might walk through the front door or the back door.

There are interesting things in the building. I can look at them, and I will keep my hands at my sides or in my pockets. I will stay with my family and walk to my dance class.
First, I will take off my regular shoes and put on my dance shoes. I can leave my regular shoes in a cubby.
There are desks and computers near the cubbies. I will keep my hands at my sides.

I can use the restroom if I need to change my clothes or go to the bathroom. The hand dryer makes a loud noise but does not hurt. I am safe in the bathroom.
Next, I will wait until my dance teacher is ready to start class. This is where I can wait.

I will stay calm and be safe. I can ask to play with toys while I wait.
The teacher will tell me when it is time to start my class. I will follow the teacher and line up at the door to the dance studio.

I will stay calm and be safe in line. I might see things on the wall. I will keep my hands by my side in line.
The dance studio is very nice. There is a mirror and a stereo in the studio. I will keep my hands by my side and be safe in the dance studio.

My dance teacher will tell me where to stand. I might stand on a circle on the floor or at the barre. I will only touch the barre if the teacher tells me to. I will stay where the teacher tells me to stand.
Then, my dance teacher will teach me how to dance.

I will have a safe body. I will listen to the teacher. I will look at the teacher.
The teacher helps me. I can tell her if I need or want anything. I can tell her if I want a break or need to use the bathroom.

When dance class is finished, I will line up at the door. I will follow the teacher to the cubbies and where my family is waiting. I will put on my regular shoes.
Now it is time to go home. I will stay with my family as we leave the building. I will be calm and safe as we walk to the car.
I did a great job a dance class! Going to Missouri Contemporary Ballet is fun!