



# Going to Dance Class at Missouri Contemporary Ballet

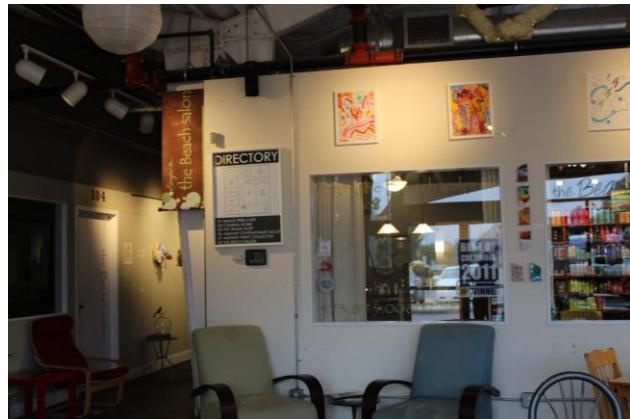
I will go to dance class at Missouri Contemporary Ballet. I will follow directions. I will tell someone if I need or want anything.



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.



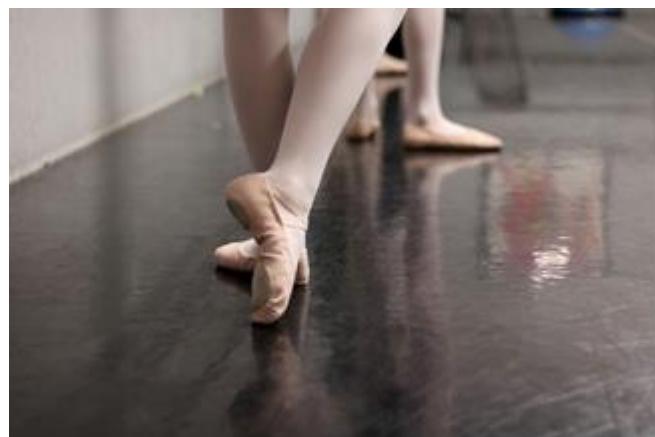
I will walk in the door with my family. I might walk through the front door or the back door.



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.



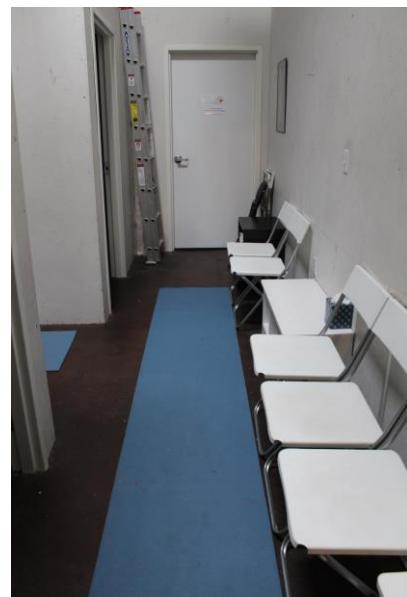
There are desks and computers near the cubbies. I will keep my hands at my sides



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.



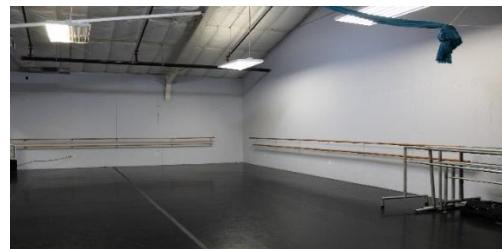
I will stay calm and be safe in line. I might see things on the wall. I will keep my hands by my side in line.



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!