

Building Resilient Minds

The Power of Social-Emotional Learning for Schools and Teams



Vision

We envision a world where every student, educator, and team member has access to Social-Emotional Learning (SEL) through movement, supported by organizations, agencies, and businesses that prioritize mental health and community well-being. Together, we create safe, inclusive spaces where resilience, empathy, and emotional intelligence thrive, empowering individuals and communities to flourish.



Mission

At JMM Dance Co., inspired by the legacy of a dedicated mental health social worker, Juan C. Vasquez, we bring Social-Emotional Learning (SEL) to life through movement. Our mission is to partner with organizations, agencies, and businesses to create safe, inclusive spaces where students, educators, and teams can strengthen resilience, build empathy, and develop emotional intelligence through movement—fostering mental health awareness and empowering communities to thrive.



Professional Development for Educators

Teachers learn how to use dance as an effective tool for emotional regulation, empathy-building, and enhancing student engagement.



SEL Dance Programs for Schools

These programs include in-school classes, after-school programs, and summer workshops designed to support students' mental health and emotional well-being.



Assemblies & Workshops for Schools and Teams

Our workshops and assemblies provide schools with interactive, engaging experiences that highlight the importance of mental health and social-emotional learning.

The Power of SEL and Movement

Dance and Physical Activity

- **96%** of students who engage in dance or physical activity regularly show improvements in emotional regulation, confidence, and social skills.

Mental Health and Well-being

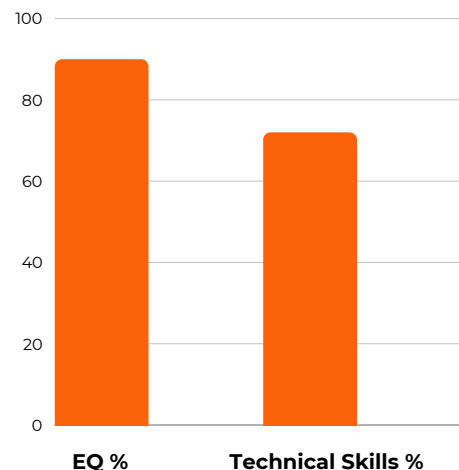
- **73%** of teachers and organizations believe dance programs help improve students' mental health and emotional well-being.

Emotional Intelligence (EQ) and Workplace Success

- **90%** of top performers have high emotional intelligence, which contributes to better communication, conflict resolution, and leadership abilities.

Emotional EQ vs. Technical Skills

High Performers



(Source: TalentSmart),(Source: National Endowment for the Arts),(Source: National Dance Education Organization)

EMAIL US: [INFO@JMMDANCECO.ORG](mailto:info@jmmdanceco.org)

TEXT US: (408) 600-5107

FOLLOW US: @JMMDANCECO

SCHOOL PARTNERSHIP INFO

PROGRAM IMPACT

Our programs provide measurable benefits in:

- **Emotional Regulation** – Students learn movement-based techniques to manage stress and emotions.
- **Leadership Skills** – Encourages teamwork, communication, and confidence-building.
- **Academic Readiness** – Enhances focus, discipline, and cognitive skills through movement.
- **Physical Well-being** – Promotes active lifestyles and healthy habits.



SAMPLE SCHEDULE (6-WEEK SEL DANCE PROGRAM)

Week 1: Introduction to SEL & Movement, Confidence-Building Exercises

Week 2: Emotional Awareness & Self-Regulation Through Dance

Week 3: Mindfulness & Stress Management Strategies

Week 4: Teamwork & Communication Through Movement

Week 5: Leadership Development & Positive Mindset

Week 6: Performance Preparation & Culmination Event



COMPLIANCE WITH EDUCATIONAL STANDARDS

Alignment with State and District Educational Standards

JMM Dance Co. ensures alignment with state and district standards for Social-Emotional Learning (SEL) and physical education, incorporating:

- **CASEL's Five SEL Core Competencies:** Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision-Making.
- **State Physical Education Standards:** Meeting movement and health education benchmarks.
- **Common Core Integration:** Enhancing learning engagement through kinesthetic teaching methods.
- *** K-12 Dance Content Standards-** Expanded on following page



EVIDENCE-BASED APPROACH

Our programs are developed using research-backed SEL methodologies and align with district-mandated mental health and physical activity requirements. We provide impact assessments and progress tracking for schools to ensure compliance with educational objectives.



*CALIFORNIA K-12 DANCE CONTENT STANDARDS

HOW OUR PROGRAM ALIGNS WITH THE FOUR ARTISTIC PROCESSES

Creating – Students generate movement ideas, explore self-expression, and develop choreography based on themes that promote social-emotional learning.

Performing – Students refine their movement skills, practice teamwork, and present choreographed routines that enhance physical coordination and confidence.

Responding – Students analyze movement, provide constructive feedback, and reflect on their emotions and personal growth through dance.

Connecting – Students explore dance's cultural and historical significance while relating movement to personal experiences and emotions.

Grade-Level Alignment

Grades K-2: Foundations of Movement & Expression

Explore basic locomotor and non-locomotor movements.

Develop spatial awareness, rhythm, and creative storytelling through movement.

Introduce simple choreography that builds coordination and self-awareness.

Grades 3-5: Expanding Movement & Social Connection

Learn structured dance sequences and improvisation.

Develop confidence and collaboration through partner and group dances.

Connect movement with emotions, stories, and cultural traditions.

Grades 6-8: Performance & Emotional Intelligence

Deepen movement vocabulary and technical skills.

Explore personal identity and expression through choreography.

Analyze and interpret dance as an art form and means of communication.

Grades 9-12: Advanced Choreography & Personal Growth

Develop artistic intent through complex choreography and movement storytelling.

Strengthen leadership skills by creating and leading dance sequences.

Engage in self-reflection, peer feedback, and dance analysis.

Why Schools Benefit from Our Program

Enhances physical education, arts education, and social-emotional learning.

Aligns with California K-12 Dance Standards while fostering creativity and confidence.

Provides a structured yet engaging way to improve student well-being through movement.



JMM Dance Co. School Partnership FAQ

01 What SEL programs do you offer for schools?

Our Offerings

- ✓ SEL Dance Programs (4, 6, 8, or 12 weeks) – Movement-based SEL lessons with optional performance culmination.
- ✓ SEL Dance Journals – Guided reflection and movement prompts for emotional growth.
- ✓ Mental Health Awareness Workshops – SEL dance strategies for self-regulation and resilience.
- ✓ Professional Development for Educators – Training on integrating movement into SEL practices.
- ✓ Assemblies on Habit Change & Mindset – Interactive presentations for students.
- ✓ High School SEL Leadership Club – Student-led leadership development using SEL and movement.
- ✓ SEL Dance Project (Free Program) – A no-cost initiative for student engagement in SEL-based dance.

02 What age groups do you serve?

We serve Preschool through 8th grade with structured SEL dance programs and assemblies. For high schools, we offer the SEL Leadership Club and the SEL Dance Project.

03 How does SEL integrate with movement and dance?

Our programs use movement to teach self-awareness, emotional expression, self-regulation, and leadership skills. Students learn movement-based strategies that help them build confidence, teamwork, and resilience.

04 How long are the SEL dance programs?

Each session lasts 30-60 minutes (customizable for school schedules)

05 Can our school customize the program?

Yes! Schools can select program length, themes, and student engagement levels. We tailor our content to fit your school's SEL priorities.

06 What is the cost of the programs?

Pricing varies based on program length, student participation, and school needs. Contact us for a custom proposal or grant partnership opportunities.

07 What professional development workshops do you offer?

We train educators in SEL movement integration, focusing on, or we can customize:

- Using movement as a self-regulation tool in the classroom.
- Incorporating dance into core subjects utilizing California standard curriculums

08 How do we bring JMM Dance Co. to our school?

Schools can schedule a consultation to discuss program options. We offer both in-person and virtual programs.

09 Do you offer grant support for funding?

Yes! We assist schools in grant applications and funding partnerships to make our programs accessible.

10 Are your instructors trained in SEL and mental health awareness?

Yes! Our instructors are certified in SEL-based movement strategies, youth development, & mental wellness integration.