



The Body Kind

Dance Teacher's Manifesto



I am a human first, dance teacher second.
My students are humans first, and dancers second.

I handle myself and others with care.

I am more than a body.

My value is not determined by my classes, choreography or productivity.

My power lies in my choices.

I am open to learning. I am open to change.

I take care of myself in ways that are meaningful to me.

I use respectful words when I talk about myself.

I give myself grace, especially during challenging times.

I prioritize mental and physical health, not in sacrifice of excellence,
but in order to sustain it.

I focus on the process over the performance, and progress over perfection.

I have the power to be part of the solution to every
challenge life throws my way.

I have the power to participate in creating positive change
every time I teach.

I share the responsibility of being a teacher with others

I respect and admire - I am never alone.

My legacy is one of kindness, empathy
and resilience.

I was made for dance, and dance needs
what I have to offer.