

## ❖ Teacher Instruction

Make specific directions or requests to provide an initial foundation of safety. After that has been established, your cues can become incrementally more general. If your group is feeling safe and comfortable, expand their choices and reduce your direction.

Instruction/ Request	Instruct	Open Instruction	Request
	"Move your shoulders just like this."	"Move your shoulders how you want to."	"Who can show me how to move their shoulders?"
Request Type	Specific	Either/Or	General
	"Who has a way we can move our pinky?"	"Who has a way we can move our arms or legs?"	"Who has a funky dance move?"

### **NUGGETS:**

**"EITHER OR":** One of the safest ways to make a choice accessible to a student who is anxious is to provide an "either or" choice: "Hey Vasudhara, should we move our hands high or low? Should we play it loud or soft?"

**STACKING "EITHER OR":** If the student is nervous, thank them for their "either or" selection and move on. If you can, stack a number of "either or"s to demonstrate a framework for how you might make a creative choice. "Head or hands?" "High or low?" "Sharp or soft?"

*"So you're saying we should move our hands up high, really sharp? Show us how we should do it!"*

**EVERYTHING GOES:** If they fix their hair while they're thinking, use it. If they say "uuummmm" before they move, use it. If they stop in the middle, turn it into a rest.