Reflections for Students and Dancers:
How might social context be shaping my experience of this moment?
What assumptions might I be making about myself or others, in a given situation?
What helps me feel respected, valued, and safe enough to learn, take risks, or make mistakes?
Are there parts of my identity or experience that influence how I interpret what happens during class?
How might my actions, words, or responses affect the sense of belonging and safety of others in this space?