



**Feeling happy with how you look &
Having fun**

East Riding
**Dance workshop to
build self-esteem**
Jan 2021

East Riding arranged a dance workshop as part of a 'fun day'. This was unexpectedly well received by the children and the East Riding decided to continue to offer sessions to build self-esteem.

Why?

Adolescent girls often feel very dissatisfied with their appearance and is associated with poorer mental health and low well-being.

What did they do?

Initially, the local authority held a 'fun day' to feed back the Bright Spots findings to their young people. As part of this day, they arranged a dance workshop with unexpected positive results with more young people joining in than anticipated.

The local authority has continued the dance sessions, boosting self esteem and confidence.

What difference is it making?

"She [dance teacher] came and undertook some sessions with the Children in Care Council. I think that was really positive because young people that I didn't think would be part of that were standing up and talking, ... coming to the forefront actually joining in, I thought they would just sit and be part of the background. She was so good with them, so positive." (Participation Manager)

*"More joined in than I thought would and ...for their emotional well-being, when we were looking at that we carried that on."
Participation worker*