



Bring Smiles to Children

See how music and dance can make
a difference in the lives of kids



SMILES
In Action

By Smiles Foundation

Abby is 12 years old.


She has a ton of energy and loves music. She's always wanted to learn how to dance, but professional dance lessons are too expensive for her family. It makes her sad to hear about some of her friends going to dance classes every week.

**But now she is smiling...
and dancing because
“Smiles in Action” has
come to her school.**

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A close-up photograph of a child's hands holding a colorful, bell-ringing toy. The toy is teal with a yellow starburst and a pink and yellow patterned section. It has several silver bells attached to it. The child's hands are positioned as if they are about to ring the bells. The background is blurred, showing what appears to be a colorful wall or poster.

Children and youth today spend too many hours sitting. They are hunched over their phones and computers, or watching television for hours.

This shift in a sedentary lifestyle at an early age is a growing health concern. The Kids Health Organization Guide recommends that children do “at least 60 minutes of moderate to vigorous physical activity daily to stay healthy.”

While Abby’s family wants her to pursue dance, they can not afford to sign her up for organized sports or fitness. Motivating Abby to be active on her own also isn’t working.

But for children like Abby who dream of dancing, there’s a new way to bring Smiles to them.

Let's keep children moving

“Smiles in Action” offers several ways to integrate dance in schools. These easy-to-implement classes get children moving and interacting through music, exercise and dance. The benefits include physical and emotional well-being, as well as good posture, improved dexterity and motor skills.

Several research studies show that dance sport programs, like the ones we offer through “Smiles in Action”, bring out child creativity and joy through a fun activity that gets them moving.

It starts with music and our brilliant dance instructors. It ends with Smiles.

Tailoring dance programs for kids

Each program or class is specially tailored for all children, regardless of their physical or mental ability. Our dance instructors understand the needs of each child and adapt the class accordingly.

This approach means all children participating have fun and reap the benefits of movement. Music brings out the creativity in children, allowing them to be free and enjoy being themselves while having fun with other kids. The classes spark joy and lead to new friendships.



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The kids have so much fun. It is wonderful to see them not be afraid to express themselves through music and dance. And they have been making new friends.

School Teacher



What we offer

Dance Sport

This is our first and most dance-oriented program that is specially designed to be safe, inclusive, age and ability appropriate. Participants will learn Ballroom and Latin moves that are featured on popular shows like Dancing With the Stars and World of Dance.

Child participants will become more active and socially engaged. They will develop a love for music and movement while learning the Cha-cha-cha, Salsa, Tango, Waltz, Bachata and many other fun dances. The class will progress at an upbeat pace.



FitKit

This fitness-focused program contributes to overall health. It is a high-quality fitness kit that brings the body to a peak state of sweat and burn. Kids will feel empowered and highly agile after doing these energy-filled moves.

This program is designed to focus on compound exercises that develop lean muscle mass and respiratory endurance while targeting the upper body, core, lower body and flexibility (a quality typically overlooked). By the end of the program, participants will gain upper body strength, enjoy increased mobility and coordination between all their extremities, and will benefit from sustainable energy throughout the day.

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Physical activity is essential to maintain our body and mind in an optimal shape. For me, dancing is your emotions in motion. All of us at “*Smiles in Action*” volunteer our time because we are passionate about making movement to music through our dance and fitness programs accessible to everyone.



Elina Katsman
Smiles Foundation
President & Founder

How you will help others

“Smiles in Action” exists to make dance inclusive. When you partner with us, you are helping eliminate barriers. This means that people from all walks of life—regardless of age, gender, socio-economic status, mental or physical abilities—can enjoy the benefits of movement and music.

“Smiles in Action” is a program of Smiles Foundation, a registered charitable organization. All fees and donations collected are used to better the lives of the communities it serves.



Meet the “Smiles in Action” team



Elina Katsman

Smiles Foundation
President & Founder
Health Promotion Specialist &
Retired Dance Athlete
30+ years' experience



**Sarah-Maude
Thibaudeau**

“Smiles in Action” Creative Director
Certified Dance Sport Instructor &
Retired Dance Athlete
15+ years' experience



Maria Shalvarova

“Smiles in Action”
Director of Operations
Dance Specialist &
Retired Athlete
15+ years' experience



Catherine Wong

Smiles Foundation
Director of Special Projects
Project Management &
Amateur Dance Athlete
20+ years' experience



**Deborah
Somarriba**

Smiles Foundation
Administrative Director
Healthcare & Dentistry
Management Professional
10 years' experience



How it works

The “*Smiles in Action*” Program is delivered in person and virtually. When you partner with “*Smiles in Action*,” you will receive:

- Classes ranging from 30 to 60 minutes—modified if there are diverse cultural and physical needs or preference;
- A choice between Dance Sport and FitKit programs or a combination of both;
- Content that is specially tailored to the participants’ needs and abilities;
- Optional mindfulness practice that involves specific movements, self-love and breathing exercises for mental wellness and improvement of overall mood; and
- When applicable, a tax receipt for the charitable portion of the payment will be issued.

Thank you for considering partnering with “Smiles in Action” to bring greater wellness to your community. Let’s promote lasting change by improving physical and emotional well-being through music, movement and dance together.

Be our dance partner

"Smiles in Action" shares your values in our desire to use our expertise and skills to improve the physical and mental health of children.

We've been helping others for more than 30 years through our charitable programs focused on enriching lives. By choosing *"Smiles in Action"*

as your wellness program, you are partnering with an organization that is committed to providing an essential service to the most vulnerable in our society, including seniors, adults, children and underprivileged communities.

Join us by bringing
Smiles to you.
Let's keep children
moving.





SMILES In Action

By Smiles Foundation

To learn how we can partner
on improving the physical and
emotional well-being of children,
please contact:

inquiry@smilesinaction.org

smilesinaction.org

"Smiles in Action" is an active living program
by Smiles Foundation under smilesinaction.org

Canadian Registered Charitable Organization
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