

THE PERFECT END TO THE SCHOOL DAY!

RAICES 'RITMOS

RHYTHM • FRIENDS • FUN & MOVEMENT

PROGRAM OVERVIEW

This comprehensive proposal template outlines a combined dance and language after-school program for school-age children, blending physical movement with immersive language learning to boost cultural awareness, coordination, and cognitive growth.



TARGET AUDIENCE

Elementary students
(ages 5–12)



DURATION

Full school year
after school
program and
daycare



SCHEDULE

Four days a week,
60 to 90 minutes per
session



CORE GOAL

Teach basic conversational
vocabulary and cultural
context through traditional
and modern dance styles



WARM-UP

(15 MINUTES):

- Stretching and body awareness
- Introduction of basic greeting words in the target language (Spanish)



LANGUAGE FOCUS

(15 MINUTES):

- Interactive vocabulary games related to the day's theme
- Counting steps, naming body parts, and expressing emotions in the new language

PROGRAM STRUCTURE



DANCE INSTRUCTION

(30 MINUTES):

- Learning choreography tied to the language's cultural roots (Latin Rythms, Folk dance, K-pop)
- Using verbal cues exclusively in the target language during practice



COOL DOWN AND REVIEW

(10 MINUTES):

- Gentle breathing exercises
- Quick group trivia on words learned during the class

GOALS AND BENEFITS



BILINGUAL GROWTH:

Children pick up vocabulary faster through physical action and muscle memory.



CULTURAL EMPATHY:

Learning traditional dances builds respect for diverse world cultures.



PHYSICAL HEALTH:

Regular movement improves motor skills, balance, and heart health.



SOCIAL SKILLS:

Group choreography teaches teamwork, focus, and positive communication.

OPERATIONS AND REQUIREMENTS



STAFFING:

Caritas hire bilingual dance instructors with early childhood education experience.



MATERIALS:

Visual vocabulary flashcards, and comfortable student clothing.

NORMA ORTEGA

My path in education began when I graduated from the *Escuela Normal Superior de Jalisco*, where I earned my degree in Education. My early years as a teacher were spent in Guadalajara's public school system, working at the elementary level and middle school

Over time, my calling led me to expand my experience in the United States. In Oregon, I worked actively with the Beaverton School District (BSD), first as an assistant and later as a Science and Math teacher for ESL (English as a Second Language) students. I also had the opportunity to engage in cultural and community leadership roles: serving as an editor for the bilingual newspaper *The Hispanic News*, participating in the PILOT (Pan-Immigrant Leadership and Organizing Training) program, and teaching folk dance at prestigious institutions such as Portland State University (PSU), the Cornelius Cultural Center, OCHA's *Proyecto Adelante* program in various high schools, and the ACMA arts academy (BSD).

This wealth of multicultural and pedagogical experience solidified my vision: education must be holistic, bilingual, and deeply human.



GABRIELA GUERRA

Gabriela Guerra Ortega holds a degree in Psychology and Communications from Portland State University. She began dancing Ballet Folklórico as a child with her mother, Norma Ortega, a former dancer from Guadalajara who founded Ballet Folklórico Tenochtitlan. Now Gabriela continues that legacy through her own Academy.

Guerra Ortega has trained with professional instructors from institutions such as Universidad de Veracruz, Bellas Artes México, and Universidad de Artes Plásticas in Guadalajara. As a performer, she danced at the historic Teatro Degollado in 2017 and 2018, and has traveled throughout Mexico to study regional styles at their source.

Gabriela has taught with organizations like Centro Cultural, Latino Network, and the Beaverton School District. Her passion for cultural preservation and community continues to guide her work and growth as a leader in the arts.



CONTACT

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GRACIAS



SPANISH • FOLK DANCE • K-POP • HOMEWORK