

What to expect at a Silent Disco

Video on a screen



Decorations



Disco ball



Lights off
(still allowing natural light)



Someone controlling
the playlists on
screens



Fairy lights



Large open space
to dance



Headphones
with lights



3 different coloured lights, each
colour is a different music playlist



Staff members
helping



How to create your own Silent Disco

Tips to ensure your disco is **inclusive** and **welcoming**

- Each child needs a set of **Bluetooth headphones**. You may choose to purchase or hire them or even invite children to bring in their own.
- Make or pick an appropriate music **playlist**. Ensure various music genres are included.
- Set up a **device** (computer, iPad, tablet) where you can Bluetooth the music from.
- Set up a large **open space** for dancing, be mindful of any physical limitations of your students and ensure the environment is welcoming to everyone. **Lower numbers in the disco works best.**
- Create a low sensory space that gives students a 'break' from constant environmental stimulants, e.g. bean bag or seating area, a tent, a classroom, or an outside area.
- Dim the **lights, but avoid being too dark** and flashing/strobe lights.
- Ensure the music playing through the headphones is not too loud.
- **Decorate** the room with fairy lights, a disco ball, streamers, balloons or whatever you wish.
- Display disco ball **video** or similar on a screen.
- Your school may like to set a theme for the disco and get students involved in dressing up, choosing songs, making decorations etc.
- During your PE or Dance unit, you might choose to choreograph a dance routine so everyone is connected and included.
- Before the silent disco, some students may benefit from looking at the room before it is full of people. This may help to minimise overwhelming feelings and reduce some anxieties.

