

# Why Take Dance Class?

All parents want to do everything possible to ensure their child has the best opportunities for personal growth as they develop into young adults. But, did you know that by choosing dance as an activity, you are actually strengthening their character and giving them skills they will use their entire life?

**That's right!**

Here are some things your child will take away from dance that will last a lifetime!

## **1. Confidence and Self-Esteem**

Studies show that when children participate in dance and receive proper feedback, both positive and constructive, it build their self-respect by helping learn to accept criticism as well as praise. Each time your child works on a routine and performs it, they will feel an enormous sense of accomplishment and pride. The more times they perform - even if it is just for you in the living room, the more their self-esteem will grow!

## **2. Developing Real Life Skills**

Your dancer is sure to learn many real world skills through dance class including critical and creative thinking, hand-eye coordination, and basic motor skills. They will also learn persistence through higher level creative problem solving in movement. Children will also develop important social skills like taking turns, working as a team, effective communication to peers and authority figures, and sharing.

## **3. Higher Test Scores in School**

A higher level of self-esteem has a direct effect on confidence in the classroom which leads to higher academic classroom values and test scores. In 2009, 12 years of data was collected for the National Educational Longitudinal Survey to study the effects of the performing arts on academics. The study found that the students highly involved in the arts outperformed less involved peers in all socioeconomic groups.

## **4. Increased Opportunities for Self Expression**

Dance gives children a way to express themselves - especially in a classroom setting. It gives their "voice" a way to be heard by others. The joint effort of the group gives them a sense of acceptance while allowing them to feel they can express things in their own individual way. Dance becomes an outlet of freedom to express many things for individuals and it starts at a young age.

## **5. A Sense of Belonging to a Community**

Dance introduces children to new people and experiences. Children learn the importance of trust and develop interpersonal skills and friendships that can last a lifetime.