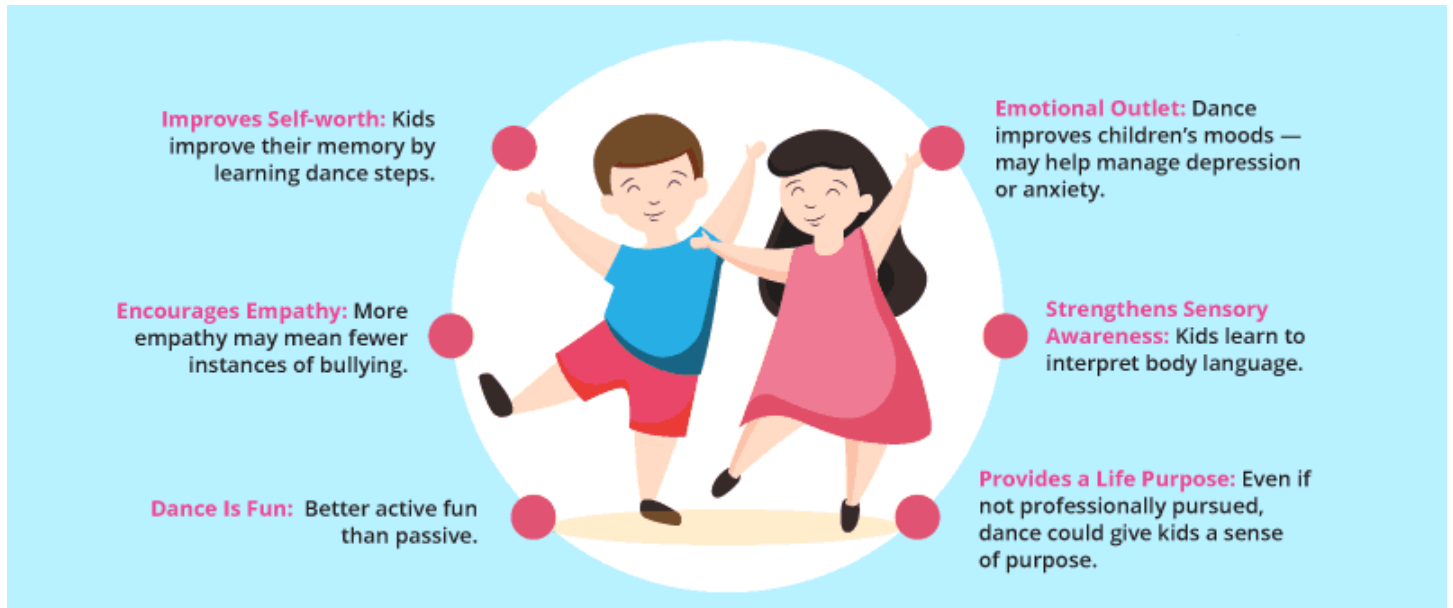


EMOTIONAL BENEFITS OF DANCE



Dance improves self-worth: Think about how this can improve your child's self-awareness. If they have something to be proud of, they'll love themselves more.

Dance is fun: wouldn't you rather have your child in a dance class than wasting away in front of a TV? Or falling in with the wrong crowd? Children don't want to be bored. Dance can improve your child's mood.

Dance emphasises body language: Dance will strengthen your child's ability to communicate non-verbally. Not only will their body language improve, but they'll also learn to read others better. This is a valuable life skill.

Dance is an emotional outlet: Everyone needs something they can pour their feelings into. Dance serves as a vent for your child's emotional needs. Dancing is cathartic. It can greatly regulate your child's behavior as well as their feelings. In doing so, it releases stress and built up frustration.

Dance can keep your child on track: Any hobby or activity can give your child's life more meaning. The motivation or desire to excel will give them a sense of purpose. Remember that even though your child doesn't have to pursue dance professionally, it will open a door of opportunity if they want to. Simply put, it gives them something to work towards.

Since dance is almost always a group activity, your child's social awareness will pick up too.