

MENTAL BENEFITS OF DANCE



Often, if your physical condition improves, your mental health is strengthened too.

Dance boosts confidence: If your child is welcomed into a group and is allowed to shine, they'll feel good. Dancing allows your child to take the lead. They'll grow accustomed to an audience, and their self-esteem will get a boost. This can help them in other areas, like public speaking or performance.

Dance encourages art appreciation: It's only logical that if your child practices an art, their understanding of art itself will improve. This broadens their knowledge and tastes. Kids will be exposed to many different music styles and cultures in dance.

Dance keeps your child motivated and inspired: As with any other sport or activity, your child will learn to persevere. It is often overlooked that dance will teach your child to learn from their mistakes and keep going. This in itself is a confidence booster.

Dance Encourages good habits: Dance is based on routine. Your child will learn to be on time, to stick to their commitments, and to practice. Other life skills are taught too, like following instructions, co-operation, accountability, and preparation. They'll also learn to be dedicated and take on a "work hard, play hard" attitude.

Dance strengthens cognitive ability: I touched on this in the physical benefits, but these are mental traits too. Dance can build your child's focus, concentration, memory, and pattern recognition. It can even teach problem solving and innovation. Once your child is comfortable enough to experiment they'll probably start choreographing their own pieces.

Dance can improve communication: With all of the cognitive benefits of dance, combined with the confidence boost, your child will become better at communication. Dance is a form of self-expression and story-telling. These skills will translate into other areas of their lives, like speech.

Dance is creative: Dance is an art. If your child participates in it they'll stimulate their creativity. Dancers are always encouraged to freestyle. When your child learns to express themselves as individuals, their creativity will become a force to be reckoned with.