

The Benefits of Dance

- **Learning Benefits-** The brain works by electrical current thereby needing oxygen and water to function well. Movement (dance) helps to provide one of these two elements, oxygen. Another wonderful thing happens with movement. The brain produces a neuro-chemical called endorphins. This chemical causes a feeling of energy and makes the brain more conducive to learning.
- **Behavioral Benefits-** Dance can help calm children that suffer with hyperactivity disorders as well as those that suffer from self destructive behaviors. The act of dance seems to help calm and focus these troubled young minds.
- **Physical Benefits-** Dance will help develop muscles, tone the body, improve circulation, improve posture, balance, coordination and promote greater flexibility. Flexibility is often overlooked as a benefit but can really decrease the chances of injury especially in an active child. Dance helps keep the body conditioned and the mind focused which heightens ones ability to perform other physical activities.
- **Mental Benefits-** Children who are involved in dance will excel in their academics and tend to be more creative. The art of dance helps teach a child to focus, creativity, and discipline, all in which are mandatory in any area of education.
- **Social Benefits-** Dance improves sensitivity, understanding, appreciation, and consideration for others, both for their similarities and differences. Dance can broaden your child's horizons by introducing them to other people and help them better relate later in life to those they may face and also in their future careers.
- **Esthetic Benefits-** Dance awakens consciousness of beauty, lending new meaning to movement and form.
- **Emotional Benefits-** Dance helps develop self-confidence and self-esteem in a stimulating environment. "The advantage of the arts (music and dance) is that they link cognitive growth to social and emotional development. Students care more deeply about what

they study, they see the links between subjects and their lives, their thinking capacities grow, they work more diligently, and they learn from each other.” Source: Washington Post

Coordination Benefits- Increased hand-eye coordination and improved fine motor skills. Students who can perform complex rhythms can also make faster and more precise corrections in many academic and physical situations. -Center for Timing, Coordination and Motor Skills.