

Dancers learn many helpful, practical skills that carry over naturally into everyday life.

1. **Listening better.** In order to learn, dancers have to hear and absorb verbal instructions. Children learn to pay attention before, during, and after learning something new.
2. **Observing closely.** Dancing is a multi-sensory skill, watching closely is an important part of the process, especially for more visual learners.
3. **Expanding social circles.** Dancers can make new friends in dance class. Children who spend a lot of time working on new skills together are likely to form tighter friendships.
4. **Growing more fit.** Regular dance classes increases cardiovascular health, builds muscles, and over time, increases physical endurance.
5. **Becoming more flexible.** After a few years of stretching and flexing, any dancer will become more limber.
6. **Focusing on following through.** If your child has trouble concentrating for periods of time, dance might be a good way to build this skill. Because dance is kinesthetic as well as musical and rhythmic. Students builds memory skills each class.
7. **Responding to feedback.** Dancers learn to accept feedback as graciously as they can. This teaches responsiveness and collaboration instead of defensiveness and oversensitivity.
8. **Aiding self-discipline.** By teaching mastery of a routine through practice, dancers learn how to aim for a goal and reach it.
9. **Finding opportunities for self-expression.** Although dance is rarely verbal and routines are often choreographed, dancers express themselves artistically through movement, poise and technique. Choreographers may often use input from dancers.
10. **Test-driving commitment.** Dancers learn that earn dividends on what they invest. When your dancer invests consistently and fully, the payoff is great.
11. **Increasing confidence.** Confidence comes from doing, so don't be surprised if it boosts your child's confidence in ways you may not anticipate.
12. **Teaching teamwork.** By working hard together and learning to trust each other, dancers learn to trust themselves in a group.
13. **Emphasizing a positive attitude.** The dance studio is a place where your child is reminded to put a best face forward.
14. **Reducing stress.** Life gets bumpy sometimes, even for kids. consistency, focus, and health benefits of dance counterbalance negative effects of any stress in their personal lives.
15. **Joining an extended community.** Dancers learn that they can be a significant part of the whole and still shine as individuals. They can look to others for good examples and also set a good example. They learn, most importantly to work hard, do their best and still have fun.