

Take Five Dance Academy

BUILDING FRIENDSHIPS THROUGH DANCE

One of the most special parts of dance is the friendships that are built along the way. In many cases, dance friends become some of the most lasting and meaningful relationships a child will have!

Dance naturally teaches important social skills like:

- Teamwork – Dancers work together toward shared goals, whether it's perfecting a group routine or encouraging each other in class.
- Trust – Partner work, formations, and performance all require dancers to trust and support one another.
- Communication Without Words – Through movement, dancers learn to connect and express emotions together, building a deeper kind of understanding.

As a parent, you can help foster these friendships by encouraging your dancer to:

- Cheer for their classmates' achievements.
- Celebrate others' progress and hard work.
- Be a great teammate by showing kindness, patience, and support.

Learning how to lift others up, work together, and share the spotlight are lessons that go far beyond the dance studio – and often lead to friendships that dancers treasure for life.

These bonds make the dance journey even sweeter!