

# Take Five Dance Academy

## CELEBRATING THE SMALL WINS

In dance (just like in life), the biggest growth happens through small victories – and recognizing them is so important!

It's easy to focus on big milestones like performances, new tricks, or moving up a level, but what truly builds a dancer's confidence is celebrating the small wins along the way.

These might include:

- Holding a balance a little longer than last week
- Remembering a full routine without help
- Overcoming nerves and stepping onto the dance floor with confidence
- Applying a correction their teacher gave them
- Smiling proudly after class because they know they worked hard

Why Small Wins Matter:

- They teach dancers that progress happens little by little.
- They build resilience and patience – two skills that will serve them for life.
- They help dancers stay motivated and excited about their own journey, not just the end goal.

As parents, you can help by pointing out these moments and celebrating them:

"I saw how you kept trying until you got it – I'm so proud of your hard work!"

"You looked so focused in class today – amazing job!"

By valuing the effort, not just the result, you show your dancer that every step forward is worth celebrating.

### **IN SHORT:**

Small wins add up to big progress. Cheer them on every step of the way – your encouragement helps build a dancer who believes in themselves!