








# Powell Dance

## ACADEMY

### WHY DANCE?

#### BENEFITS IN EARLY CHILDHOOD

Did you know preschoolers who dance are more confident, make friends easier, perform better in sports, and are more successful in school than non-dancers? Children who dance also benefit from the following::

-  Creates opportunities for self-expression and promotes a strong sense of individuality.
-  Helps manage stress and teaches students effective stress management approaches.
-  Promotes nonverbal communication such as recognizing and expressing emotions.
-  Aids the development of kinesthetic intelligence, one of the most powerful methods of learning.
-  Teaches value and skills of problem solving, good judgement, and higher-order thinking skills.
-  Enhances gross and fine motor skills due to the greater range of motion than most activities.

### LEAPS AND BOUNDS



Students who dance are more successful in school. Movement provides the cognitive loop between the idea, problem, and solution. This teaches an infant, child and, ultimately, adult to function in and understand the world.

Students who dance are more likely to excel in other physical activities such as sports and less likely to be injured due to increased range of motions and flexibility.



### AWARENESS

Dance fosters social encounter, interaction, and cooperation. Children quickly learn to work within a group dynamic. As the ongoing & sometimes challenging process of cooperation evolves, children learn to understand themselves in relation to others.

So, what are you waiting for? Come dance with us!

[www.powelldanceacademy.com](http://www.powelldanceacademy.com)  
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