

# **Overview of Design Dance's Attributes in Accordance With Content and Impact Standards**

## **Academic Enrichment Through Dance Develops Academic Engagement & Achievement**

Dance education encourages students to develop memorization skills as well as counting, learning through repetition and sequencing. As a result, students involved in dance have a higher chance of excelling in reading comprehension and math skills.

Dance education also promotes goal-oriented learning. Dancers set their own goals week to week and are encouraged to work hard to meet them. These skills are priceless and applicable in almost every aspect of physical and academic education. As students become excited about dance and watch themselves achieve goals week to week, they are visibly more inclined to set goals outside of dance class, with an improved level of confidence that they can work to achieve them. Because dance is a discipline that develops slowly, dance also helps children to understand patience in skill development. By learning this process, students are less likely to give up on skills that do not come easily for them, both in dance education and in the classroom.

## **Arts & Culture Education Develops School Culture & Climate**

Dance exposes children, not only to movement arts, but also to storytelling, music, and visual art. Additionally, being part of a dance program through school helps students to develop arts communities with each other. This builds a foundation for students to cultivate a creative and encouraging arts culture. On a broader scale, dance programs help students to know how they fit into culture as a whole, as classes develop the understanding of each student's contribution to the class.

## **Social & Emotional Skills Develop Social & Emotional Resiliency**

Dance education contributes to social and emotional well-being in two different areas. Fundamentally, dance releases endorphins into the brain. This helps students to release stressors that may inhibit them from focusing on school-work and tending to emotional needs in a healthy way. Physical exercise has been proven to be one of the most immediate solutions to mental and emotional unrest.

Over time, dance education also builds community. Through positive reinforcement from teachers, dancers learn to respect each other and to create an environment that allows for individual growth while respecting our universal need to express ourselves. Hip Hop dance in particular is especially effective in fostering community. Children that are part of a positive community at a young age are less likely to feel isolation or a need to solicit negative attention. Dance also provides a healthy emotional outlet. Once students are given the tools to express themselves through movement, they can then use them to communicate non-verbal expressions in a healthy and positive way.

### **Dance Education Promotes Health and Wellness**

Dance class is a fun and upbeat way to exercise. Often times, students are not even aware they are exercising until the end of class when they're out of breath! Dance education engages the mind and body simultaneously, separating it from a monotonous physical fitness model and making physical education fun and exciting.

Additionally, students are educated during dance classes about the importance of healthy eating. All dancers are encouraged to be healthy not only through exercise but also through eating foods that give them energy and help them achieve their dance goals.

### **Dance Education Fosters Parent/Guardian Engagement**

Dance education encourages children to perform. While not every student has the desire to be on stage, most students participating in a dance class feel compelled and excited to show off their dance steps to their parents. This is an excellent way for students to engage their parents in what's going on at school. Not only will parents have the opportunity to see their child develop their movement skills over time, but discussions about after school enrichment programs often give way to conversations about the school day. This can help parents to connect to their child's academic learning as well as social and emotional development.

Dancers participating in a Design Dance program, will also have the opportunity to perform in partnership with their host school. These performance opportunities are excellent ways for parents to show interest and support for their child's extra-curricular involvements.