

# Cognitive and Mental Health Benefits of Dance for Children

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## MEMORY & CONCENTRATION

- Learning choreography requires children to remember steps and sequences, which enhances both short- and long-term memory and improves their ability to concentrate.

## PROBLEM-SOLVING

- Dance presents children with new steps, rhythms, and patterns, encouraging the development of cognitive flexibility and sharpening their skills in solving problems quickly.

## SUPPORTS NEURODIVERGENT DEVELOPMENT

- Dance provides a structured yet flexible supportive environment for emotional and social development, and creates a safe space for creative expression, communication, building social connections, and collaboration.

## EXECUTIVE FUNCTIONS

- Engaging in dance can improve attention, planning, and the capacity to switch between tasks, all of which are aspects of executive function that contribute to overall learning.

## DISCIPLINE & SELF-AWARENESS

- Dance classes instill valuable life skills such as discipline, listening, and responsibility as children learn to show up for their practice consistently.

## STRESS & ANXIETY REDUCTION

- Physical activity, including dance, releases endorphins, natural mood boosters that can alleviate symptoms of depression and anxiety.

## EMOTIONAL EXPRESSION & REGULATION

- Dance provides a healthy and creative outlet for children to express their feelings, aiding in emotional regulation, and fostering self-awareness.

## SELF-ESTEEM & CONFIDENCE

- Mastering dance moves, performing, and receiving positive feedback helps children build self-confidence and self-esteem.

## SOCIAL SKILLS & EMPATHY

- Collaborative dance activities teach children to work as a team, cooperate, and develop trust, while also providing opportunities to make new friends and learn empathy.



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