

**Do you know that Dance Education.....**

- \* Fosters self-discipline**
- \* Builds self-confidence**
- \* Increases esteem**
- \* Develops communication and social skills**
- \* Uses problem solving and creative thinking skills**
- \* Energizes the school environment**
- \* Can be used as a vehicle to develop team building activities**
- \* Promotes perseverance and focus through continued practice**
- \* Explores activities which promote respect and understanding of their own and other people's cultures**
- \* Enables a child to explore, discover, create and learn in a variety of ways**
- \* Encourages and supports a variety of learning styles and types of intelligences**
- \* Encourages a healthy lifestyle through the enjoyment of physical activity and respect for the body**

**Here are all the ingredients needed for a successful life and work experience, all this and it is fun, too!**