BOPPIN' BABIES 1) ance Benefits Of Dance

Intellectual & Academic



Sparks a child's imagination and nurtures individual creativity.

Teaches the basic elements of creative movement (time, space, and rhythm)



Develops expression of self through non-verbal cues.



Develops musicality.

There is a strong correlation between involvement in the arts and increased educational achievement.





Social & Emotional



A fun way to meet new friends.

Develops essential social skills through interaction with others.



Builds confidence, focus, motivation and discipline.

Helps display confidence, self-esteem and poise.



Develops communication, teamwork and leadership skills.

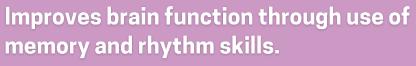
Physical



Builds muscle strength and increase flexibility.



Develops a sense of balance, improve agility and coordination and promotes joint health.





Develops body awareness and learns correct posture.

Relieves stress and feels relaxed.

