

## "Can dance generate stress and disrupt the child's performance in school?"

This is a question that many parents and guardians ask themselves and it is very important to be clarified! Stress is not only linked to dance, but is related to all the activities that the child or teenager has in his routine. Everything we do in excess, which is out of control, is harmful and can generate stress, whether it is a dance activity or a sports activity such as football, or even hours of study. Everything we do in our day to day needs balance. This is the key to a healthy, stress-free life! Think of your routine and realize that everything you do in excess and does not have equilibrium generate fatigue and stress in you, right?

Most of the time we think that dance demands too much from the student, but what are these demands: extra classes and essays? Competitions? Exams? Arrive on time for classes and rehearsal? Thinking about all this we realize that it is not only dance that has rules but everything we do needs a rule so that the expected result is positive and we can succeed. The question is how we deal with these rules. They are part of our challenges and how we deal with them lead us to develop positive skills and behaviors that help us for life, such as: commitment, willingness to learn and overcome barriers, teamwork, and motivation. This way, we realize that everything has a positive and negative side and it all depends on the balance, for everything to go well! Remember that these challenges bring important physical and psychological benefits to the development of children and adolescents.

Regarding the school performance, it is related to the previous question, but with additional elements such as focus and interest. There are several factors that cause a child or a teenager to perform poorly at school, only good medical and psychological assessment can determine the real cause. However, thinking about common issues such as lack of interest and loss of motivation that hit young people more often. It is important that all the activities that the child performs are related, that is, going to school is the search for knowledge and skills that will lead them to fulfill their professional dreams, in whatever area. Being a dancer is a profession, just like a football player or doctor or a businessman.

Youth is the stage in which the child and teenager are experiencing things, learning a little of everything in order to make their choice in the future and even then, this choice is not fixed, plans can change halfway through: how many administrators that became cooks? How many doctors became football players? How many musicians became actors? Whether by profession or hobby we all have different skills that we have developed throughout life and they have emerged from the opportunities we had to use them at some point. Another important factor in balancing all the child's commitments is learning how to manage schedules: class time is to focus on school, rehearsal time is to focus on dance, rest time is to focus on relaxing and so on. Having various activities not only allows us to learn new things, but gives us the opportunity to learn to deal with commitments, focus, time management, organization, etc.

With this in mind, we can help children and teenagers find motivations in everything they do, external and internal, and when the imbalance arises, we can identify and set the route again. Not everything in life is learned from school books, just as not all knowledge comes from the experiences in life, it's all a matter of balance.

**Cintia Diniz (Brazil)** – Psychologist, MBA in Psychology, studying Master in Psychology of Development and Education. RAD RTS, Ballet Teacher, classical, and contemporary choreographer. Columnist about the psychology of dance in the magazine, digital newspaper, and dance web sites. Consultant at ballet schools in Brazil.

**Contact:** [fb.com/decorpoementecomadanca](https://www.facebook.com/decorpoementecomadanca) / [fb.com/diniz.cintia](https://www.facebook.com/diniz.cintia) / [@diniz.cintia](https://www.instagram.com/diniz.cintia)

### References:

BEE, H. (1997). The Life Cycle. Trad. Regina Garcez. Porto Alegre: Medical Arts.

LOPES, M.C. (2017). Human development. Dance Psychology course, 4 article. Rio de Janeiro: Ballet without Stress.