

"How Do Children Learn Ballet Happily?"

How do children learn ballet happily? It is an interesting question! Young children love to move: running, jumping, turning, sliding. Who hasn't seen your daughter spinning in front of the mirror? Not only does movement help children to feel good about themselves, but it also helps them learn, developing their bodies, minds, confidence, ability, to communicate, and express. Ballet addresses young children's cognitive, motor, and affectivity development.

However, will be this the only way to answer? Definitely, no! There are another's important elements responsible for helping children learn ballet happily! I have told you that young children love to move and this is the first essential element because neuropsychology studies show that our mind learns by moving, and dance is pure movement.

The exercises awake the children's interest not only for its practice but also because they see the movement. This teacher behavior (moving, dancing) also evokes the children visual memory, because the action is learning!

The second one is "emotions". Emotion is the central register of the memory. If the teacher awakes children's wishes, this teacher starts to deal with their feelings, and this is a key element for children to learn new experiences.

Another essential element is "the existence of rule". Children wish rules! Yes, it sounds strange, but it is true! Inadequate behaviors are a way for children to call the teacher (or parents) attention, and to deal with it is vital to teach children what is "right or wrong", "good or bad", what is better in that moment, not only for her, but also for everybody around her. Teaching rules, limits, and values is important to children's emotional, cognitive, social, and behavior development. The teacher's secret is to be firm without losing the sweetness!

The last, but not least essential element is "love"! Do you remember I said that emotions are the main registration of memory? Because of that, love is the greatest human emotion, and when the teacher evoke this emotion in children, we have the best learning formula: movement, emotions, and rules!

The complete answer for our initial question, is: children learn ballet happily with love, and this is not only important for children's education but also for us, adults, because when we do things in our lives with love and passion, we achieve the best outcome and we overcome all difficulties.

I have a master's in psychology and, in my studies I have observed benefits of dancing as an important instrument for individual and social development, intellectual and affective, contributing to the acquisition of autonomy and the capacity to deal with the needs, desires and expectations of the child. However, all of these happen through this essential emotion: love!

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