

THE IMPORTANCE OF TEACHING DANCE TO KIDS AFTER THE COVID- 19 PANDEMIC

Words: Marija Rakic
Professional ballerina and
teacher, graduated at Perm
State Ballet Academy

+97334363260
rakicms11@gmail.com

Student: Chloe Pichetta

Country: Bahrain

The Year 2023 has just begun with optimism and ambitious goals for all of us around the world. We are all cheerful and unbound again after the COVID-19 restrictions.

However, the pandemic left unfortunate consequences for many of us and our children. As a ballet professor, I realized that I needed to modify my teaching methods in my classes. Children are experiencing a decrease in interest, concentration, and willingness to work hard in class. After two years of semi-lockdown and reduced social interactions, their attention threshold has substantially decreased, making averagely difficult to keep concentration for more than 20 minutes.

As a teacher of different age groups, I understood that every student segment has the same issues. Therefore, I started to change my methodology of teaching and working in order to make kids more focused, and I am currently using a more interactive approach, with an increased amount of time spent in talks, games and entertainment exercises in class with the students.

As professional teachers, it is important for us to adapt to our students' needs and to learn from these modified attitudes, being attentive to their verbal and non-verbal behaviors. As a matter of fact, we need to understand the needs of the younger generations, and to interact with them, since the current teaching approach is different when compared to the one of 5, 10 or 30 years ago.

If we work in an international environment, it is crucial to understand the mentality and the culture of the kids who attend our classes. The same approach will not work for everyone, and sometimes adapting the behavior is required. Being a good teacher equals to be a good psychologist. In children's dance studios, we must act as a parent, psychologist, best friend, and teacher. As a matter of fact, after COVID-19 children need additional support and care from us to get back to a normal life. As a teacher, it is indeed our responsibility.

Furthermore, parents should be educated and informed by school and dance teachers about the importance of dance in their children's lives for physical and, increasingly, mental health. New generations lose interest very fast, and it is hard to keep them engaged with dance for many years.

Finally, we must learn new teaching techniques and be engaged with the latest trends. However, traditional teaching techniques should not be abandoned. A balance must be struck, building ties between old and new methodologies.



The love for dance has to globally increase, from the lesson of the increased awareness of the importance of dance in health. Dance classes are now therapy for children and adults. It is a healthy, safe place where we can relax and meditate in our own way. Dance brings us happiness and love.