

WHEN WE EXERCISE THE FEEL GOOD CHEMICALS
CALLED ENDORPHINS ARE RELEASED.
THESE CAN CHANGE OUR MOODS FROM SAD TO HAPPY

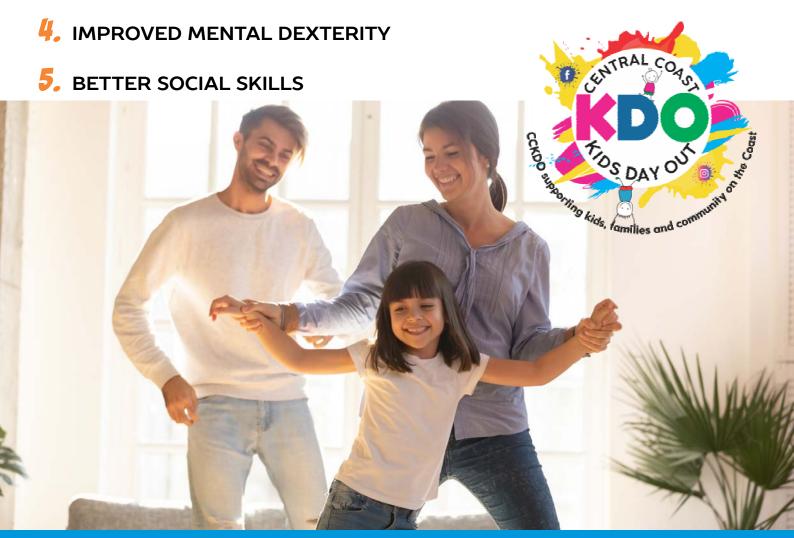
AND WHEN YOU ADD MUSIC TO EXERCISE AND THE PHYSICAL ACTIVITY OF DANCE YOU FEEL GREAT!
SO MUM, DAD, NANNA AND JUST ABOUT EVERYBODY CAN JOIN THE DANCE

DANCE IS A UNIVERSAL LANGUAGE
THAT CAN COMMUNICATE EMOTIONS
THAT CHILDREN MAY FIND HARD TO EXPRESS VERBALLY

THE MENTAL HEALTH BENEFITS OF DANCE FOR YOUNG CHILDREN (AND INCIDENTALLY FOR ALL THE FAMILY)



- 1. DEVELOPING OVERALL PHYSICAL CONFIDENCE
- 2. IMPROVED GENERAL AND PSYCHOLOGICAL WELL-BEING
- 5. GREATER SELF-CONFIDENCE, SELF-ESTEEM AND SELF-MOTIVATION



FOR MORE INFO VISIT https://www.elevateartsuk.co.uk/how-dance-can-help-your-childs-mental-health/
WEBSITES LISTED WERE PART OF RESEARCH FOR THIS SPECIAL PROJECT. THERE ARE A GREAT NUMBER OF SITES THAT
COULD BE VISITED THAT DEAL WITH EARLY CHILDHOOD, PRESCHOOL, INFANTS AND PRIMARY SCHOOL AGE CHILDREN.
CONTACT YOUR EARLY CHILDHOOD CENTRES FOR THEIR RECOMMENDATIONS.