Article published on April 4th 2012 | Hobby

Learning dance makes a kid unwind himself from the issues at school and home. Let you kid learn a few steps of his favorite dance type this summer. Read on to know more.We all know the importance of keeping fit and a healthy lifestyle. Dance is a great form of exercise, and when reinforced at school with other key topics such as human biology and healthy eating, children learn how to be healthy, and more importantly want to remain healthy. Of course a healthy and active child makes for a great student. It has been proven that exercise increases energy levels and a child's concentration span. This is a welcome addition for all teachers and can aid the child studies in literacy and numeracy or with perhaps some of their 'weaker' subjects.

Other life skills that a culture based workshop like Chinese dance workshopsmay encourage are those skills such as team building and cooperation. When working towards a big performance at the end of a rehearsed routine, children have to learn to listen to each other and work together both on and off stage. These lessons the children can carry throughout life, and the type of dance whether it be street dance or a number from a West End musical, all offer the same values.

Cheap workshops for schools may not be the only way to provide such a fundamental confidence builder. Dance can also underpin knowledge in other subjects, such as geography, history and religious education. Many schools study themed weeks throughout the academic year, including foreign countries & cultures and significant periods in history. Take the graceful and ancient dance form of Kathak. This is a type of dance that originated in the Hindu temples of Northern India and covers many curriculum subjects when delivered in the correct manner. You could even take native dance styles such as Flamenco, Salsa or even Chinese dance workshopsto bring different countries unique cultures to life for children.

As children we all have a natural sense of rhythm and instinctively know how to move our bodies in time to music. It makes perfect sense that we should nurture this gift at an early age as to do so provide so many benefits in other aspects of our lives. Most importantly for me though, dance provided me with a sense of belonging and an opportunity to meet new friends with a common interest at an early age! So make your kid go for cheap workshops for schools and learn different dance styles in a few weeks.

Article Source:
http://www.articleside.com/hobby-articles/make-you-re-kids-attend-dance-workshops-this-summer-vacation.htm - Article Side

Jacob Markus - About Author:
The author runs a cheap workshops for schools on vacations. She has also run a Chinese dance workshops in more than five hundred schools in the United Kingdom.

Article Keywords:
cheap workshops for schools, chinese dance workshops

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!