



# ALL THE GREAT THINGS ABOUT DANCING AND MENTAL HEALTH

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**
- 3. GREATER SELF-CONFIDENCE, SELF-ESTEEM AND SELF-MOTIVATION**
- 4. IMPROVED MENTAL DEXTERITY**
- 5. BETTER SOCIAL SKILLS**



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.