



# CAN STUDENTS BENEFIT FROM PARTICIPATING IN ONLINE DANCE EDUCATION?

During these times of uncertainty, it is easy to feel like these times will never end. However, it will change eventually, and we are here to help you and your family get through all the changes a bit easier. It is important to keep in mind that these times ARE only temporary, and we will dance again together. Below are some answers to help clarify the question students and families may have regarding the benefits to online dance education.

## **What are some of the benefits from online dance education?**

- It gives students a sense of connection and community when they are not seeing their friends. Even young children benefit from the connecting with teachers, friends, and community. Though perhaps not ideal, it is better than none.
- Classes provide students the opportunity to receive feedback, in real-time, in a live-streamed class setting.
- Dancers can train or continue to train even if they are at home. They continue to set goals to help with their progress. Though they are not able to do jumps or turns they still work on the skills required to help them accomplish them so when they are back to in studio classes, students will be ready. The truth of the matter is, without regular practice and care, if students take a break they will fall back on their skills. Like the saying goes, "What you do not use, you lose".
- Online dance training can enrich what students can learn in a studio setting.
- Online dance education can make students analytical, thoughtful, and critical thinkers. It helps to develop their proprioception and self-reflection skills. Student must rely on themselves to learn combinations not on others around them.
- It can teach students that "the show must go on" even when plans change, or challenges arise.
- It keeps students physically, mentally, and emotionally healthy while they are quarantined and having to sit in school all morning. Exercise is key to a happy healthy life. It provides the needed endorphins that give us energy and help us to relax.
- Overall, it helps them keep a sense of normalcy of routine while so much is happening around them.