

Clap it out

Sing, dance, and clap out all the syllables in this catchy song.

<https://www.youtube.com/watch?v=psUPYR235O8>

Whilst dance is a good source of fun exercise for young children, it is also a creative outlet. Fun exercise is important but the opportunity to release creativity is as important as exercising and maintaining a balanced diet in the development of healthy children, because of the life skills they will learn. Dancing can make a person feel physically refreshed and improve their mood, tackling serious issues including anxiety and depression¹, and not just in adults. Group dancing is a tool to release daily stress, a distraction from everyday worries and an outlet for imagination and emotion.



Physical Health Benefits of Dance for Young Children

- Improved condition of heart and lungs
- Increased muscular strength, endurance and aerobic fitness
- Better coordination
- Better agility
- Better flexibility
- Healthy blood pressure
- Improved overall balance
- Improved spatial awareness

