

Analysis of connie young children and movement: the power of creative dance artic...

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Summary

Connie Bergstein Dow in her article (Young Children and Movement: The Power of Creative Dance) states the advantages that children especially belonging to the primary section of schooling years obtain from Creative Dance exercises (Dow 2010). In her article she has detailed the benefits of this sort of dance for children and she has used sources to back what she has stated in her article. She states that this exercised is easily accessible by any student as this kind of exercise hardly requires any equipment and accessories. Another advantage of this exercise is that it can easily be done by those who are physically or mentally impaired. For example: a child who can not walk and uses a wheel chair for movement can sit in the wheelchair and dance with his hands and he does not necessarily need to run or jump. According to the article, this exercise can be used to increase the enjoyment and involvement of student participation in different subjects and courses. For example: teachers can use this movement to make students feel how it feels like to sit in a moving boat by making students sway from one end top another while they are in sitting posture. This method can best be used for the physical development of students, when children are involved in physical movements they are able to develop better balance, stamina, control of body and increase in strength. One of the major concerns of US is obesity among the younger and the elder generation. Obesity is caused due to lack of exercise; Dow believes that by incorporating this kind of exercise in classes, teachers can help students in countering the issue of obesity. She states that professionals of the health care system advise that movements that are active and enjoyable in nature should be added to class room

teaching in order to counter obesity. According to her research creative movement is one way through which children can learn how to work within teams and groups. She states that the National Dance Education Organization has stated that maturity and better cognitive health can be attained in a child through dance. The research further states that children obtain ability to conduct emotional expression and gain emotional intelligence through this exercise. She further states that creativity is of great importance in organization and this practice will help in increase critical thinking ability of children which will help them during their work period. She states that this kind of exercise can help in and creation of cells within the human brain and helps in learning in a better manner. Various researches have indicated and proposed the several benefits that can be attained through creative dance exercises. Parents and instructors keeping asking the question of what creative dance actually is, soon the importance of creative dance will spread and people will start accepting it in their curriculum and educational institutes. In conclusion Don states that there are various benefits of creative dance for the upbringing and wellbeing of physical and cognitive side of children.

Works Cited

Dow, Connie B. " Young Children and Movement: the Power of Creative Dance." *Young Children*. 65. 2 (2010): 30-35. Print.