

Project : **I LIKE TO DANCE AND PLAY!**

Dance is a source of joy, one that increases confidence in your own strength and capabilities. The satisfaction and pride that you can coordinate with your team mates, it's one that you can not get in too many other occasions. Dancing is not only fun ... it is a good way to do exercise, to stimulate a child's imagination and it helps to have a good social life. A rhythmic movement, graceful or energetic, made on music, increases the expressive force of children and helps them develop their creativity. The dance, like any intense physical activity, stimulates bone growth, detoxification and blood circulation that are required for a healthy body. In addition, affective participation in this sport makes the dance a physical education more efficient for growth, and health. Thus, children that are dancing, have a huge capacity to learn and to memorize.



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Languages: English

Members (5)

Country (4) (Spain, Croatia, Romania Turkey,)