DANCING AS A WEAPON

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The ten months of lockdown has taken a huge toll to our mental health. Not knowing what’s gonna happen next, it was a constant struggle to keep our sanity intact during the pandemic.

People resort to various types of activities to keep themselves afloat during the quarantine period. Filipinos’ love for food gave birth to the popular drink ‘Dalgona coffee’ while new types of desserts, or what many called as ‘quarantreats’, came out such as Pan de Leche, Strawberry Latte, and Burnt Cheesecake.

For fitness enthusiasts, doing their fitness goals was strictly done at home because gyms were not allowed to operate. Thankfully, there was this mobile app called TikTok that lets users showcase their talent in dancing. True enough, in times of struggle and despair, dancing can be our source of joy. No one could deny its social and emotional benefits.

In this time of pandemic, dancing could be a weapon, an escape, and a therapy.

It is a form of exercise that can help improve our physical well-being and boosts our immune system on its fight against illnesses. For some, they dance to kill boredom, to escape from the harsh reality we are currently facing. Dancing gives us the feeling of being alive. It is a form of celebration of life.

As a teacher, who is very passionate in dancing and personally uses the TikTok app, I am happy that young people use the platform to express themselves by dancing. I believe they become more creative and more natural as they freely make their own interpretation.
of a song through movements. It also gives them the opportunity to connect and work with their friends, which helps them develop their relationship.

Dance if you must. Dance your problem away. Dance to express. Dance to celebrate. “Any kind of dancing is better than no dancing at all,” Lynda Barr said.

References: