RECOGNIZING DANCING

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Dance is a tool of expression and communication. It is a way of creating steps of interpretation to music. Through dancing, the students can practice their creativeness and express the arts and talents inside them. This skill plays a significant role in the life of the learners for it develop self-confidence and help them to recognize their real abilities. This also encourages them to explore and try new things foe self-development. As for the part of Mapeh teachers, dancing allow us to improve the learners’ talents and make them discover the hidden gifts from God.

Lark (2019), stressed that dancing is a form of exercise and entertainment. It energizes us and motivates us to express our feelings. It is a source of relaxation and makes us physically fit. Dancing gracefully with your partner or even to stranger will give you a feeling of excitement and enthusiasm. For some people, it brings joy and happiness. Spending time together in dancing can reunite different races and people with different ages. He also believed that strangers that are dancing together may have the potential to become friends and may create a positive relationship.

Zimmerman (2018) believed that learning dancing in education make the students disciplined and stress-free. Following the steps in the beat of music give them pleasure and can make them recognized the essence of following instructions. Through following the right steps connected to the appropriate music, this will yield them to a beautiful performance and a positive outcome of learning. This will encourage them to learn more and develop their attitude.
Furthermore, Dowd (2018) stated that teaching dancing to toddlers at an early age will improve their psychomotor skills, socialization and creativity. Their movements in dancing will make them remember patterns and understand emotional expressions. Dance can also be used in learning Mathematics. Watching children dancing ballet is nice to see for they can also learn the different angles, proper counting and shapes from this type of dance. Developing your children’s mind through dancing will remind us that dancing is not just an art but a weapon for them to progress.

There are many benefits of dancing. We have to learn how to appreciate this kind of art for it helps us in many ways. Loving dancing will enable us to value the beauty of life and will make us recognized the given gifts and talents by the Lord. In return we must enhance, develop and share these skills for it will also benefit others.

References:

7 Important Benefits of Dancing
Hobby Lark
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The Importance of Dance in the School
Michelle Zimmerman
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The Importance of Dance in Childhood Education
Mary Dowd
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