

The contribution of dance on children's health

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ABSTRACT

Introduction: Dance is a kind of art therapy involving the psychotherapeutic use of expressive movement through which children can engage creatively in the process of personal development.

Purpose: To highlight the contribution of dance to children psychophysical development and their self-expression of personality.

Materials and methods: The research method consisted of reviewing articles addressing dance's role in children's psychophysical development and self-expression of personality found mostly via Medline, the Hellenic Academic Libraries Link and Google Scholar. A search of classic scientific literature and studies in libraries was also conducted. All articles had to be written in either Greek or English and refer to dance.

Results: Dance is a treatment procedure commonly used at schools as an educational means. It is an important effective tool for children who suffer from emotional disorders and learning disabilities and aims to increase children's self-esteem, emotional expression, and ability to complete tasks relaxation, social interaction and coherence of the group in which they participate. Dance also helps children both to manage emotions that impede learning and to improve their adaptability in school.

Conclusions: Dance develops children's the expressive ability and help them to express themselves not only verbally but also bodily.

Key words: Dance; children; dance therapy
