



## The Influence of Dance Teaching on Children's Growth

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### ABSTRACT

Dance is one of the important contents of art education. Children's dance is a highly comprehensive and entertaining art form. Let children participate in their own dance training, has a great effect on their physical and mental development. After dance training, children will know how to overcome difficulties, the tough quality and elegant appearance. In addition, dance can also cultivate children's spirit of unity and cooperation and continuous enterprising spirit, so that children become lively, cheerful and confident in the process of growing up. Since ancient times, Confucius, an educator in China, has attached great importance to the study of "poetry" and "music". Compared with dance teaching, at present, what we need to do is to let children do their favorite movements in a free and relaxed atmosphere, so as to gain their own confidence and realize the unique happiness brought by dance. Through the full performance of the dance, to express the joy of the heart. Enjoy their own body into the music; give full play to their imagination, in the pure land of dance in the free soaring. The game - based teaching mode reflects the teaching concept of teacher - led and children - dominated. Such a special teaching point of view, to promote children's moral, intellectual, physical and aesthetic development, improves children's comprehensive quality and ability. As a teacher, education and teaching should be strict and loving. Edutainment!

**Keywords:** Children dance; Dance teaching; Children's physical and mental health; Grow up; impact

### 1. INTRODUCTION

#### Before the speech

Children are the flowers of the motherland, the future of the country. At present, our country pays more and more attention to the quality education of children. Every child is an independent individual, family environment, education environment and genetic factors contributed to the particularity of personality, they restrained or naughty, lively or introverted, every child is unique individual, for dance teacher for with each different children have different teaching plan, according to the different characteristics of children in the teaching of specific above their level! Dance in the early childhood for his own influence is significant, and played an irreplaceable role. It is widely used in today's society and has become a new hot spot in the field of dance education research. As the enlightening stage of dance education, infant dance teaching plays an important role.

### 2. The significance of children's dance teaching

From early child development characteristics, "I do" is every child's instinct, they use their ability continuously explore the world, and you can reach for them all in the world is that they all kinds of toys, we use the characteristic of children to strengthen their cognition to the dance, for a long time, the dance teaching in our country, especially the children dance teaching, attaches great importance to the dance skills, ignore the psychological dancing, the children dance teaching simple as a basic skill training, softness, performance quality as the only yardstick, but from the nature of the art of dancing, dance art refers to the flow of the human body modeling. But while plastic arts decisions are based on lyrical storytelling, dance is even more unique in the expression of human emotion. Need to use their most real emotions and heart to perceive the abstract concept!

In the past, there were some negative examples of spiritual needs acquired by dance, because they also understood the educational function of dance. For example, Xi Shi was a famous court dancer in the spring and Autumn Period. Gou Jian, the king of Yue, sent Xi Shi to Fu Chai, the king of Wu, in order to revenge the state of Wu. After Fu Chai got Xi Shi, he indulged himself in singing, dancing and drinking, and ignored the government. It even affected a country. From an aesthetic point of view, these three functions of dance are the functions of truth, goodness and beauty. The cognition function is true, the education function is good, and the aesthetic function is beautiful. But the three are not isolated, but interrelated, dialectical unity. Under normal circumstances, dance art always acts on people and society as a unity of truth, goodness and beauty.

Children are the flowers of the motherland, the future of the motherland, is the angel god sent to their parents. Children's simplicity and kindness often express themselves, express their emotions and exert their imagination in the purest and most natural way in their dances to satisfy their natural active character. We should inspire and enlighten children from various aspects, from the first day into the dance studio, we should let children know that this is not only a training room, but also a dance palace. To cultivate children's self-aesthetic ability in physical beauty, such as the extension of ballet hand

position is a kind of beauty, which requires children with a kind of hope to pursue emotion in doing, feel how broad in front of their eyes, like inclusive of the whole universe. How poetic it is to hear the touching notes in one's ears! Isn't that beauty with love, and dance with love? Therefore, teachers must cultivate children's self-aesthetic consciousness quality, so that children themselves reflect a love of dance, so as to happily conduct training and dance. Visualizing children's dance is a very effective method in dance teaching. Through the formation of interesting stories or dance modeling to inspire the imagination of children, dance and inspiration education to connect, so that dance has a certain ideological nature. Dance education is by teaching the art, to reflect people's thought, emotion and social life, make the children to have the strong interest, hobbies, cultivate children's sensibility to dance the beautiful, expressive force and the primary taste, creativity, so that the children have a healthy body, healthy personality and healthy personality, to promote the comprehensive development of children's physical and mental growth.

### **3. Dance teaching is conducive to the cultivation of the embryonic character of children.**

#### **1) Cultivate children's interest in learning through dance teaching**

At the beginning, every child is strange, curious and full of expectations for dance, which is also in line with the exploratory characteristics of their growth psychology. Through dance teaching, children can improve their interest in learning. For example, in children's dance "Duck Out", teachers use body gestures to show the shape of the duck's flat mouth and imitate the state of exaggerated number to stimulate children's understanding of animals and sensitivity to numbers through dance, which plays a direct role in teaching and fun. Not only did they relax their bodies in the music, but they also learned different kinds of learning fun.

#### **2) Cultivate children's perception through dance teaching**

Early childhood is the transitional stage from image thinking to logical thinking, and sensory perception is the most basic tool for children to understand the world. Feeling is one of the simplest psychological processes, which is the reflection of the human brain to the individual attributes of objective things. Due to the shallow life experience, children will put most of their energy in the process of learning dance to imitate the teacher's movements, so they have no expression when dancing. Teachers should guide children to feel the emotion of dance, first of all, they should enter the state, in order to bring children into the artistic conception of performance, but also can use vivid language stories or with real objects, real video teaching and other means to render the environment. For example: rhythm "sleep, Rag Doll", let children imagine the arms Rag Doll, doll is fast asleep in the scene, the teacher let children feel the sweet, quiet melody of the mood, while repeated practice action. This practice can lay a solid foundation for improving children's emotional expression.

Feeling is the basis of perception, perception is the depth of perception, and perception is the overall reflection of the objective things that the human brain directly acts on the sensory organs. It can be divided into space perception, time perception, movement perception and so on. In the teaching of different directions, speed, high and low of a variety of simple step action exercises, will make children gradually clear understanding of up and down, left and right, front and back, oblique direction. For example: let children know the stage orientation, can be found through the "Angle and face" game repeated practice, and then gradually extended to "worship foursquare" (refers to the stage orientation of 7, 5, 3, 1 point) in the game, so that children master the stage orientation. Improve children's spatial perception through flowing and changing dance formations.

Let the children learn the circle, triangle and oblique line and other dance formation, can gradually clearly perceive their own body shape, identify their bearings. Space perception and music time perception are inseparable. Children listen to a variety of different types of music for a long time, can cultivate children's sense of music and rhythm, but also cultivate children's sense of beauty.

#### **3) Cultivate children's confidence through dance teaching**

Dance, as human body language, is consistent with human psychological and emotional activities in morphology. It touches people's hearts, touches people's souls, and has a positive edifying effect on people's hearts. At present, dance is also an art of expression, dance class, or jumping, or performance, through the performance of dance; so that students can fully show themselves, get the enjoyment of beauty and success of pleasure. Therefore, to cultivate children's confidence, dance class has unique conditions, and the children have the confidence in dance, then dance class is more interested in. Therefore, in dance class, I pay great attention to developing students' confidence:

##### **a) Consolidate the confidence of students at any time**

As I watched my students gain valuable confidence through their continued success, I reinforced their confidence with constant support and encouragement. In the dance class, with a natural, cordial smile to face the students, often with "you are good, you can" and other encouraging language, create a warm, harmonious, happy dance classroom atmosphere. Students in such an environment, will continue to work hard, the effect of dance class is better and better.

##### **b) Sincere praise**

For students who lack confidence, sincere praise of every achievement is the best way to arouse their enthusiasm for learning. I always look for the best in them and give them timely and appropriate praise. You dance beautifully, you feel great, etc. Especially for those students who seldom get praise, sincere praise will make him fully develop his inner potential, and even become an important turning point in his life.

##### **c) Analysis to the point**

Through patient, careful and reasonable analysis let the students understand such a truth: maybe others are better than you in some aspects, but you are better than him in another aspect. When a student is afraid to dance due to poor feeling, inaccurate rhythm or other

reasons, we will clearly tell him that he can surpass others in performance or imitation, and encourage him to perform dance in other forms, so as to give students more courage and overcome inferiority.

**d) Offer more opportunities to try**

Try to provide opportunities for students to try in the classroom, provide a stage for students to show themselves, so that they feel their potential, experience the happiness of success.

**e) The requirements of the design need not be too high**

In dance class, consciously reduce the difficulty, increase the probability of success, let the students feel the joy of success. Such as: dance combination, dance bar melody imitation, can effectively encourage students, so as to better help overcome inferiority, self-confidence.

Different from other arts, dance art is an emotional art. Only through the emotional experience of music and dance can dance education achieve the goal of "moving people with beauty and educating people with beauty". Dance classroom teaching should be more based on participation and feeling. Only when students "move" and "dance" can they have a real experience and understanding of music and dance. Dance education is not only the cultivation of children's skills, but also the cultivation of personality and temperament. Dance itself is an open art, and it is very important and necessary to cultivate children's self-confidence. With confident dancers, the dance has a different kind of appeal.

#### **4. Dance teaching lays the foundation for the development of children's ability**

**1) Dance teaching can promote the development of children's observation ability.**

Observation is the ability that everyone needs to have, the ability to deeply perceive the characteristics of things. Observation is the basis of intelligence, the starting point of thinking.

- a) Dance teaching to improve the order of children's observation. When teachers teach new movements, they should break them down and gradually integrate them, so that children can gradually master the skills of observation through observation.
- b) Dance teaching can develop children to learn the habit of observation. When teachers demonstrate actions in class, they deliberately make a correct and a wrong action for children to compare. In this way, children are often trained by contrast, and the accuracy of children's observation will continue to improve.

**2) Dance teaching can promote the development of children's memory ability.**

Memory is the human brain's reflection of things that have happened in the past experience. It is the trace left in the human brain of things that have been perceived in the past. According to scientists, with proper training, every normal person can have a high memory. Dance teaching movement and music mainly rely on children's memory. For example: after learning the finished dance, let the children do not do the movements, and dictate the sequence of movements. Another example: let children walk in the formation of dance (space), singing and dancing (hearing), imitate the action exercise perception image memory. After long-term training in dance teaching, we found that the memory effect of children trained in the same time is better than that of children not trained. Dance education is conducive to the enhancement of young children's memory, "memory is a reflection of past experience in the human brain."When children are learning dance, their emotions are often in a state of positive mobilization, which has a positive impact on the length of their memory retention. Dance in the dance teaching, the teacher through demonstration, dance appreciation, song and dance, music reflect, imitation and imagination, combination and finished product choreography, rich variety of teaching forms, promoted a variety of organs of body, at the same time of increase the interest and attention, more emphasis on the highly concentrated to brain control body, to express a variety of actions and emotions. Moreover, a series of graceful movements and rich formation changes also promote the improvement of children's dance memory.

**3) Dance teaching can promote the development of children's creative imagination.**

Now times just need innovative talents, as the dance education, many abstract can't understand something, such as "rumba rhythm" in the Latin dance we can imagine the body into a twist, and turn the twist of the constantly, through the teacher constantly similar transactions in the life of the metaphor let children understand the movement characteristics, form their own imagination in their mind, for the development of children's imagination and certain help.

#### **5. Dance teaching is conducive to children's physical and mental health growth**

**1) Dance and children's mental health**

Famous psychologist professor Pan Shu once pointed out: "in fact, is not only harmful material factors can cause a variety of body and mental illness, harmful psychological factors also can have this effect, the so-called psychosomatic disease or mental conditions such as the familiar iatrogenic diseases, is obvious adverse psychological factors."Research and practice have proved that dance can cure some psychological diseases, and the medical effect is relatively significant. At present, dance psychological medicine is more popular in some European and American countries, and there have been some specialized clinics and professional doctors engaged in this work.<sup>[5]</sup>The health effect of dance is very significant. It is not only a physical activity, but also a psychological activity. Therefore, dance has a positive effect on children's physical and mental health. Dance, like other forms of human movement, can bring good visual effects and self-conscious effects, so that children can get pleasure and satisfaction psychologically while performing dance training. It has also been reported that exercise can bring a kind of micro-electric shock to the nervous system of the body,

which can relieve muscle tension and mental tension and give the cerebral cortex a rest. Therefore, children often feel comfortable after dance training, although a little tired, but the body is like a new life, very comfortable. This could be the result of micro electrical impacts. The existence of this conscious effect can stabilize children's mood and improve their state of mind. Make children immersive, from the body to the heart for a wash. Not only that, but also always pay attention to children's inner world to keep lively, cheerful character, positive attitude towards life. Let them fully live in the sun, so that children can thrive.

## 2) Dance and children's physical quality

Children's body is the most weak, the body resistance is relatively low, we generally say to actively exercise, to constantly strengthen the body training in fact, dance more scientific professional training, the active training of children's physical skills. First, dance training helps to develop the muscle strength of children. According to the physiological principle, the force generated by muscle contraction is proportional to the initial length of muscle contraction before, that is, the longer the muscle is pulled in the physiological range, the greater the force of its contraction. Therefore, stretching muscles is an important way to train muscle strength in dance. Two, as the saying goes: the tendon is one inch long, life is ten years long, flexible quality can not only increase the range of action, is more beautiful, coordinated, and make children's physical activities more flexible, so as to reduce the possibility of injury. Three, dance training helps to improve children's physical sensitivity. Dance training can improve children's sensitive quality, so that children can better flexibly manipulate their own body, accurately, skilled, coordinated to complete a variety of movements, to avoid a variety of accidental personal injury.

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## 6. Language

Children are the flowers of the motherland, the future of the country. Therefore, it is necessary to cultivate children's all-round development of moral cultivation in virtue, intelligence, body and beauty. Children's dance is a highly comprehensive and entertaining art form. Organizing children to participate in dance training plays a great role in their physical and mental growth and development. In this paper, what I have done is to analyze the influence of dance teaching on children's physical and mental growth. Its research purpose is mainly to explore the influence of dance teaching on children's physical and mental growth, comprehensive analysis, theory and practice combined to promote the development of children's various abilities, to cultivate children's perception of dance beauty, observation ability, memory ability, confidence and so on. So that children have a healthy body, healthy personality and healthy appreciation, so that children's physical and mental growth of comprehensive development. The discussion in this paper is mainly to change the nature of dance for children is no longer just a simple entertainment, but fundamentally deepen the impact of dance teaching on children's physical and mental growth.

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