

# Why Do Kids Want To Dance?



**Sometimes I wonder why kids like going to dance classes, like ballet, jazz, tap, or hip hop classes.**

**Playing games inside on computers and tablets can sometimes seem like more fun.**



**There are lots of good reasons why kids do dance classes. Dance is great exercise. It can help keep my body fit and healthy and it can make me feel energised and happy! I can listen and feel the music I like at dance class.**

**I can try new ways to move my body to music – dance is fun!**



**Dance class can help me make new friends. I can talk about dance with other kids and my family.**

**I can practice dance with other kids outside of dance class, like at school or at home.**



**At the end of the year, I might get to do my own dance performance! My family and friends can come and watch. There are lots of reasons why kids want to do dance – dance is great!**



**For more stories and information on making dance accessible for everyone  
please visit : [www.allplaydance.org.au](http://www.allplaydance.org.au)**



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