



ClassForKids.



# **BUILDING CONFIDENCE IN YOUNG DANCERS:**

Tips From **2 Dance Studio Experts**



# Hi There!

Are you a dance instructor or dance school owner looking for ways to help kids build confidence through dance? **Then you're in the right spot!**

Today, we're diving into the world of dance and exploring a super important topic: building confidence in young dancers. We have summarised the top tips on how you can build up children's confidence in dance classes from two esteemed dance studios: Dance Inc. Studios and Leinster School of Dance.

**Ready? Let's cha-cha!**



**Shauna Coffey**  
**Leinster School of Dance**



**Caitlin Todd**  
**Studio manager at**  
**Dance Inc. Studios.**

# Encourage Peer Support

**Peer support plays a crucial role in boosting individual confidence levels and is great for creating a kind and supportive space.** As dancers, knowing that they have a team cheering them on fosters a sense of security and emboldens dancers to embrace new opportunities with confidence.

Dance Inc. Studios are masters at making every dancer feel invited into the group. How? They use the “Buddy system”. This means that any new student at the studio will be paired up with a buddy who has been at the studio for some time and knows the structure. Having a buddy system in place means that the new child will feel welcomed and will have a friend to chat to.

*“If they are shy and maybe don’t want to speak out in front of the class to ask questions, a buddy gives them another point of contact to go to. They will also be integrated into the friendships in the class a lot quicker and be able to create relationships of their own.”*

**- Caitlin, Studio manager @ Dance Inc. Studios.**



# Set Achievable Goals

**Setting achievable goals is a cornerstone of confidence-building in young dancers.** When goals are realistic and within reach, dancers experience a sense of accomplishment with each milestone achieved, fuelling their confidence and motivation.

Short-term goals provide immediate targets for improvement, like mastering a specific technique or perfecting a routine section. Long-term goals, on the other hand, encompass broader aspirations, like performing in a recital or competing at a higher level.

By setting a mix of **short-term and long-term goals tailored to each dancer's abilities and aspirations**, instructors empower their students to strive for excellence while building confidence in their abilities to reach their goals.



# Create a Sense of Belonging

At Dance Inc. Studios, they are keen to create a sense of belonging and community that every student is a valued part of. **The more valued and important you can make a student feel, the greater their confidence will be.** A simple way to make kids feel seen, is to make sure dance teachers remember and use the children's names. Something as simple as a greeting including their name makes the student feel important.

*"The general rule that we use is to say the student's name at least 5 times over the course of them being in class – once when they arrive, 3 times throughout the class and once to say bye. This is of course just a guideline, however if we make the effort to make each child feel included, they are only going to continue to grow." – Caitlin, Studio Manager at Dance Inc. Studios.*

At Leinster School of Dance, there is a special emphasis put on welcoming all children no matter their ability level. Whether students are complete beginners or have been dancing for years, the dance school has created a sense of belonging for everyone by using inclusive language and making sure that interested parents know that they try to be as inclusive as they can be.



# Be Positive

**As dance teachers, it can be easy to get caught up in choreography, lines, formation, cleanliness** – the list goes on! But, a little praise can do wonders for the kids' confidence, so it's important to make praise a priority in class.

Implementing rewards such as “Dancer of the Week” recognises and celebrates individual achievements, fostering a sense of pride and accomplishment in young dancers. **Positive reinforcement not only boosts confidence but also encourages continued effort and dedication, inspiring students to always strive for excellence in their dance journey.** This is something Dance Inc. Studios know well, which is why they love giving out prizes, praise and smiles as often as possible.

*“Little things go a long way – stickers, certificates, rewards!*

*With younger students especially, these will leave them happy and smiling leaving your classes.*

*In saying that, a smile from their dance teacher is the best thing they can see and will always make them smile.”*

**– Caitlin, Studio Manager at Dance Inc. Studios.**



# Create Tailored Experiences

Every dancer is unique, so tailoring instruction to individual needs is super important in fostering confidence and skill development among young dancers. Why? Because every child will likely come to your school with very different goals and very different skill levels.

Not only does Leinster School of Dance offer a variety of different styles of dance and classes for all abilities, but they also offer dance classes for children and young adults with Autism Spectrum Disorder and other special needs. Each child attending the dance school will have a tailored experience based on what their needs are.

**Top Tip:** Encourage dance teachers to adapt their teaching styles and techniques depending on how their students learn best. By customising instructions to meet the unique needs of their students, dance teachers empower each dancer to thrive and flourish in their dance journey



# There You Have It!

Those are some key tips you can use to help to grow the confidence and self-esteem of the children attending your dance classes. Through the inspiring examples of Dance Inc. Studios and Leinster School of Dance, we've seen how dedication, innovation, and a commitment to individualised instruction can unlock the transformative power of dance confidence.

## Check lists

- ✓ Encourage Peer Support
- ✓ Set Achievable Goals
- ✓ Create a Sense of Belonging
- ✓ Be Positive
- ✓ Create Tailored Experiences





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"In the last couple of years, we have been using ClassForKids as our booking system. This has made the admin side of running the school a million times easier. From having parent or guardian details at easy access, or any additional information about the student, the ClassForKids website has helped our school immensely. Parents can easily book in and pay via the website, ensuring records of payment and booking. I can't recommend ClassForKids enough." – **Shauna, Leinster School of Dance**