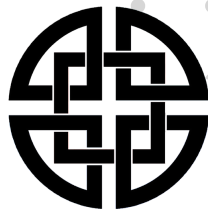


STUDIO VIA - SCHOOL OF DANCE

DANCE PARENT 101

Tips, Ideas, Lessons and Coaching



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School of Dance

WEEK 2: WORK ETHIC

COVENANT:

We have a strong work ethic and accept full responsibility for our own fate. We are willing to submit ourselves to physically demanding work and reject the idea that forces outside our control determine our results!

QUOTE:

"Hard work beats talent when talent doesn't work hard."

IN THE CLASSROOM:

This week we will continue to talk about work ethic. It is easy for young dancers to look at another dancer and think "that dancer is so talented and I'm not". It is important for dancers to realize that progress takes physically demanding work no matter their age. After class they should be sweaty and tired! Being sweaty and tired is proof that the dancer was physically working hard during class. Dancers need to accept the feeling of discomfort while stretching and working without complaint. Discomfort tells a dancer they are doing something new and not familiar to them.

Every dancer has strengths and every dancer has weaknesses. To progress in dance, one must continue to refine their strengths and minimize their weaknesses without comparing their journey with the dancer next to them. (Reject the idea that forces outside their control determine their results).

AT HOME EXTENSION:

Improvement is made when a dancer can first acknowledge their weaknesses without excuses. Once they know the skills they struggle with, they can create a plan to improve on those weaknesses without comparing their journey with dancers around them.

Dance is also physically and mentally challenging. When dancers perform on stage they smile and make everything "look" effortless. Performing well through discomfort and fatigue is a skill that also needs to develop with continual hard work.

This week help your dancer acknowledge things that were hard and how they persevered through discomfort with a positive outlook!



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DANCE GOAL IDEAS

LEVEL 1 - Company:

When a dancer jumps in your car after class, ask them questions that help them realize and acknowledge the process of hard work. Find out what was hard for them and how they handled the situation.

- What did you do today that was hard?
- What mistakes did you make that taught you something?
- What can you work on this week at home so that challenge becomes easier?

Follow up with them during the week and encourage them to work on the things they found challenging. Older dancers will be able to decide on their own to work on skills while younger dancers may need more direction. Help them see improvement on difficult things and enjoy the process to success with hard work. (That looks better, nice work! You're improving, keep going!) The skill of working hard when things are difficult will follow them the rest of their lives.

HELPING YOUR DANCER OVERCOME STRUGGLE:

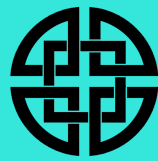
Below is an extension on how to help dancers overcome struggle and why it is so important for children to learn to persevere through failure. As parents we want to "save" our children, but that will not help children develop grit.

CONTROL WORKSHEET

"When you can't control what's happening, control the way you respond to what's happening for that is where your power is!"

When things don't work out the way we planned or don't go our way we might stress out and give up. There are things, however, we can't actually control so there's no point in stressing about them. When you focus on things you can control, life becomes simpler and more manageable!

Help your child understand what they can control when they fail so they recognize where to put their energy to try again. It is easy to play the blame game or just give up but that pattern will become a habit. We talked a little bit in class about things we can control in dance class (attitude, focus, at home practice, goals, grit, etc) We also talked about things we can't control (the dancer next to us, the steps Ms Kim teaches, what other dancers think of you, what you did last week in class)



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HOW TO HELP YOUR CHILDREN OVERCOME STRUGGLE

Should we let our children struggle or should we come to their rescue? When we let our children face challenges, we help them build the skills and resolve their need to overcome challenges in the future.

It's difficult to see our children struggle and our immediate desire is to save them. But imagine you're lifting weights at the gym. At the sign of struggle or strain, a well-meaning bystander lifts the weight for you. Every time. Are you going to get any stronger? Will you ever discover just how strong you can be?

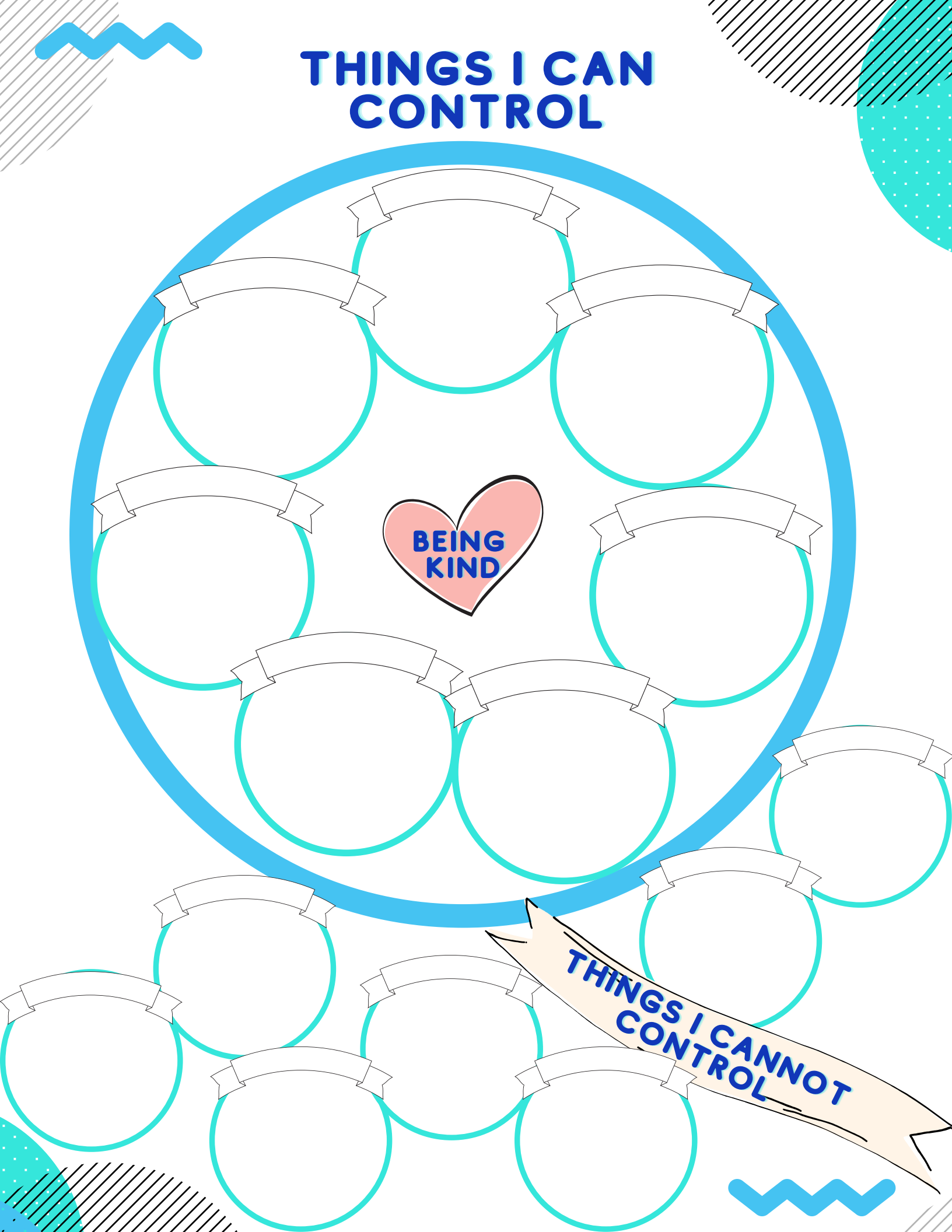
The same concept applies when we refuse to let our children struggle. If we always solve problems for our children, they will never learn to solve problems for themselves. We actually imply they are not capable of overcoming obstacles or succeeding on their own.

So how can you empower your children when they are struggling?

1. **LISTEN** and empathize. Sometimes children do not expect us to help and all they need is a listening ear. Practice listening when your child vents to you about a problem: "You seem frustrated. I can understand why you feel that way."
2. **ASK** open-ended questions: "How do you think you can solve this?" "What solutions have you tried?" "What else can you try?"
3. **ACKNOWLEDGE** when they succeed: "Wow, I know that was hard." "How do you feel now that you were able to solve the problem?"

Success and achievement are not necessarily about talent. It is all about the willingness to struggle and keep going. Make the shift from "I've got this!" to "You've got this!" and your resilient, problem-solving, and gritty child will thank you.

THINGS I CAN CONTROL



THINGS I CAN CONTROL

My Behavior

Asking for Help

My Goals

Who my Friends Are

BEING KIND

My Effort

Taking Care of Myself

Learning from my Mistakes

Being Sick

What Others Say

The Weather

Things I Have To Do

What Others Think

THINGS I CANNOT CONTROL

Past Mistakes

Others Being Kind