


- 
- * Increased Confidence
 - * Strength & control in body
 - * Postural Awareness
 - * Social Skills & Friendships formed
 - * Listening skills
 - * Patience
 - * Self-Expression
 - * Increased cardiovascular fitness
 - * Improved flexibility
 - * Control in body
 - * Perseverance & hard work
 - * Improved balance & coordination
 - * Learn how to work in a team & communication skills
 - * Improved self-esteem & developing a positive self-worth

HOW DOES DANCE BENEFIT CHILDREN?

j i g s a w
d a n c e

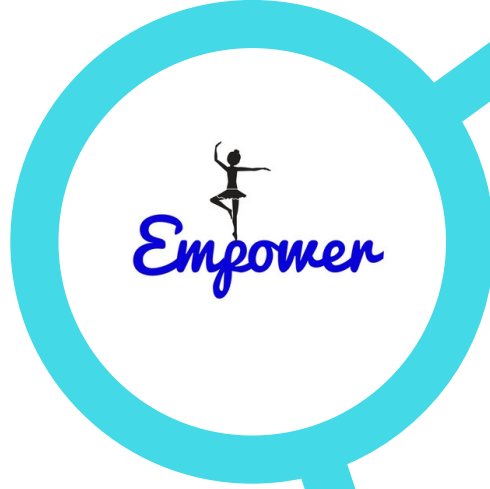
Creative
PASSION Valued Potential Dream
Flexibility Exciting Relaxed
Lifelong Self-Esteem Second-Home
Team Encouraging Imaginative Fun
Thoughtfulness Love Communication
Leadership EMPOWERMENT INCLUSIVE
Belief FRIENDSHIPS Engaging Understanding
Happiness CONFIDENCE Important
Convenience Support Respect
Nurturing FAMILY Special Positive
Inspire Connection Proud
Calm Joy

WHAT WE BELIEVE IN AT JIGSAW DANCE

jigsaw
dance



Inclusiveness

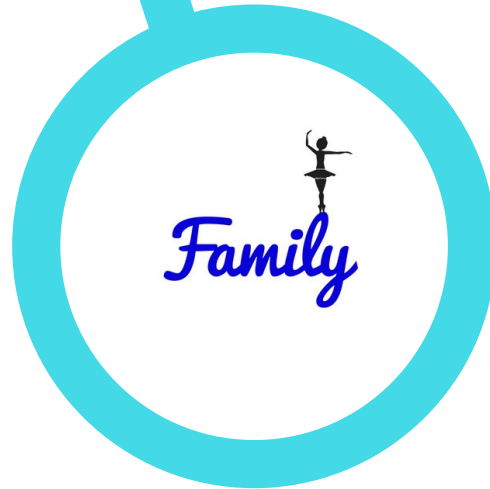


Empower



Friendships

OUR VALUES



Family



Confidence