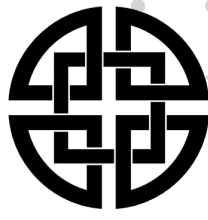


STUDIO VIA - SCHOOL OF DANCE

# DANCE PARENT 101

Tips, Ideas, Lessons and Coaching



**STUDIOVIA**  
*School of Dance*

## **COVENANT: WEEK 5: COACHABLE**

We are **COACHABLE** and take correction as a compliment. We have enough inner confidence to not feel criticized or singled out and look at correction as an opportunity to improve.

### **QUOTE:**

"If you are not willing to learn no one can help you. If you are determined to learn no one can stop you!" -ZIG ZIGLAR

### **IN THE CLASSROOM:**

This week we will talk about being coachable. There are a few things that can get in the way of a child being coachable. The first is pride. If a dancer cannot accept correction and acknowledge their weaknesses, they will get in their own way and will not be able to improve on their weaknesses. The second thing that prevents a child from being coachable is the lack of accountability. A dancer that makes excuses for their weaknesses will push blame onto something outside of their control, thus making the opportunity for improvement outside of their control as well. The third thing that will keep a child from improving is a lack of confidence. If a dancer does not have inner confidence they will feel criticized or pointed out when they are given a correction. These negative emotions will also decrease their effort and they will not continue to improve. The last thing that makes a dancer not coachable is the lack of respect for the teacher. If a dancer does not believe or trust the feedback from the coach, they will not apply the correction. It is important for dancers to check in with themselves when they get a dance correction to see where their brain goes and what class e

### **AT HOME EXTENSION:**

When dancers are done with class, ask them what corrections they got in class and what they are working on. Try and get a sense of how your kid reacts to correction. (Ex. Ms Kim was picking on me today. She kept telling me I was doing everything wrong. OR We did a new tap step and I'm just not a tap dancer) Help guide your child's thought process and help them to see this as an opportunity to grow! Teach them "GROWTH MINDSET STATEMENTS".



## HOW TO HELP YOUR CHILD OVERCOME FEAR OF MISTAKES:

Many children FEAR making mistakes and this holds them back from trying new things. Perfectionism is another indicator your child is fearing failure and mistakes.

You can help your children flip this unhelpful mindset by explaining MISTAKES actually help their brains GROW!

Remind them their brains are constantly changing and learning. The mistakes are signs they are working right at the edge of their ability. You can explain they are in the "stretch zone". This is where LEARNING Happens and their brains start GROWING! Getting everything correct is a sign they are actually working at too easy a level.

Mistakes are an inevitable part of the learning process. Mistakes GUIDE our learning. They tell us what we need to learn!

Remember, perfectionism can be the result of comparing oneself to others. Helping your child focus on themselves and their goals and experiences can help solve the issue.



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# DANCE + GROWTH MINDSET = I CAN!

I CAN CHANGE MY MINDSET WITH MY WORDS!

## INSTEAD OF:

## I CAN SAY:

I am not good at dance.

I am going to train my brain in dance.

I can't do this step.

I can ask for help & practice.

I give up.

I need to go back and try again.

I wont try because I wont do it right.

If I fail, I can try again.

Dance is too hard.

Dance helps my to improve my strength

I am not as smart as my friend.

I can learn from others and ask for help

I keep making mistakes.

Mistakes are opportunities to grow

It's good enough

Is this really my best work?

I am already good at dance.

I can challenge myself with a more difficult step.



## **WAYS TO HELP YOUR CHILD OVERCOME THE FEAR OF FAILURE**

### **CHANGE YOUR ATTITUDE ABOUT FAILURE**

Be mindful of your own responses to mistake and failure. Talk about what you've learned, and be willing to pick yourself up and try again. Encourage and celebrate your child's mistakes as learning experiences.

### **EMPHASIZE EFFORT, NOT ABILITY**

Emphasize effort (and the process) over ability (and the outcome). When they struggle, discuss specific strategies that might work next time.

### **DEMONSTRATE UNCONDITIONAL LOVE**

Make it clear that you love your child unconditionally, even when they make mistakes or use poor judgment.

### **CONDUCT THE "WORST-CASE SCENARIO" EXERCISE**

Start by grabbing a piece of paper so you can brainstorm together with your child.

Ask them questions like, "If it all goes wrong, what's the worst thing that could happen?"

### **HELP THEM FOCUS ON THE SOLUTION**

Discuss what actions they took, the consequences of these actions,

### **HAVE CONVERSATIONS ABOUT SUCCESS AND FAILURE**

Take about success using the "iceberg analogy".

Explain that when you see successful people, you only see the tip of the iceberg. You don't see what's "under the water": failures, rejection, grit, effort, discipline, persistence, etc.