



What to Expect with Online Dance Classes

What to expect with online learning

It's completely normal for dancers to have focus issues at first when trying our online learning platform. Please remember, this is all new to them, just like the classroom setting was at the beginning of the dance year. Suddenly, they are in front of a screen, with no peer interaction, and this is new and strange to them. They are also in their house with many distractions. Perhaps a sibling is watching them or doing something else in the same room. There may be toys or other distractions. Just like in class, some dancers might need to observe online classes several times before they are ready to participate. They are still learning and taking it all in, so please do not get frustrated if they are not participating fully.

What you can do?

Dress for Class

Have your dancers dress in class attire. This sets the mood and lets them know it's dance time. This will also help with the routine that you set when going back to the actual dance studio.

Limit Distractions in the Room

Put things away that might distract the dancer. Make some space for the dancer to be able to move around. If siblings are in the room, have them dance along or have them go somewhere else in the house. Dancers may prefer not to be "watched" while they attend class.

Dance along with your child

Your child might be more engaged if you or a sibling dance along with them. Remember that in the studio, everyone is following along and doing the same activity together. If your child is the only one in the house doing the activity, she or he may not feel like dancing. In a normal studio class setting, younger dancers are watching all the people around them for signs and signals as to what to do. When the teacher is only on a computer or TV screen, having others in the room who are also trying the movements and interested in watching can help the dancer become more fully engaged in the class.

Take class in small bites

If your child loses interest and you have tried all of the above suggestions, it's ok to sign off and try again another day. We are offering our classes multiple times a week, so take things in small bites until your dancer becomes comfortable. Encourage your dancer to participate, but don't scold her/him for not following and paying attention. This is a new and different experience, and the children simply need to get comfortable with it. Allowing them to take things in small bites will help them realize that this is a fun activity and not something they are being forced to do on demand. This will allow them to have some control and realize that when they have had enough, it is ok. We will try to save everyone's favorite "freeze dance" or an obstacle course for the end of class which may encourage them to continue participating and having more fun.

