

Benefits of Tiny toes ballet
on four developmental domains....

Physical

Balance
Safety
Mind/Body Connection
Core Strength
Dynamics
Full Body Coordination
Aerobics Movement
Challenges Body Parts
Eye/Hand Coordination



Social

Personal Space
Cooperation
Positive Attitude
Respect
Teamwork
Listening
Sharing
Partnering
Observing
Friendships



Cognitive

Science
Literacy
Geometry
Shapes
Colors
Maths
Concepts
Sequencing
Decision Making
Patterns
Problem Solving

Emotional

Focus
Perseverance
Self Control
Self Expression
Imagination
Creativity
Invention
Relaxation
Facing Fears
Self Calming

