

# Why Learn Circus Skills?

Circus involves gymnastics and gymnastics develops many skills

Gymnastics teaches children to follow multi-stepped **directions**.

No one likes waiting, especially 2, 3, 4 and 5 year olds! Practicing standing in line for short periods of time and containing your excitement as you wait for your turn on the trampoline are just a couple ways gymnastics teaches **patience**.

From partner drills to moving a mat together, gymnastics teaches children to **work together** for a common purpose.

Learning to **pack up** is an important skill and one that many parents will be grateful to have their preschooler master next time there is Lego all over the house!

It's not easy when you don't get to be first. Or you don't get the green hula hoop or you are unable to stand next to your favorite friend in line. Gymnastics teaches **conflict resolution**

Gymnastics class helps a child learn to treat the teacher with respect and how to navigate **social dynamics** with their preschool peers.

**Persistence**. Gymnasts must try and try again to achieve even the simplest of skills. Gymnastics teaches children to stay with an activity until it's completed.

Respect for rules and patience leads to the ability to begin to **self-regulate behavior**.

**Coordination**. Gymnastics is the basis of all sports. The building blocks for athletic pursuits down the line are laid in gymnastics.

Young gymnasts learn how to **ask for help** from their coach and their classmates.

**Resilience**. A child falling down and getting back up while trying to master a cartwheel is learning resilience, the capacity to recover quickly from difficulties.

**The value of effort**. Gymnastics is not an easy sport. However, if children try hard they will see progress. They will understand the relationship between effort and success.

Gymnastics can be a scary sport. It is when we face something that pushes us out of our comfort zone that we have the opportunity to develop courage. Courage is not only being brave when we fear something but it is also a trait we can call upon when we have to do something that we do not wish to do, like chores or homework, all things that preschooler will be learning to cope with in the not-too-distant future.

**And above all it teaches  
Self-confidence**