UNIDAD EDUCATIVA FISCAL "CARLOS JULIO AROSEMENA TOLA"

Full Name: _____ **Course:** _____

1.- Answer about yourself.

a) Do you like to dance?

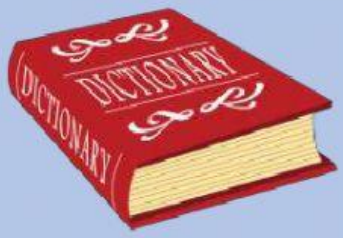
Yes, I do. ☐ **No, I don`t.** ☐

b) What type of music do you like?

I like _____ music.

(Tipo de música)

2.- Listen and read.



Dance therapy has become quite popular since the start of the new millennium, even though its roots go back to the 19th century. Not only is it fun, but it also has a lot of physical and mental health benefits. It is based on the idea that motion and emotion are interconnected. It can help to treat various physical ailments like cancer, arthritis, hypertension, obesity, chronic pain, and cardiovascular disease. It also is effective in (c)treating mental health issues such as depression, anxiety, dementia, and low self-esteem.

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It can even help with (b)social disorders such as autism and trauma caused by aggression or domestic violence. How do we know it is effective? Because there have been several studies on the topic. In a study from The Arts in Psychotherapy, researchers found that dance therapy had a positive impact on people with depression. A study from the American Journal of Dance Therapy found that (d)dance therapy helped decrease aggression and improve social behavior among teens. And there are dozens more studies that show the benefits of dance therapy. Dance therapy is different than regular dancing.

It becomes more than exercise – it is a language through which people can communicate feelings. So, if you are looking to take up a new good habit, try dance therapy!

3.- Read and Write.

a. What do you think is the most beneficial aspect of dance therapy?

the most beneficial aspect of dance therapy is .....

b.- what are social disorders?

c.- What are some mental health issues or ailments that dance therapy helps?

d.- Dance therapy helped.....

To Decrease.....

Vocabulary: quite popular/ go back/ have/ pain/ become/ dance therapy/ take up /teens/behavior ailments=diseases/ assess=evaluate. (glossary)

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