

Why Do People Dance

ESL Reading Worksheet — Level F | tahricteaches.com



Dancing is one of the oldest forms of human **expression** found in every culture around the world. People have been dancing for thousands of years, from ancient cave paintings to modern music videos. Scientists believe that dancing helped early humans communicate before they developed spoken language. Moving our bodies to **rhythm** is a natural instinct that we are born with. Even babies bounce and sway when they hear music playing nearby.

There are many reasons why people dance in their daily lives. Dancing is a powerful way to show **emotions** like happiness, sadness, or excitement. At weddings and parties, people dance to **celebrate** special moments with friends and family. Some people dance to express their cultural **heritage** and keep traditions alive. Others simply dance because it makes them feel free and full of joy inside.

Dancing is also excellent exercise for both the body and mind. It improves **coordination** by teaching our muscles to work together smoothly. Regular dancing strengthens the heart and helps people stay fit and healthy. Scientists have discovered that dancing releases chemicals in the brain that make us happy. Many doctors now **recommend** dancing as a fun way to reduce stress and anxiety.

Different **cultures** around the world have created their own unique dance styles. Ballet originated in Italy and France and requires years of difficult training. Hip hop dancing started in New York City and has become popular worldwide. Traditional folk dances tell stories about a country's history and values. Each style of dance has its own special movements, music, and **costumes** that make it unique.

Learning to dance brings people together and creates strong **social** bonds. Dance classes help shy people make new friends and build confidence. Performing on stage teaches discipline, teamwork, and hard work. Many schools now include dance in their programs because of these important benefits. Whether dancing alone in your room or with others at a party, moving to music connects us all together.

A. Vocabulary

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|-----------------------|---|
| 1. expression _____ | a. a way of showing thoughts or feelings |
| 2. rhythm _____ | b. traditions passed down from ancestors |
| 3. emotions _____ | c. a regular pattern of beats or sounds |
| 4. celebrate _____ | d. special clothes worn for performances |
| 5. heritage _____ | e. to honor a special event with activities |
| 6. coordination _____ | f. strong feelings like joy, anger, or fear |
| 7. recommend _____ | g. beliefs and customs of groups of people |
| 8. cultures _____ | h. to suggest something as a good choice |
| 9. costumes _____ | i. relating to activities with other people |
| 10. social _____ | j. the ability to move body parts together smoothly |

B. True or False

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|--|---|--|
| 1. Dancing is found in every culture around the world. _____ | 2. Babies cannot respond to music until age two. _____ | 3. Dancing can help reduce stress and anxiety. _____ |
| 4. Ballet originated in the United States. _____ | 5. Hip hop dancing started in New York City. _____ | 6. Dancing only benefits the body, not the mind. _____ |
| 7. Scientists believe dancing helped early humans communicate. _____ | 8. Folk dances tell stories about history and values. _____ | 9. Dancing releases chemicals that make us sad. _____ |

C. Fill in the Blanks

Word Bank: expression, rhythm, emotions, celebrate, coordination, cultures, social

- Dancing is one of the oldest forms of human _____.
- Moving our bodies to _____ is a natural instinct we are born with.
- People dance at weddings to _____ special moments together.
- Dancing improves _____ by teaching muscles to work together.
- Different _____ around the world have created unique dance styles.

D. Comprehension Questions

- What do scientists believe dancing helped early humans do?
- Name two emotions that people express through dancing.
- How does dancing benefit our physical health?
- Where did hip hop dancing originate?
- Why do many schools now include dance in their programs?

E. Discussion Questions

- What is your favorite style of dance and why?
- How does music make you want to move your body?
- Do you think dancing is an important part of culture? Explain your answer.

Answer Key

A. Vocabulary: 1-a, 2-c, 3-f, 4-e, 5-b, 6-j, 7-h, 8-g, 9-d, 10-i

B. True/False: 1-T, 2-F, 3-T, 4-F, 5-T, 6-F, 7-T, 8-T, 9-F

C. Fill Blanks: 1-expression, 2-rhythm, 3-celebrate, 4-coordination, 5-cultures

D. Comprehension: 1. Communicate before spoken language; 2. Happiness, sadness, excitement; 3. Strengthens heart, improves coordination; 4. New York City; 5. Teaches discipline, teamwork, confidence