

# Benefits of the Performing Arts

## Self-Confidence

Taking risks in rehearsal and performing for an audience teaches students to trust their ideas and abilities. This confidence will apply in nearly every aspect of their future.

## Imagination

In a world addicted to technology, theatre provides an outlet for making creative choices, thinking new ideas, and interpreting the material in expressive ways that are the essence of drama.

## Empathy & Tolerance

Acting roles from different situations, time periods, and cultures promotes compassion and tolerance for others.

## Cooperation/Collaboration

Theatre combines the creative ideas and abilities from its participants.

## Concentration

Playing, practicing, and performing develop a sustained focus of mind, body, and voice which helps with other areas of life, including school.

## Communication Skills

Drama enhances verbal and nonverbal expression of ideas. It improves voice projection, articulation, fluency of language, and persuasive speech.

## Problem Solving

Students learn to communicate the who, what, where, when, and why to the audience. Improvisation fosters quick-thinking solutions, which leads to greater adaptability in life.

## Fun

Theatre brings play, humor, and laughter to learning; this improves motivation and reduces stress.

### **Trust**

The social interaction and risk taking in drama develop trust in self, others, and the process.

### **Memory**

Rehearsing and performing the words, movements, and cues strengthen this skill like a muscle.

### **Social Awareness**

Legends, myths, poems, stories, and plays used in drama teach students about social issues and conflicts from cultures past and present, all over the world.

### **Aesthetic Appreciation**

Participating in and viewing theater raise appreciation for the art form. It is important to raise a generation that understands, values, and supports theater's place in society.