

Think fast, build confidence, and have fun while learning the core principles of improvisation and bridging the gap between "Social Anxiety 101" and Acting 1. Students will play games, work together, read body language, and learn everything they need to have a stronger, less shaking-in-their-boots stage presence, both for public speaking and for any future forays into acting--all in an easygoing, positive environment. Sixth-graders are welcome!

#### **4 Reasons to Take Improv**

Although Acting: Improv might seem like simply a fun extracurricular activity, it actually teaches students valuable skills, including:

**Active listening:** In improv, you must listen fully to your partner and let him finish before interrupting—and your response must relate to what your partner said, not what you already planned to say. Good listening is the foundation of successful relationships. An active listener will learn more, understand better, and respond more effectively.

**Resilience:** The ability to spring back when things don't go your way is essential for mental health and success in any field. Improv helps students overcome perfectionism and fear of failure because they learn to work through every awkward moment, and in doing so find that they'll come out okay. The safe environment of improv class is the perfect chance to make mistakes and get messy—and laugh through it all.

**Confidence:** It's common for teens to feel uncomfortable and anxious in social settings. They're trying to fit in, so they often second-guess themselves and don't let their strengths shine through. As parents, we wish they could just be themselves. We know how lovable they are! Improv helps students get out of their heads and operate from their own personalities. Getting positive feedback for being themselves helps them become more comfortable with who they are.

**Creativity:** When students stay in the present, stay connected with others, and act from their own personalities, wonderful things happen. New possibilities spring from mistakes, humor flows, and creative ideas blossom.