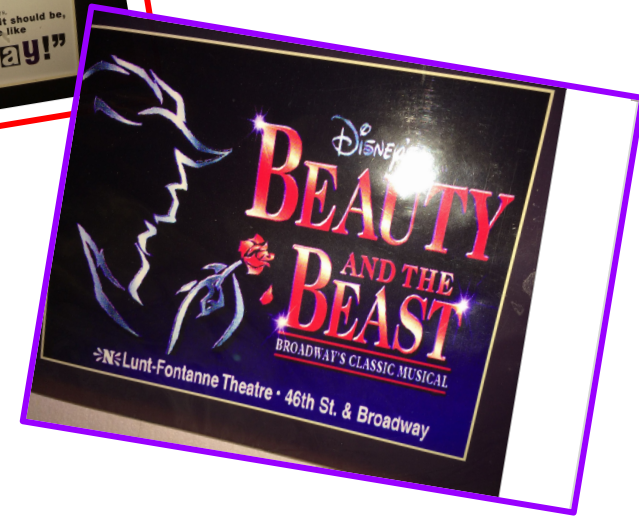
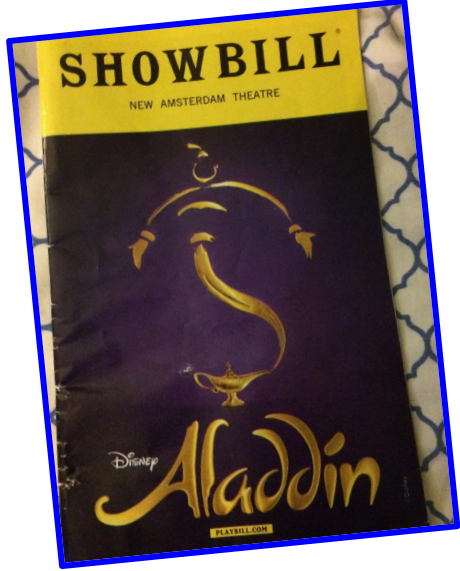


Amazing Theater

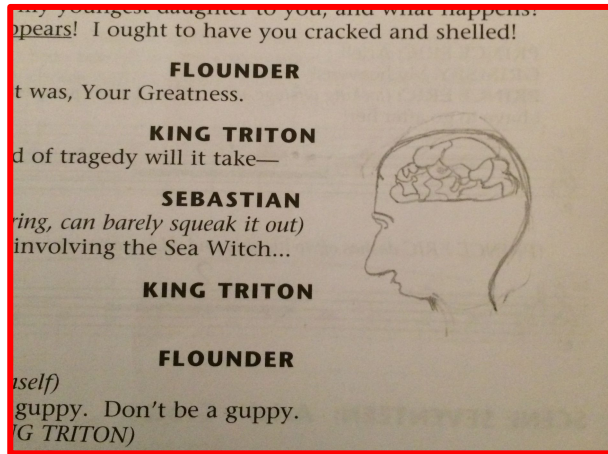
By: Sophie Zaldana



Some people get into theater arts because of a couple reasons. It may be because they need a little spark in their life. Maybe they just love the cameras and the spotlight on them. I think that theater arts can be good for your mental health.



One reason why theater arts can be good for friendship. I know from personal experience that by the end of the play some of the people in your cast can be your best friend or might even be a family member you didn't even know you had.



Theater arts can be good for your memory. According to *The Positive Impact of Theatre Education on Kids*, “In order to play a part you need to know your lines. The process of learning the words and movements for the stage increase our ability to strengthen and use our memory muscle.” I think that one of the hardest things to do is memorize when you come on and off the stage. Once when I was in *The Music Man* I had a line that I thought was confusing. I had the line in a book and I would read it right before I went on stage. According to *The Positive Impact of Theatre Education on Kids*, “Reading scripts and plays and practicing and performing them takes concentration and focus which transfers to all other areas of life, including school and sports.” I think this is true because when you’re reading a script, you’re always studying what it says and that transfers to school because it helps you with reading.



Theater arts can help build self-confidence. According to *The Positive Impact of Theatre Education on Kids*, “Learning lines, studying characters, practicing and performing all help to build character and confidence. The student learns to trust their own instincts, ideas and abilities which they take to all aspects of their lives including school, jobs, relationships and challenges.” When you’re reading a script from a book or a piece of paper, it’s already planned out for you so something you can do to help you speak normally is plan it in your head before you say something. I used to have stage fright and because of that I never really got big parts in the play. The first play I was in I only had one line and since then I’ve gotten better with stage fright and have more lines and bigger parts.



In conclusion I think that theater art should be in more schools and should be prioritized.