



# 36 Benefits of Acting Lessons For Kids & Teens



"Through theater and acting school, I found a way to articulate myself."

-Adam Driver

## How Do Acting Classes Benefit Kids and Teens?

Acting classes build skills that promote success in school:

#1

Reading Skills

Basic skills learned in acting class support academic achievement

#2

Listening Skills

#3

Focus

#4

Improved Memorization





## Acting classes support success in the workplace:

Teamwork

Ability to work under pressure

Presentation Skills

Professionalism

Work Ethic

Flexibility

Self-Discipline

Objectivity

Acting training supports improved communication skills:

Speech

Improved body language

Appreciation for rehearsing

"Yes, and..."

Public speaking

General communication skills

# Acting supports a happier social life

Confidence

Friendship

Improved  
social  
skills

Charisma

Community

Fun!

Ease with  
all ages

Poise

Art &  
culture

Acting  
supports  
emotional  
intelligence

- \*Empathy
- \*Vulnerability
- \*Access to emotions
- \*Creativity

# Acting Class Develops Resilience



Perseverance

Problem  
solving

Persistence

Physical  
fitness

And of course...

You learn how to  
**ACT!**

