



## **RIVERSIDE THEATRE DRAMA WORKSHOPS**

For those with Special Needs, increasing one's comfort level is where theatre therapy provides the opportunity to stretch and grow by expanding life and social skills. The theatre has three aspects singing, acting, and dancing.

### **The benefits of drama and play**

- Drama builds confidence. ...
- Drama helps concentration. ...
- Drama helps develop language and communication skills. ...
- Drama encourages those to cooperate. ...
- Drama supports numeracy skills and spatial awareness
- Drama helps those to understand the world around them. ...
- Drama develops emotional intelligence. ...
- Drama assists physical development
- Develops creativity and nurtures friendships
- Helps manage anxiety by teaching coping skills in unfamiliar surrounds
- Also decreases aggression

And best of all increases HAPPINESS!

