

10 Developmental Benefits of Bravo!

1. **Friendship**
 - a. Participation in group singing, dancing or drama creates friendship bonds instantly.
2. **Physical Coordination & Strength**
 - a. Dance helps children develop spatial awareness, build strength & coordination.
 - b. It also encourages an active life-style in a fun way.
 - c. Singing improves cardio-vascular health.
3. **Creativity & Self-Expression**
 - a. Dance provides an emotional outlet to express feelings through body movement.
 - b. Acting and drama games encourage imagination and creativity. They also allow students to express a range of emotions and encourage them to understand and deal with similar feelings they may be experiencing.
4. **Happiness**
 - a. Singing and dancing are both anti-depressants.
 - b. Drama brings elements of play, humor, and laughter.
5. **Reduced Stress**
 - a. Singing, Dancing, and Drama have a way of encouraging participants to let go of worries and enjoy the moment. All have been known to reduce stress.
 - b. Bravo! is a non-auditioned class, focused on exploring the arts and developing talents and skills in 3 areas. Emphasis is on enjoying the journey, not on the final performance.
6. **Academic Success**
 - a. Musical activity stimulates nearly every region of the brain. The studies that link music with academic success are endless.
 - b. Dance connects the body to the mind, helping children learn deeply and meaningful.
7. **Empathy & Social Awareness**
 - a. Understanding characters and roles helps students relate to different situations, backgrounds, and cultures. It fosters compassion and tolerance for others.
 - b. Music encourages emotional connection with an age appropriate song message.
8. **Focus & Attention Span**
 - a. Learning to sing requires significant levels of attention & concentration.
 - b. Dance also requires your full focus and to be present in the moment.
9. **Self Confidence**
 - a. Aspects of performing arts, especially improvisation, help young people to understand how to appraise situations, think outside the box and be more confident going into unfamiliar situations.
 - b. Courage and confidence are required to perform on stage in front of an audience.
 - c. Bravo! Instructors help create an encouraging environment that turn each class into a positive, constructive experience.
10. **Positive Role Models**
 - a. Each Bravo! Class is assisted by 1 or more teens from Forte! or Treble Show Choir.
 - b. TCYC is picky about who we hire. Bravo! teachers love kids and are exceptional at what they do. They are under contract to be respectful and expect students to be the same.