



Performing Arts

with Rachel Cathey



Why Performing Arts?

The performing arts encourage children to explore their **emotions**, expand their **imagination**s, and help them develop their own, unique **voices**. Each discipline of drama, music, and dance engage a child's **brain**, **body** and **emotions** in different ways to encourage their **confidence** and find joy in **self-expression**.



What Does that Really Mean?

- Builds CONFIDENCE
- Develops SELF EXPRESSION
- Strengthens COLLABORATION
- Teaches EMPATHY
- Increases ACADEMIC ACHIEVEMENT
- Enhances COMMUNICATION
- Improves QUICK THINKING SKILLS
- Helps to master ANXIETY
- Find NEW EMOTIONS
- Soaring SELF-ESTEEM
- Expands WORLD VIEW
- Learn LIFE SKILLS



How Does that Benefit My Child?

Involvement in the arts is associated with gains in math, reading, cognitive ability, critical thinking, and verbal skill. Arts learning can also improve motivation, concentration, confidence, and teamwork.



Closing the Gap

The children of affluent, aspiring parents generally get exposed to the arts whether or not public schools provide them. Low-income children, often, do not. "Arts education enables those children from a financially challenged background to have a more level playing field with children who have had those enrichment experiences," says Eric Cooper, president and founder of the National Urban Alliance for Effective Education.

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Mn State Standards

The Minnesota K-12 Academic Standards in the Arts include five arts areas: dance, media arts, music, theater, and visual arts.

Students build artistic literacy by applying foundational knowledge and skills while working in four processes fundamental to the arts:

Creating, Responding, Performing, and Connecting



What Happens in Performing Arts?

- Activities that involve drama, music, or movement (often more than one).
- Warm-Up: Activity to activate body and/or mind.
- Exploration: May include new vocabulary, creative thinking, group discussions, new concepts, review, etc.
- Drama Games: Typically some type of improv game or similar activity that gets young performers working together, moving, talking, creating, and using drama skills.
- Collaborations with homeroom teachers to incorporate academic topics into the arts curriculum. Cross-curricular teaching provides students with a deeper and stronger understanding of their learning.



Specialist Schedule

- Classes are 30 minutes long.
- Students are on a Week A/Week B rotation.
- A student will have Performing Arts and Extra Recess every day for one week and then switch to Visual Arts and Phy Ed every day for one week.
- Each specialist teacher has ten groups of students each day.



How Can You Help?

Looking for things like:

- Costume pieces (especially things like cowboys/girls, explorers, wings, hats of all kinds, animals, military or police, farmers, zoo keeper, things that are gender neutral, artists, mechanic, spelunker, etc. Any size could work.)
- Baby dolls
- Little toy animals
- Play kitchen items
- Any kind of random item that might be used creatively to tell a story (pool noodles, spatulas, winter scarves, old phones, skeletons, rubber chickens, random stuff you'd find at Ax-Man Surplus, etc.)

Just in Case You Wanted to Know

- Elementary Ed teacher for over 20 years
- Began dancing at the age of 2
- Began violin at the age of 4
- Actor on local stages for over a decade
- Youth theatre director for 8 years
- Choreographer
- Published author
- Mother, aunt, and grandmother
- Animal and nature lover
- So excited to be a part of the SLP Northpoint family!

