



Performing arts provide a fun way for children to gain confidence, practice language skills and explore their world. Spotlight Studio provides playful experiences for children to engage in dramatic play by watching and interacting within a performance, storytelling and even puppet shows. There are so many positive developmental outcomes and skills supported through artistic expression.



**Social Emotional Development:** Young children begin to express feelings and emotions at an early age as a way to communicate with others. As children mature and develop they build skills in self-regulation and social interactions that continue to develop over time. Providing opportunities for child to engage with positive social exchanges between others can foster self-confidence, a positive self-image, and establishing healthy relationships with peers, family, and community members.



**Language Development:** Dramatic play provides opportunities for children describe how they are feeling and begin to understand how to use language to communicate with others. Children can use puppets and other props to share feelings of happiness, sadness, anger, or excitement and pretend or role play situations or people they have observed in their environment.



**Physical Development:** Performing arts provide opportunities for children to engage their motor and coordination skills. Many activities begin with a physical warm up to prepare the body for movement and acting out different characters. Throughout a performance, children learn to coordinate and control their movement around the stage space through different scenery, props, and other performers. Moving and carrying props requires fine and gross motor engagement as well. In musical theater, children engage in dancing, singing, and acting all in one performance.

Excerpt from The Alliance of Early Childhood Spring/Summer 2020 newsletter, *Social Emotional Learning Starts with Us*. “First we need to teach children the various emotions they will encounter in everyday life and model how we navigate through them ourselves. Some positive emotions we experience are happiness, excitement, pride, gratitude and interest. Everyday emotions that can be difficult include sadness, worry, fear, nervousness, and embarrassment”. <https://theallianceforec.org/newsletter-archive>

## Things to Try at Home

**Puppets:** Puppets are a great way to introduce children to feeling words like *happy*, *sad*, *angry*, and children will sometimes talk to puppets about their feelings. Puppets can also help in discussions about challenging topics, like getting to bed on time.

**Dress Up Clothes or Props:** Many children enjoy putting on clothes and take on another personality (chef, doctor, mother, father, fireperson) all you need to do is supply a basket of clothes that children can use to make costumes, they will use their own imaginations to transform it into whatever they want.