



How acting helps your wellbeing

Acting makes a child more physically active: a lot of kids decide at an early age that sports aren't for them. Performing can be a good alternative to physical activity. Between dance choreography, blocking during rehearsal, building sets or just goofing off with fellow actors, acting definitely gets a child moving.

Acting usually comes with singing and I know that most of my friends will say that "Ohhh I can't sing to save my life!" What I have to say to this is that it has been scientifically proven that everybody can sing if they learn and train their voice to make it sound nice, you have to use your diaphragm to help you get to those higher notes.

I would recommend acting or doing LAMDA because I have been acting for three years and in my experience acting has helped me a lot in the way that my self-confidence has gone up so much and I have the courage to talk to more people, and question and interact with people. Since I have started acting it has been my favourite thing in the world. My dream is to be on the West End or even Broadway.

In conclusion, I would recommend you trying drama, acting, or LAMDA. If you are having a bad day try reading out a scene from the happiest play on earth. When you're done tell me and you will thank me and I'll say to that: YOU'RE WELCOME :)

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