



Social/Emotional and Executive Functioning Skills Development

**Teen Girls-Only Improvisational Play Classes  
Ages 13-18**

NEW SESSION BEGINS!

◆ **APRIL 11, 2019**

Thursdays, 5:15 PM

Hootenanny Art House

**Park Slope**

Laughing in Improv with Female Teen Intensity

As the parent of a now fully-grown daughter, I have experienced firsthand the bumpy road that begins in middle-school and continues throughout high school. Teenage girls are not only trying to figure out who they are in a world separate from parent ownership, but where they fit in their own school's social hierarchy. They are navigating all of this while hormones surge. No easy task.

Self-acceptance, healthy self-criticism and the ability to laugh at oneself are essential to achieving self-confidence. The theater games used in improvisational play allow social/emotional skills practice to be fun and meaningful because players have the freedom to use their own ideas. The topics that arise during their improv scenes belong solely to the players. Their perspectives are their own. The laughter that ensues is their reward for sharing parts of themselves that are relatable to others.

This success of using shared laughter and theater games to help develop a stronger sense-of-self is what compelled me to start teen girls-only improv classes.

**I hope your daughter will join us in the laughter!**