

# ***Why does Theatre Matter?***

**Theatre is part of what makes us human.**

We see this expressed in children when they act out real or imagined characters and events. We have evidence of theatre-like rituals in some of the oldest human societies; It is a basic human instinct to act out stories.

**Theatre brings people together.**

In an age when most communication happens in front of a screen or on a computer Theatre gives us an opportunity to share an important experience with others. Sharing laughter or sorrow can bring great emotional benefits to us all.

**Theatre teaches us about human motivation and psychology.**

When we watch a play, we learn what happens when conflicts don't get resolved, and what happens when they do. We develop our faculty for imagining the outcomes of various choices we might make in our personal lives and our political lives

**Theatre teaches us about ourselves.**

Watching a Performance influences the way we think and feel about our own lives and encourages us to take a hard look at ourselves, our values, and our behavior.

**Theatre allows us to face our fears in a safe environment.**

Aristotle wrote of the value of Catharsis, which was his term for an emotional release of emotions, particularly the negative emotions of Pity and Fear. According to psychoanalytic theory this emotional release is linked to a need to resolve unconscious conflicts in order to be at peace with oneself.

**Theatre allows those with ability to showcase their creativity and talent.**

Watching a performance also helps to develop our own imagination and creativity.conflicts

**Theatre allows us to escape into other worlds and takes us away from our everyday worries and insecurities.**

**Theatre enriches every aspect of our lives!**