Name _____

Express Yourself: The Magical Impact of Arts on Teenagers' Emotions

Short Answer

1. How can music help teenagers connect with their emotions and find relief?

2. Describe how theater allows teenagers to step into different perspectives and enhance their emotional intelligence.

3. How do visual arts, like painting and drawing, provide a therapeutic outlet for teenagers?

4. Why are the arts considered a form of stress relief for teenagers facing challenges?

5. Why is it important for teenagers to have access to appropriate support, even when they engage in creative activities?

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