

# **THE BENEFITS OF IMPROVISATION**

## **for the Adult Education Classroom**

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- Team building, listening and effective communication
- Enhances ability to embrace and deal skillfully with the unexpected
- Lessens stress
- Builds strong bonds among diverse groups
- Develops leadership
- Enhances creativity
- Supports risk-taking and lessens fear of failure
- Relates to everyone as responsible builders of the learning environment
- Makes use of the unexpected in a way that supports pedagogical goals
- Increases focus
- Offers a structured way to have fun and release energy
- Helps teachers more effectively attend to individual learning styles while working with the whole group