

THE ART ADVANTAGE:

How Creative Learning Shapes Smarter, Healthier Students



Soft skills like communication, empathy, collaboration, and problem-solving are essential when talking to administrators and leaders because they shape how teams work together and how learning environments feel. These skills help teaching artists build trust, listen deeply, and respond thoughtfully to the needs of students, staff, and families. They also make it easier to manage change, resolve conflicts, and guide teams toward shared goals. When teaching artists model soft skills, they create a culture where creativity, respect, and cooperation thrive. Understanding and valuing these skills can transform schools into places where both people and ideas grow.

Teaching Artist Toolkit: Why the Arts Matter



Reduces Stress:

Just 45 minutes of creating art can lower stress hormones by about 25%.



Improves Mental Health:

Many people say the arts help them cope with tough emotions and feel happier.



Academic Excellence:

Students in strong arts programs often earn higher test scores and stay more engaged in school.



Confidence:

Trying new creative projects builds self-belief and resilience.



Communication:

Art helps us express ideas, feelings, and understand others better. Group projects, theater, and music teach teamwork and problem-solving.



Problem Solving & Critical Thinking:

Creating art teaches how to make decisions, evaluate options, and think deeply.

*Final Reminder:
The Arts are essential*

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