



RAIS NEWS

..... a caring community

"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." - Colossians 3:13

5 Ways to Overcome Stage Fright

Feljan Hanna Tejada

Think Positively— As simple as this tip sounds, it works. When you become nervous before a performance, remind yourself of the talent you possess. Reflect on memories that make you happy, including previous performances. Imagine an excited audience ready to applaud your skills and remind yourself that they aren't there to count the number of mistakes you make. By taking comfort in positive thoughts, you'll gain confidence to aid you on stage.

Don't Dwell— It's one thing to focus on everything that is going right, but all too often performers allow wayward negative thoughts and needless worries to plague their mind and performance. If you make a mistake, don't dwell on it. Your frustration may cause you to make more errors, leading to greater stress. Also, while on stage, don't preoccupy yourself with outside stresses. If something in your life is pressing, try to take care of it prior to the performance.

Prepare Properly— Routine creates familiarity and familiarity brings comfort. So, establish rituals that put you at ease before you go on stage, and that make you feel comfortable, whether they include a slow-breathing exercise, mingling with audience members, or taking a walk. Proper preparation also includes plenty of practice, getting enough sleep, and staying healthy in order to have the energy for a successful performance.

Go to the Tape— Another way to prepare for a performance is to tape yourself. Aside from being a great practice tool and one of the best ways to judge your progress, the act of taping might make you nervous enough to realize what areas of technique might fail in a performance. Once you have identified the problem areas, try to find solutions or devote extra time to them in practice.

Start Small— If you're lucky enough to have been asked to perform for a large audience, and especially if you're new to performing, nerves will be inevitable. Dip your toes into the water by playing at small, friendly venues first, such as an open mike night at a coffee shop or as a guest player in a larger group.



Pathfinder Camp 2017-2018

School camps are fun yet challenging for a range of reasons. One reason is teaching them values like positive relationships, cooperative learning, and achieving goals. It is also a time when teachers' get to know their students' in an environment outside the classroom. It is fun to watch the students involved in different activities. Everyone involved have a positive experience. This is because a lot of preparation is done to ensure students' feel supported, secure and challenged. At the beginning some students' are hesitant to participate, but as time goes by I saw almost all were quite willing. I felt it is a great opportunity to boost their confidence. It is also a time during which a lot of team building happens. Teams work together cooperatively to achieve their goals.

All this and much more happened during our Pathfinder camp last week.



By: Mrs. Sudha Ebenezar