

THEATRE OF THE BEAT

Staging Change since 2011

INTRO TO MENTAL HEALTH & TRAUMA FIRST AID

Theatre Workshop for Youth



WHO IS TOTB?



Theatre of the Beat is a Canadian touring theatre company. Since 2011, we have been staging change across the globe by creating original social justice theatre and workshops for underrepresented populations. We have performed over three hundred shows in theatres, festivals, churches, high schools, universities, and prisons across Canada, the United States, and Europe.

TOTB knows that authenticity is key when working with young people. Therefore, we believe our approach to teaching youth about mental health should be engaging and genuine in order to actually make an impact. This is why we leverage the power of theatre and use it as a learning tool. Our unique approach is hands-on and interactive, allowing students to absorb important topics in a more experiential manner.



TOTB FACILITATOR HIGHLIGHT



Kimberlee Walker is a social worker, actor, and Applied Theatre facilitator. After graduating from the University of Waterloo's Peace and Conflict Studies program with a Drama minor, Kimberlee became a founding member of Theatre of the Beat in 2011.

PAST WORKSHOP REVIEWS

"The engagement of the students...coupled with the strength and depth of the material was impressive and inspiring."

-Jane Schultz-Janzen, Safe & Healthy Schools Consultant
Waterloo Region District School Board

"If you who are serious about equipping your community with practical, compassionate skills needed to mitigate harm, and support mental health, I would truly recommend this workshop."

— Johnny Wideman, Executive Director of Willowgrove

LEARNING GOALS

Participants will learn how to:

- Practice self care & healthy boundaries
- Involve professionals / school staff in an emergency
- Recognize signs of trauma & mental health concerns in themselves, their friends, and peers
- Give trauma informed care to peers experiencing anxiety and depression (once students decide they have the capacity / ability to help)

ACTIVITIES

- Discussion of the 4 R's of Trauma Informed Care (Realize, Recognize, Respond, Resist Retraumatization)
- Grounding & meditation techniques
- Partner activity exploring personal boundaries
- Movement exercise on the Window of Tolerance
- Creation of scenes to help students "rehearse for the reality" of responding when a peer has a mental health concern. Use of Augusto Boal's Forum Theatre to allow audience to give alternate suggestions & act them out.

EXAMPLES OF CURRICULUM GOALS COVERED

- Arts (Grade 9/10) - use role play and characterization to explore personal and social issues (A1.3)
- Arts (Grade 11) - use forum theatre (A1.3, A3.1, A2.2)
- Arts (Grade 12)- use forum theatre (B3.1)
- Arts (Grade 9/10) - communicate understanding of the ability of the arts to contribute to social change (B2.2)
- Health (Grade 11) Demonstrate the ability to develop and implement a personal wellness plan (B2)
- Health (Grade 11) Demonstrate the ability to influence and support others in making positive health choices (C3)

REQUIREMENTS:

TIME:	1.5 hrs
DRAMA EXPERIENCE:	None
SPACE:	Empty space with chairs
PARTICIPANTS:	Approx. 10-30
AGE RANGE:	Teen - Adult
INSTRUCTORS:	1 Facilitators / 30 participants
PRICE:	\$350
30+ PARTICIPANTS:	+\$125 to cover additional facilitator

Price is flexible; we can make accommodations to help overcome financial barriers.

BOOK A WORKSHOP:

EMAIL:

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theatreofthebeat.ca