

THE PROGRAM AND THE TEACHERS

"Sara's focus on student-created performance dealing with social justice issues is a perfect fit with my school community. Sara's forum workshop is a powerful art form that benefits students in myriad ways, and moves far beyond the typical Drama curriculum. Her approach is inspiring and motivating."

*~ Heather Galambos, High School Drama Teacher,
Ursula Franklin Academy*

SARA ESCOTT MEd, BFA, MBSR



Sara has been facilitator and educator for over 15 years. She is the co-director of In Forma Theatre (iftheatre.org), a community-based arts and education company in Toronto. Her work is grounded in the theory and practice of community-based transformation

and peace-building. Sara has a Masters in Adult Education and Community Development (OISE/UT), and an Honours BFA in Theatre Directing (York University). Sara is a qualified instructor for MBSR (Mindfulness-Based Stress Reduction) and SMART (Stress Management and Resilience Techniques). She facilitates mindfulness programs to adults, youth and children in community and educational settings.

REBECCA NICHOLSON, BFA, Certified Yoga Teacher

Rebecca is a graduate of the York University Acting Conservatory, and has worked extensively in the theatre and film world in Toronto and Vancouver. In search of more mindfulness, she completed her 250 hour certified yoga teacher training, and is recognized by The Yoga Alliance.



She also completed her prenatal and postnatal yoga training while she was pregnant with her second son. She now teaches public, private, corporate classes and also runs her own online yoga business. As a yoga instructor and actor, Rebecca understands the deep importance of breath/body connection, awareness and becoming more grounded.

Mindfulness Everyday, a registered Canadian Charity # 83693 3507 RR0001, provides Stress Management & Resiliency Techniques for Teens, based on the principles of the MBSR (Mindfulness-Based Stress Reduction) Workshop program created by Jon Kabat-Zinn at the University of Massachusetts Medical Centre in 1979.



Mindful or Mind Full

*Mindfulness is paying attention
to the here and now,
with kindness and curiosity
so we can choose our behaviour.*



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*You can't stop the waves,
but you can learn to surf*

Jon Kabat-Zinn



SPECIALIST HIGH SKILLS MAJOR - ARTS AND CULTURE SECTOR: THEATRE FOR SOCIAL CHANGE

4 MODULE APPLIED THEATRE &
MINDFULNESS-BASED CERTIFICATE PROGRAM

*There has never been a more important time
to engage in the issues that our planet
and populations are facing.*

*These modules help students develop
arts-based skills and techniques to express
their unique student voice while making
meaningful connections to current social
movements.*

SHSM — Arts & Culture Certificate Program, Including Engaged Mindfulness

Theatre is a form of knowledge; it should and can also be a means of transforming society. Theatre can help us build our future, rather than just waiting for it.

~ Augusto Boal

CERTIFICATE PROGRAM

The program offers a variety of options as per the Ministry requirements of 4 electives in the SHSM Arts and Culture Program Sector.

The program is composed of 4 Modules:

1. Social Change and Applied Theatre
2. Theatre, Awareness & Resiliency
3. Collective Creation
4. Forum Theatre

CORE MODULES

Each module actively engages students in an experiential method that can provide them with a skill set relevant to career opportunities in the arts and culture sector.

The program uses applied theatre and mindfulness-based skills and practices, communication and relationship building with self and others, as well activities exploring social change. Each module is delivered in a 3-hour period with a 15-minute break to a maximum of 30 students, customized to accommodate school schedules.

Theatre is Mindfulness. Mindfulness cultivates a skill set that supports self-awareness, self-compassion, authenticity, mindful speaking, deep listening, attention, and empathy. These skills are embedded in the Theatre for Social Change approach.

FEE PER MODULE INCLUDES:

- COURSE WORKBOOK AND HANDOUTS
- IN-CLASS EVALUATION
- CERTIFICATE OF COMPLETION

MODULE 1: SOCIAL CHANGE AND APPLIED THEATRE

What is social change and social justice? Why are they important? How can theatre be used to deepen our exploration of social issues and our role within them? Students will explore how to engage with socially relevant issues using applied theatre techniques.

MODULE 2: THEATRE, EMBODIED-AWARENESS & RESILIENCY

In this module students will use Image Theatre, a non-verbal theatre technique composed of a series of physical movements and games designed to uncover essential truths about society, culture, and the self. Students will also explore self-care and connections to the world at large through theatre and engaged mindfulness.

MODULE 3: COLLECTIVE CREATION

What does it mean to be a part of a collective, working towards a shared goal? What are the barriers of open communication and solidarity building? Using theatre and movement, students will engage in collaborative creation, team building and interpersonal communication.

MODULE 4: THEATRE OF THE OPPRESSED: FORUM THEATRE

Forum Theatre is a theatrical style from the 'Theatre of the Oppressed'. In this well-established interactive form of theatre, a conflict or problem is identified and dramatically presented by a group of actors.

The audience is then invited to engage in collectively brainstorming solutions or steps towards change. Students will engage in a Forum Theatre creation process and explore how this interactive art form can be used for positive social change.

OVERALL PROGRAM GOALS

Theatre for Social Change uses applied theatre, movement, mindfulness, and the Theatre of the Oppressed, to explore social change on personal, community, and global levels.

The program aims to promote inclusion through interactive team-building to:

- **Offer** a safe and dynamic way for students to explore issues they are experiencing as individuals and as a group, and to identify ways to change the narrative
- **Develop** critical thinking through theatre and exploration of social justice topics
- **Empower** students to be positive agents of change
- **Build** self-confidence and student-voice
- **Provide** arts-based tools to engage with social issues
- **Teach** specialized theatre techniques
- **Cultivate** resiliency through mindfulness and arts-based approaches
- **Support** emotional regulation & resiliency
- **Encourage** empathy, compassion and a sense of community

