



SUITCASE THEATRE

**BUILDING CONFIDENCE
AND KINDNESS THROUGH
CREATIVITY SINCE 2008**

WWW.SUITCASETHEATRE.COM

LED BY PROFESSIONAL ARTS EDUCATORS, OUR WORKSHOPS PROMOTE MENTAL HEALTH AND WELL-BEING. THROUGH CURRICULUM LINKS, STUDENTS LEARN ABOUT COLLABORATION, COMPASSION AND BUILD CONFIDENCE.

HALF-DAY WORKSHOP \$249. DISCOUNTS FOR SCHOOLS THAT BOOK MORE THAN 8 WORKSHOPS.

DANCE YOUR WAY JK-GRADE 8

"Dance Your Way" is a movement workshop that promotes positive body image, encourages mental health and well-being and celebrates personal creative expression. There's no choreography, no front or back, no left or right - and no judgement. Super simple steps coach mindful movers to connect with their body and unite with music from around the world. The 2.5 hour workshop links with curriculum concepts of body, space, time, energy and relationships. Children will be able to express their authentic style and celebrate their individuality. This is creative movement for everyBODY - all ages, abilities, and experience levels welcome. The workshop includes conversation about self-expression and students build confidence through improvisation. Participants perform throughout the workshop and are encouraged to share in a closing circle of reflection.

CONFIDENCE CREATES CHARACTER GRADES 2- 8

"Confidence Creates Character" offers students a safe space to express themselves. Students explore strategies to approach difficult social settings by developing skills to alleviate anxiety, deal with peer pressure and handle bullying. The workshops helps to build character and self-confidence through a series of guided interactive role playing scenarios. Learning coping skills to manage potential situations is empowering and each workshop is geared to age appropriate scenarios.

EMOTIONS IN MOTION JK - GRADE 2

Focusing on well-being, mental health and helping children interpret the world around them, "Emotions in Motion" opens the dialogue for feelings, treating friends fairly and learning coping skills that are age appropriate. Through play-based learning centres, hands-on activities, role playing, dramatic expression and puppetry, children learn how to treat themselves and others with respect, identify feelings, foster greater self-awareness and better manage situations that can be difficult. Volunteer or older

**FOR MORE INFORMATION
PLEASE CONTACT**

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OR CALL 647-654-7529.**

**VIEW ALL CURRICULUM LINKS AT
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WHAT A FEELING! GRADES 3-6

Playing with concepts of action, space, time and energy will help workshop participants to move themselves... and each other! "What a Feeling!" encourages the healthy expression of feelings, providing students with movement-centred tools that help process and interpret emotions. By understanding the connection between self-awareness and the physical body, students will work collaboratively to articulate feelings through music and dance.



#LOL GRADES 5-8

Students are bombarded daily with serious and sometimes frightening issues. Technology sits still for no one, creating short attention spans and false senses of urgency. Discovering a sense of humour goes a long way in discovering our sense of self and coping with anxiety and stress. This workshop helps participants unplug, lighten up, stretch imaginations, and learn to find the humour in everything.

"THE STUDENTS EXCITEMENT SPOKE VOLUMES ABOUT THE QUALITY OF THIS WORKSHOP. I RECOMMEND IT TO ALL OF MY COLLEAGUES."

WE'VE GOT TALENT GRADES 2-8

"We've Got Talent" is an interactive workshop focusing on the basics of singing, connection and collaboration. Students are encouraged to tap their inner performer, building confidence in their ability to learn and perform, both with and in-front of others. Participants also practice active listening and taking turns as they learn about the voice as an instrument and the body as a means of expression.



SPEAK YOUR MIND GRADES 5-8

"Speak Your Mind" is a collaborative, hands-on workshop introducing students to Spoken Word Performance. Equal parts writing and performance, students will learn to express themselves in a creative and healthy way, addressing themes such as self-confidence and staying true to oneself. Students will walk away feeling empowered to create and perform their own spoken word piece.

"THE WORKSHOP WAS EXCELLENT. THE STUDENTS HAD A REALLY GREAT TIME AND WERE VERY ENGAGED. IT'S ALWAYS GREAT TO HAVE NEW AND EXCITING ACTIVITIES PLANNED FOR THE STUDENTS."

"I WOULD HIGHLY RECOMMEND THIS PROGRAM TO ANY TEACHER. THE CONTENT WAS RELEVANT TO THE CURRICULUM AND IT WAS A DEFINITE ASSET TO MY DRAMA PROGRAM. THANKS SO MUCH."

SUPERKIDS! GRADES 1-3

Be a SUPER KID in this workshop designed to foster friendships, peace and safety. The five activity centres encourage self-worth and problem-solving through role-playing, dress-up, drama, music, art and discussion. We talk about when you should call 911 and who you can turn to if you need help when you are hurt or feeling sad. The activities also encourage taking turns, respect and independent thought. Every student makes a heart necklace and receives a special message from a friend at the end of the workshop because a friend in need, is a friend indeed. Volunteer or older student assistance is required.

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