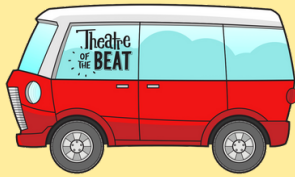


THEATRE OF THE BEAT

Staging Change since 2011

WHO IS TOTB?



Theatre of the Beat is a Canadian touring theatre company working to catalyze conversations on social justice and its intersection with the beliefs of the communities in which we find ourselves.

There are two versions of our Safe Hands workshop. The first is for high school students, which explores topics of consent, boundaries, and power imbalances. In 2023, we took a simplified version of the workshop to folks with developmental disabilities from Community Living and Canopy Support Services. It was such a success that we are now offering this new adaptation of the workshop for elementary school students.



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] Safe Hands workshop was informative, interactive and engaging. Theatre of the Beat took a complex topic and simplified it through visuals, movement and role play. Our clients are now able to take the skills they learned from this workshop and apply them to everyday life. We look forward to working with Theatre of the Beat in the future and exploring the other workshops they have to offer.

— Brandy Wotten, Adult Protective Service Worker
Canopy Support Services

SAFE HANDS



Consent & Healthy Boundaries Theatre Workshop
For Grades 1-5



DESCRIPTION & LEARNING GOALS

Participants will:

- Build communication skills: saying "no" and hearing and accepting "no"
- Explore different ways to say "no" – verbal and non-verbal, body language
- Understand consent and how to check in with personal boundaries in regards to activities, touch, topics of conversation
- How to identify safe and trustworthy adults



ACTIVITIES

- An energetic drama-based warm up
- Movement game exploring personal space
- Interpreting "yes" or "no" signals by observing examples of body language
- Role-playing saying "no" to a friend and processing emotions when hearing "no"
- Exercise exploring consent around touch
- Exploration of positive vs. negative emotions to help identify when you feel safe around someone

REQUIREMENTS:

TIME:	1 hr
DRAMA EXPERIENCE:	None
SPACE:	Empty space with chairs & WiFi
PARTICIPANTS:	Approx. 10-30
AGE RANGE:	Grades 1-5
INSTRUCTORS:	1 Facilitator / 30 Students

PRICE:

BASE:	\$350
30+ PARTICIPANTS:	+ \$125 to cover additional facilitator

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

BOOK A WORKSHOP:

EMAIL: info@theatreofthebeat.ca

Questions? Email us to set up a consultation so we can tailor the workshop to the needs of your group!



(647) 622-2328



info@theatreofthebeat.ca



theatreofthebeat.ca