Overview:
Positive mental health is important for everyone. We associate stress and worry with the adult world and assume as adults we know how to deal with it. What about children? We presume they are not affected by such things but we could be mistaken. We need to educate children to be able to vocalise and articulate if worries and stress occur. Tron Participation has created an exciting program of work to allow participants to explore the issues surrounding physical, emotional and mental health in an interactive and fun way.

Using puppets, storytelling, mime and frozen tableau techniques, participants will develop drama, team work and confidence skills as well as exploring these tough issues in a fun and safe environment.

We suggest following the whole 6week program to benefit from all areas covered however these workshops can stand alone as one off sessions.

Aims:
- Explore physical, emotional and mental health in an interactive and fun way
- Increase participants drama skills
- Increase confidence and teamwork skills

Objectives:
- Using drama as a vehicle participants will explore a different issue each week that could be relevant to them
- Use drama techniques such as mime, frozen tableaux, storytelling to increase skill set of participants
- Through participation children will work in teams, present ideas and speak out in-front of the group

CfE Experiences and Outcomes:
- I value the opportunities I am given to make friends and be part of a group in a range of situations. HWB 0-14a
- I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication. HWB 0-45b
- I am aware of and able to express my feelings and am developing the ability to talk about them. HWB 0-01a
- I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them. HWB 0-02a
- I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available. HWB 0-06a
- I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances. HWB 0-03a
- I understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to. HWB 0-44b
- I have experienced the energy and excitement of presenting/performing for audiences and being part of an audience for other people’s presentations/performances. EXA 0-01a
- I have the freedom to choose and explore how I can use my voice, movement, and expression in role play and drama. EXA 0-12a
- Inspired by a range of stimuli, I can express and communicate my ideas, thoughts and feelings through drama. EXA 0-13a

INDIVIDUAL WORKSHOPS MAY TOUCH ON MORE EXPERIENCES AND OUTCOMES BUT THIS GIVES A GENERAL OVERVIEW FOR THE PROGRAM

Booking details:
6x 1hour workshops delivered in your venue
A specialist drama tutor delivering each session
All props and materials needed for each workshop
Pre and post workshop lesson stimulus/ideas

To book this program of work or to find out more information contact;

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