

Thrive and Survive

EDUCATIONAL THEATRE PROGRAM EXPLORING STRESS AND COPING

Pack your luggage and journey to the most adventurous place in the world...the mind. This comical performance explores the environment of the teenage mind. Just as we need to survive in the outer world, students are given skills to deal with the obstacles in their inner world.



In the last two decades, child and adolescent mental health has become a major public health concern. Developed in response to a rising need for an age appropriate program, Thrive and Survive is a pro-active approach to tackling life's issues, particularly in the area of family conflict, life transitions, exams and coping with stress.

Thrive and Survive is all about encouraging positive and open mindsets towards challenges that exist in the lives of 13-15 year olds. The program aims to assist young people to take control of negative thought patterns and turn difficult situations into learning experiences. Through interactive performance this program will:

- Give students insight into the emotional functions of their mind
- Model how obstacles can be turned into adventures
- Show how to mentally navigate between home and school life
- Provide insight into the challenges of study and exam pressure



Delivery

50 minute educational theatre presentation. Artists require a 6 x 4 m stage area. As part of this program your school will receive a consultation assessing your individual needs, the 'survival kit' resource and comprehensive, easy- to-use teacher notes.

\$6 per student + GST (price based on minimum of 140 students)

To introduce your school to our Health & Well-being programs any Thrive and Survive booking made in 2010 will receive a 10% discount