

EQ Theatre

Overview

Recent studies show that imagined struggles can be as impactful and growth inducing as real struggles. Furthermore, children who empathise with the characters they play or watch will learn and grow from those imagined scenarios. In this program, students will improve their self confidence, communication and creativity in an engaging environment. Through this program, students will connect more effectively with themselves and understand how to regulate their emotions through theatre, solving problems and challenging their creative mindset in the process. Importantly, students will use theatre to help interpret a wide variety of situations, applying the concepts obtained to real-world problems. Ultimately, this program aims to show students the wealth of real-world knowledge that can be gained through theatre.



Objectives

- Develop self awareness and self regulation of emotions
- Understand the effects of your actions
- Develop an understanding of empathy
- Solve problems by gaining perspective through theatrical methods and tools
- Transfer concepts from theatre to a variety of real-world contexts

Structure

- Identify personalised short- and long-term goals
 - Create a timeline to pursue these goals
- Self awareness and regulation
 - Recognising emotions and becoming mindful of your mental state at all times
 - Basics of empathy
 - Understanding the effects of your actions
 - Learn to think about acting
- Solving problems
 - Understand alternative solutions
 - Challenge your creativity
 - Gain perspective
- Understanding concepts completely
 - Interpretation of concepts and utilising that knowledge in different scenarios
 - Bring your character to life

