



**Arts
Express™**

Program Guide



**We believe that children today,
more than ever,
need the arts as a tool
to express themselves.**

For more information or to book your workshop please contact the Arts Express office.

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www.ArtsExpress.ca email: **info@ArtsExpress.ca**



Who is Arts Express?

Arts Express™ was established in 1995 and incorporated in 1998. Today, as a social enterprise, Arts Express reaches tens of thousands of students each year through arts classes, camps and workshops in hundreds of schools across the GTA, York, Peel, Durham, Halton, and Ottawa regions.

Arts Express offers arts programming in four streams: co-curricular in-school programs, mental health and wellness programs (includes parents/families), lunch-time and after school programs, plus March Break and Broadway summer camps.

It is the philosophy of Arts Express to be process-oriented in our approach to arts education. Arts Express creates a supportive and nurturing environment that is geared toward building self-confidence in young people.

Our workshops, co-curricular programs, camps, and lunch-time/after-school classes offer children a glimpse of what the arts can do for them. For example, our programming allows one student to hear his voice singing in harmony and realize that he has “Unlimited” potential. Another student will use their imagination to reveal what magic their hands can create with a “sorcerer’s oil-based wand”.

Our goal is for your students or class, your son or daughter to feel joy through the arts, and to experience confidence in sharing how they feel and who they are through creative channels. After experiencing our programming, children have a new mindset of creative tools to use when working through the emotions of their day-to-day ups and downs, both individually and socially.

**We believe that children today, more than ever,
need the arts as a tool to express themselves.**

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We are a board-wide partner with the TDSB and endorsed by several other school boards as a leading provider of educational arts programming across Canada. Thousands of children enjoy our programming each school year, building self-confidence and self-esteem in a safe and nurturing environment.



**Arts
Express™**

Lunch Time & After School Programs

PROGRAM OVERVIEW

- We are a **trusted**, leading provider of extra-curricular arts programming in Ontario. We operate in **hundreds of schools per year**, helping to **build self-confidence** and **self-esteem** in our participants in a **safe and nurturing environment**.
- We typically run our programs **once a week for eight weeks**.
- Programming runs in your school either **during lunch** or **after school**, depending on the schools' wishes and day(s) of their choice.
- Depending on the length of session and the length of the class, programming costs the parents approximately **\$14 to \$16 per class**.

NEW

Broadway Lights

Grades 1 - 8

SING, DANCE, and ACT! This program focuses on learning a few songs from one Broadway Show with some light script and dancing. Working together in a positive and creative environment, you'll "wow" your family and friends with your terrific talents!

Glee Time

Grades 1 - 8

In Glee Time, students create and rehearse a memorable song and dance performance while learning how it all comes together for a one-of-a-kind experience.

Improv

Grades 1 - 8

Students use their imagination and creativity to spontaneously act out various scenes. Students use the "rules" of improv to help create funny, inspired and creative scenes.

Cartooning

Grades 1 - 8

In the cartooning program, we provide the tools required to bring the students' own unique characters to life on the page while telling a story that is uniquely theirs.

Drama

Grades 1 - 8

In the drama class, students will explore their creativity and expand their imaginations through theatre games, improvisation and scene work.

Hip Hop

Grades 1 - 8

Using today's music, students will explore innovative dance steps in an energetic and fun environment using elements of break dancing, hip hop and street jazz.

**Sketching and
Drawing**

Grades 1 - 8

Students learn the basics of sketching and drawing, creating their own pieces of art with the use of different media, including pastel and pencil.

Mindful Movement

Grades 1 - 8

This class will combine basic stretching, mindfulness postures, movement, and breath work with drama games and physical storytelling for a fun approach to learning about the mind-body connection.



Literacy Storytelling Series – Literacy Strategies

PROGRAM OVERVIEW

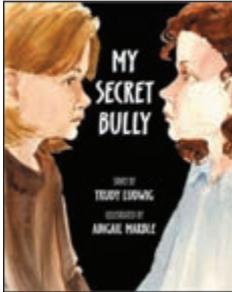
Invite a **professional storyteller** to your school to engage and entertain your students **using drama, song and the power of story!** These literary presentations help start the conversation about socially complex topics including; bullying, racism, inclusion, mindfulness, and fair play.

- Each performance is **40 minutes** in length and accommodates up to **50 students**.
- Works in classrooms, libraries and other medium-size spaces.
- Suitable for **grades JK-8 – Half Day \$425** plus HST (3 sessions) **Full Day \$550** plus HST (6 sessions).
- **Book 3 different stories** throughout the school year and **save 20%**.

topic Bullying

My Secret Bully

written by:
Trudy Ludwig



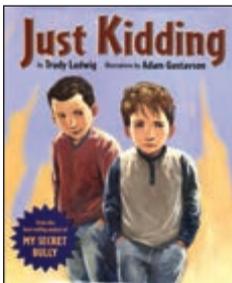
A touching and inspirational story targeted for 5 to 11 year-olds, **My Secret Bully** instantly draws young readers into Monica's world where friends use name-calling, humiliation and exclusion.

Monica learns to face her fears, reclaims her power from the bully.

topic Bullying

Just Kidding

written by:
Trudy Ludwig



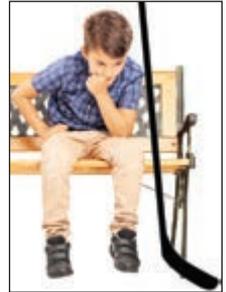
A joke that has a sharp edge to it can cut you to pieces.

That's what D.J. finds out from his encounters with Vince, a smart-aleck classmate whose biting humor is more hurtful than funny. With the help of his dad and teacher, D.J. learns how to stand up to put downs and make healthier friendship choices. **Help young readers understand that one-sided fun really isn't much fun after all.**

topic Fair Play

Benched!

written by:
Briar Boake
Michael McGinn



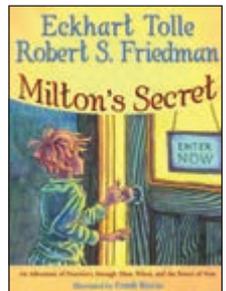
Brandon is a great hockey player but doesn't like it much when he is "benched".

With support and guidance from his teacher and friends he learns some lessons about sportsmanship, bullying and inclusion.

topic Mindfulness

Milton's Secret

written by:
Eckhart Tolle
Robert S. Friedman

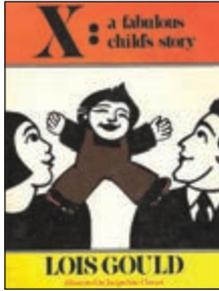


Milton is a happy kid until he encounters a school bully. He worries all the time about what the bully will do. Milton encounters a few situations that help him understand a very important thing: the only way to be happy is to live in the NOW! **Using the lessons in the story and mindfulness techniques students will learn how to stay in the moment and cope with fear and anxiety.**

topic
**Gender
Identity**

**X: A Fabulous
Child's Story**

written by:
Lois Gould



As part of a science experiment, Baby X is raised as neither a boy nor a girl – only an X.

Using humour and a twist of gender, this story opens up a conversation about what gender roles are, why they developed and what they can mean for us today.

topic
**Restorative
Justice**

**What Are You
Staring At?**

written by:
Pete Wallis
Joseph Wilkins



A misunderstanding between Jake and Ryan leads to a fight in the playground, leaving both boys feeling angry and fearful. Their teacher arranges a restorative meeting between them, allowing the boys to understand the situation from each other's perspective. This transforms their negative emotions into positive ones.

Using Graphic Novel format this story explains restorative practices and how they can be used to foster respect and emotional literacy among students.

CAPTIVATING! EXPRESSIVE! IMAGINATIVE!



Photo: The Etobicoke Guardian

Invite a professional storyteller to your school!

topic
African Heritage

**Viola Desmond
Won't Be Bugged**

written by:
Jody Nyasha Warner



In Nova Scotia, in 1946, an usher in a movie theatre told Viola to move from her main floor seat to the balcony. Viola knew she was being asked to move because she was black.

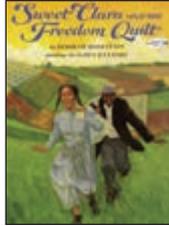
Viola's determination inspired her community – she is an unsung hero! Students learn about racial segregation in Canada.

NOW AVAILABLE IN FRENCH

topic
African Heritage

**Sweet Clara
and the
Freedom Quilt**

written by:
Deborah Hopkinson



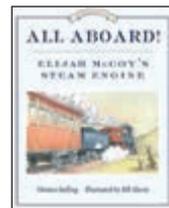
As a seamstress in the Big House, Clara dreams of a reunion with her Momma, who lives on another plantation – and even of running away to freedom. She overhears two slaves talking about the Underground Railroad. Clara sees how she can use the cloth in her scrap bag to make a map of the land – a freedom quilt – that no master will ever suspect.

An effective way to introduce this difficult subject to younger children.

topic
African Heritage

All Aboard!

written by:
Monica Kulling

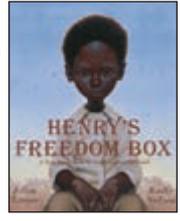


Elijah McCoy was the son of a slave who escaped to Colchester, Ontario with the help of the Underground Railroad. Using his ingenuity he invented the first steam engine oil cup that could oil the train while it was running, it was called "The Real McCoy". **A story about invention, creativity and the hardships, prejudices and successes of newly freed slaves and their families.**

topic
African Heritage

**Henry's
Freedom Box**

written by:
Ellen Levine



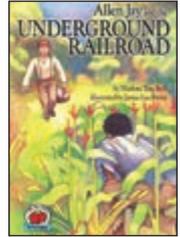
Henry Brown doesn't know how old he is. Nobody keeps record of slaves' birthdays. All the time he dreams about freedom. After tragedy and an arduous journey in the crate, Henry finally has a birthday – his first day of freedom.

Henry knows what he must do!

topic
African Heritage

**Allen Jay
and the
Underground
Railroad**

written by:
Marlene Targ Brill

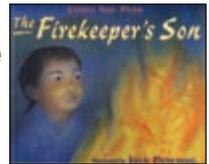


Allen Jay is a young Quaker boy living in Rural Ohio during the 1840s, who helped a fleeing slave escape his master and make it north to freedom through the Underground Railroad. **Filled with authentic details about Slavery and the Underground Railroad this suspense story will capture audiences from kindergarten to grade 8.**

topic
Asian Heritage

The Firekeeper's Son

written by:
Linda Sue Park



Sang-hee's father has an important job– to light the fire on top of his village's mountain each night to signal that the sea is clear from any invaders or soldiers. Sang-hee's village was the first of many, each having a firekeeper to light the fire to signal the next and so on until the message reached the king that all was well. One night, Sang-hee's father is injured and the fire does not get lit. Will the invaders or soldiers come? **Sang-hee struggles with his conscience, fear and the importance of doing the right thing.**

Reading Comprehension Strategies

Based on Strategies that Work by Harvey & Goudvis/2000

Making Connections

(text-to-text / text-to-self / text-to-world)

Focusing on text-to-self connections

- What does this story remind you of?
- Can you relate to the characters in the story?
- Does anything in this story remind you of anything in your own life?

Focusing on text-to-text connections

- What does this remind you of in another book you have read?
- How is this text similar to other things you have read?
- How is this text different from other things you have read?

Focusing on text-to-world connections

- What does this remind you of in the real world?
- How are events in this story similar to things that happen in the real world?
- How are events in this story different from things that happen in the real world?



Questioning

Whose opinion is missing in the story?
What other questions do you have about the main character?
What would this story look like if we changed the time in history or the country where it was located?

Visualizing

What images do you see in the story?
Why do you think the illustrator chose these colours to tell the story?
How do the drawings help to tell the story? How would you change these drawings?

Inferring / Predicting

What is missing in the story?
Whose opinion is missing in the story?
What do you think will happen next and why?

Determining Importance

What is the main idea of the story?
What is the most important “big idea” of the story?
What would happen if the main character had made a different choice?



Co-Curricular Workshops and Prescribed Learning Outcomes

PROGRAM OVERVIEW

Arts Express™ co-curricular workshops are a fun and exciting way to explore drama and dance in the classroom. Teachers will acquire useful strategies to encourage their students to think, learn and express themselves in all academic areas. Activities for building the imagination, improving concentration and ideas for connecting drama to other areas of the curriculum will be provided as part of the follow-up resource package left with the school teacher.

Workshop Rates:

1 Hour Class	\$190 plus HST	Full-Day Workshop	\$550 plus HST
2 Hour Class	\$315 plus HST	3-Day Workshop	\$1,100 plus HST
Half-Day Workshop	\$425 plus HST	5-Day Workshop	\$1,500 plus HST

Playing with Poetry Grades JK - 3

Poetic text is used as a foundation for dramatic exploration. Students use choral speaking, chanting and pantomime to re-enact different poems. Students are encouraged to act out their own interpretation of the poem, play different characters and create new versions of the poem.

Learning Outcomes:

- will practice listening to understand
- will use speaking skills and strategies to communicate with different audiences
- will interpret the meaning of poems using basic drama techniques
- will identify ways in which the voice and body can be used to convey thoughts and feelings
- will identify and describe symbols that are relevant to the meaning of stories and poems (ex. a heart as a symbol of love)
- will identify and use key elements of drama and movement to explore “source materials” (poems and other text)
- will represent and explore math repeating, growing and shrinking patterns in a meaningful way

Story-Drama-O-Rama

Grades JK - 3

Students are drawn into the magical world of storydrama as they become characters and travel to worlds that become alive in their imaginations.

Learning Outcomes:

- will create different interpretations of stories, themes, etc. using pantomime and movement
- will represent and interpret characters by speaking and moving in role
- will practice listening to understand
- will identify and use key elements of drama and movement to explore source materials (stories, poems, music, images, math stories and thinking equations)

“My school’s teachers, parents and students have all benefited greatly from the talent of Arts Express’s Workshop Instructors.”

Principal, TDSB

Creations Through Imaginations

Grades JK - 6

This workshop focuses on physical expression. Students explore different environments and characters through pantomime and movement.

Learning Outcomes:

- will identify and use key elements of drama in exploring source materials; poems, images, math stories and thinking equations
- will identify aspects of their own work and that of others that are effective
- will identify elements of drama and movement that are best suited for conveying a specific subject or theme
- will create different interpretations of stories, themes, etc. using pantomime and movement

Terrific Tableau

Grades 1 - 6

Students will learn to focus while in a tableau as well as being aware of their facial expressions, body positions and levels. They will create interesting pictures based on events, environments and themes.

Learning Outcomes:

- will identify elements of drama and movement that are best suited for conveying a specific subject or theme
- will identify and use key elements of drama and movement to explore source materials (stories, poems, music, images)
- will identify ways of sustaining concentration in drama (ex. Staying focused in tableaux, staying “present” in the moment)
- will create different interpretations of stories, themes, etc. using pantomime and movement
- will identify aspects of their own work and that of others that are effective, and explain their preferences
- will create and describe symmetrical and asymmetrical math designs through movement

Creative Movement Magic

Grades 1 - 3

Beginning with a warm-up, breathing techniques, and stretching and strengthening exercises, the workshop teaches sequences exploring a variety of movement qualities. The class explores centre floor patterns composed of interesting and unique qualities of movement.

Learning Outcomes:

- will learn and demonstrate the ability to move and control their bodies in space and time and will be introduced to some basic body and dance vocabulary
- will learn and create short dance pieces
- will learn and demonstrate the ability to use their bodies to respond to the music's rhythm and tempo
- will use and explore movement by composing and decomposing two and three dimensional shapes in math

Razzle Dazzle 'em with Jazz

Grades 1 - 6

This performance dance workshop uses a variety of physical jazz styles and includes a physical warm-up, across the floor patterns and centre floor exercises. Students will produce a fun and energetic routine based on the workshop content.

Learning Outcomes:

- will learn and demonstrate the ability to move and control their bodies in space and time
- will be introduced to some basic body and dance vocabulary
- will learn and create short dance pieces
- will learn and demonstrate the ability to use their bodies to respond to the music's rhythm and tempo
- will use physical variations and dance to identify and explore location, relative location and mapping of objects with math coordinates

Creating Cool Characters

Grades 4 - 6

Role playing is used as a tool for discovering drama in the classroom during this unique workshop. Students combine voice and physical movement to portray a character.

Learning Outcomes:

- will represent and interpret characters by speaking and moving in role
- will learn to maintain concentration when in a role
- will identify their own feelings and reactions in various situations, and compare them with those of a character
- will explore the appropriate use of language, tone of voice, gestures and body movements when speaking as a character
- will use math data surveys and classification to create and explore characters by shoe size, height, age and geographical temperature

Improvisations Sensations

Grades 4 - 8

Fun and spontaneity are keys to this dynamic workshop that introduces students to the technique of improvisation. Students learn to think on their feet, co-operate and work together to create short improvisations.

Learning Outcomes:

- will be introduced to principles involved in the structuring of scenes
- will solve problems presented through drama, and evaluate the effectiveness of the solutions
- will explore & develop skills to perform in public
- will identify ways of sustaining concentration in drama (ex. Staying in character, or in the moment in a scene)
- will identify aspects of their own work and that of others that are effective, and explain their preferences
- will identify performance techniques that have an effect on the audience's emotions & senses
- will use abstract thinking and math problem solving to create characters on a time journey using linear, sequential and elapsed timelines

I would highly recommend the Arts Express extra-curricular programs, in-class workshops and literacy/storytelling series to any school community looking to enhance and enrich the educational experiences of their students.

Josie Provenzano, Principal, TCDSB

Pump Up The Jazz

Grades 4 - 8

Pump it up and conquer the basics of this urban dance movement. Using today's music, students will explore innovative dance steps and funk rhythms in an energetic and fun environment. Participants will learn to let their inner beat loose using break dancing, hip hop and street jazz moves.

Learning Outcomes:

- will learn and demonstrate the ability to move and control their bodies in space and time
- will be introduced to basic body and dance vocabulary
- will learn and create short dance pieces
- will learn and demonstrate the ability to use their bodies to respond to the music's rhythm and tempo
- will use physical variations and dance to identify and explore location, relative location and mapping of objects in math map coordinates

Simply Shakespeare

Grades 7 - 8

The works of the Bard are the inspiration for this workshop that engages students with the text and times of this classical theatre.

Learning Outcomes:

- will explore and analyze text, and evaluate how effectively they communicate ideas, opinions, themes or experiences
- will explore their roles as readers, viewers & representors (performers) of text
- will demonstrate an understanding of Shakespearean text by summarizing important ideas, using performance techniques
- will be introduced to principles involved in the structuring of scenes
- will identify their own feelings and reactions in various situations, and compare them with those of a character
- will identify performance techniques that have an effect on the audience's emotions & senses
- introduction to numbers and the math elements of iambic pentameter found in Shakespeare's sonnets





Parent & School Community Workshops

Arts Express™ parent and school community one hour workshops use our effective Creative Arts education approach, in conjunction with practical evening workshops. T.A.S.A.M.™ (Tackling Anxiety and Stress through Arts and Mindfulness) is comprised of three workshops in a series – Surviving Stress, Easing Anxiety and Fostering Resiliency. Arts Express™ has also developed the Managing Meanness by Cultivating Kindness workshop and the Art and Math Connection workshop. These five unique workshops allow parents and school communities to learn strategies and techniques on these relevant topics that will effectively help manage everyday challenges.

GREAT FOR PRO GRANTS!

T.A.S.A.M.™ (Tackling Anxiety and Stress through Arts and Mindfulness)

With the help of an expert in child development, parents will learn everyday tips and tools on stress, anxiety or resiliency. Early intervention and creating a safe and nurturing environment where the child feels protected, understood, in control, and develops healthy habits, is the key to tackling these issues.

1. The Surviving Stress Workshop

TOPICS

- Why does stress management affect our health
- Mindfulness; what is it, why is it vital
- Tips for adding mindfulness to our day and our parenting
- Techniques for teaching mindfulness concepts to children
- Knowing when to seek professional help
- Understanding how stress affects children differently
- Learning how to keep cool during stressful parenting moments
- Learning tools to use to alleviate minor and everyday stresses
- Leading by example
- Building constructive coping skills to help manage stress
- Breaking unhealthy stress-related habits
- Creating a family plan for better stress management

2. The Easing Anxiety Workshop

TOPICS

- Understanding anxiety and its origins
- How do children express anxiety
- Knowing when to seek professional help
- Kid-friendly approaches to developing useful strategies
- Mindfulness and how it can alleviate anxiety symptoms
- Leading by example
- The importance of exercise
- Communicating with your anxious child without frustration
- Equipping your child with the appropriate tools to manage anxiety and worries
- Encouraging healthy coping skills

All of the student workshops on the next page can be added to a parent evening talk or done separately for a different population and programming choices. Fees start at \$440.00 plus HST, please call the office for a

3. The Fostering Resiliency Workshop

TOPICS

- What is resiliency and why is it important
- How does resilience protect children
- What can parents do to increase resilience
- Understanding how stress impacts emotions and responses
- Focusing on supportive connections
- How can mindfulness help
- Kid-friendly communication tools
- Encouraging independence and problem-solving skills
- Fostering a growth mindset
- Everyday parenting tips to help our kids succeed

THE MANAGING MEANNESS BY CULTIVATING KINDNESS WORKSHOP

This workshop will develop effective conflict management strategies to deal with bullying and everyday negative social encounters. Building social confidence, emotional intelligence and internal resiliency is key to helping children develop the skills with which to handle difficult situations effectively throughout their lives.

TOPICS

- Strategies for developing empathy, compassion, tolerance, resolution strategies, social confidence, and inclusiveness
- Effective techniques to deescalate challenging situations to avoid future issues and increased targeting
- The root causes of social meanness and bullying behaviours
- Strategies and tools to help children develop, and maintain, healthy friendships
- Ways to promote open, supportive communication between students and the adults in their lives
- The value of leading by example
- Further resources for development of understanding and skills at home

THE MATH AND ART CONNECTION WORKSHOP

This workshop helps parents support their children's math development in a practical, and understandable way. The facilitator uses visual arts to help develop strategies and techniques to effectively comprehend the concepts & manipulative of math.

TOPICS

- What Math in the classroom looks like – EQAO
- What it looks like and how it is marked
- How parents can support students in math
- Realize the math concepts that exist all around us
- How we all benefit from having the math concepts in our own hands
- Differentiated learning (visual, environmental and physical)
- Transition into high school as students tackle more complex learning concepts
- Connecting math and art
- Layering, Patterning and Algebra – Hands-on math/art project – Resources

****Each workshop is 40 minutes in length. We book in half day – 3/40 minute sessions or full day – 6/40 minute sessions. Multiple instructors can be booked for the same day.****

Please note the Math and Art Connection Workshop is supported by our in school Co-curricular dance and drama workshops for students.

ately during the school day. Pricing is customized for each school community depending on school quote.

GREAT FOR PRO GRANTS!

School Day or Evening Workshops for Students – Supporting T.A.S.A.M.™ and Managing Meanness by Cultivating Kindness workshops

Choose one or more of the following workshops for students –

- **VISUAL ARTS WORKSHOPS:** (will accommodate a class of 25-30)
 1. The students in this workshop will create their own unique Worry Dolls. These dolls are based on a Guatemalan tradition in which the dolls act as an outlet to ease night time anxieties. Individual drawings will also be created as a way to connect with emotions.
 2. Students will reflect on the many forms which meanness can take, and the healing power of kindness, through the creation of a group art installation, “Erasing Meanness”.
- **MOVEMENT WORKSHOPS:** (will accommodate a class of 25-30)
 1. A **Mindful movement workshop** in which the students will learn breathing techniques and simple poses to be used in the future as a tool to relieve stress and anxiety.
 2. An **empowering hip hop dance workshop** in which the students will reflect on body language and what it says about our own and others’ emotions, while learning a community building dance to be performed with the entire school.
- **DRAMA WORKSHOPS:** (will accommodate a class of 25-30)
 1. This workshop will use role play to explore our different emotions and how they affect our mood, movement and reaction to situations.
 2. This workshop will use role playing scenarios to explore the root causes of meanness and strategies for choosing to respond with kindness instead.
- **LITERACY STORYTELLING SESSIONS:** (will accommodate 50-60 students)
 1. “Benched” is a story about choosing kindness, fair play and inclusion.
 2. “Milton’s Secret” teaches mindfulness techniques that help students cope with fear and anxiety.

****Each workshop is 40 minutes in length. We book in half day – 3/40 minute sessions or full day – 6/40 minute sessions. Multiple instructors can be booked for the same day.****

All of the student workshops can be added to a parent evening talk or done separately during the school day. Pricing is customized for each school community depending on school population and programming choices. Fees start at \$440.00 plus HST, please call the office for a quote.



“Shake + Shine to Clear Your Mind!”

PROGRAM OUTLINE

Building on the success of **T.A.S.A.M.**[™] (Tackling Anxiety and Stress through Arts and Mindfulness), Arts Express brings you “Shake + Shine to Clear Your Mind!”, a one day dance program to connect body, mind and soul!

WHAT IS IT?

- Teaches classes a snappy dance routine and allows for freestyle movement all focused on resiliency and empowerment!
- Promotes self-expression and self-confidence through a rhythmic silhouette and inspirational graffiti banner!
- Invests in future programming! As a fund-raiser, your school earns Arts Express credits to purchase future programming or ‘pay it forward’ to share programming with a school or organization of your choice!

HOW DOES IT WORK?

As a school, you set a goal for future mental health and well-being programming. We bring the fundraising tools (descriptive flyers, fundraising forms, collection envelopes).

Students raise funds to support “Shake and Shine to Clear Your Mind”

Based on a school of 300 or less students with each student contributing only \$20, after the event, Arts Express receives \$1,000 from the fund-raising total to cover costs, and the remainder is divided 50-50; 50% goes to you, the school to use for whatever projects your school wishes to undertake (your goals!); 50% is provided in Arts Express credits to either your school for future programming or to a school of your choice! For larger schools we can customize the programming.

WHAT IS THE FOCUS OF THE DAY?

Self-Expression:

- Learn and create a short dance piece
- Demonstrate how to use movement to shake out different feelings and “clear the mind” to help create resiliency and self-empowerment.

Self-Confidence:

- Use dance, student silhouettes, and empowering ‘graffiti’ on banner paper to explore “What makes me shine?”

Community-Building:

- Earn Arts Express credits to “pay it forward” to another school, or support a future T.A.S.A.M.[™] or other Arts Express program at your school.

WHAT DO WE PROVIDE?

- Program flyers
- Fundraising forms
- Collection envelopes
- Dynamic instructors
- Inspirational and ‘pump it up’ music
- An incentive for the class who raises most money – pizza party!

WHAT DO YOU PROVIDE?

- A school goal about resilience, mental health and well-being
- A liaison from the school to work with us (School Staff or Parent Council)
- Dancers and their teachers / supervision



T.A.S.A.M.[™]

Tackling Anxiety and Stress through Arts and Mindfulness

Training for your Education Professionals

Educators can play a major role in teaching students the skills needed for having a successful day both in and out of the classroom. Since our inception in 1995, Arts Express has heard repeatedly that coping with stress and anxiety is an escalating challenge for children, families and communities. As a social enterprise focused on using the arts as a teaching tool, we are creating sustainable change in the way children recognize and react to their everyday emotional journey. Research supports our observations. *As many as 1 in 5 children in Ontario will experience some form of mental health problem, and only 1 out of 6 of these children will receive the treatment they need. Since 2010 there has been a 344% increase in calls to the Mental Health Hotline by people under the age of 25 (hotline run by ConnexOntario)¹.*

[1] TRAINING FOR YOUR EDUCATION PROFESSIONALS

Duration: 45-90 minutes

(Perfect for your next staff meeting, PD Day workshop or conference!)

This training is designed to introduce the benefits of bringing arts and mindfulness to the classroom, to help students and professionals manage everyday stress and anxiety. The session incorporates hands-on tips and tools that teachers can use in the classroom and broader school community to maximize well-being and foster a spirit of resilience.

AREAS OF TRAINING INCLUDE:

- Defining anxiety, stress and well-being; recognizing signs of when challenges require the next level of support
- Exploring how arts, creative exercises and mindfulness can proactively reduce stressors and manage anxiety
- Demonstrate examples of experiential activities to use in the classroom and broader school community to work through every day stressors
- Problem-solve how teachers can implement quick but impactful strategies to support student well-being

Arts Express[™] is proud to have brought the full-day TASAM program to over 25,000 students in Ontario. We are pleased to now share some of the background via this training with your passionate team of professionals!

Pricing is customized for each school depending on school population, and programming. Fees, start at \$650.00 plus HST, please call the office for a quote.

¹Children's Mental Health Ontario https://www.kidsmentalhealth.ca/education-resources/facts-figures#_edn

[2] PROFESSIONAL DEVELOPMENT FOR EDUCATORS

PROGRAM OUTLINE

This half day program on a regular school day has one half of the staff participating in the morning and the other half of the school staff participating in the afternoon. We can also accommodate workshops on Professional Development days.

A discussion with educators is part of the workshop and covers strategies that will aid educators in creating a calm and effective teaching environment. Led by a Child and Youth Counsellor and Mental Health advocate, educators will be able to take the tips and tools learned in this workshop immediately back to the classroom to implement.

TOPICS

- How to maintain an organized and predictable environment
- Ways to be mindful of your own body language and tone and its effect on your environment
- How to make transitions easier
- Ways to listen when students share their worries or anxieties
- Strategies to normalize anxious and worried feelings
- Sharing media and resources that help to reduce the stigma of anxiety
- Having realistic expectations and adjusting expectations
- Communicating with parents and caregivers

Part two of this workshop, is a “hands on” Mindful Movement workshop which teaches educators how to be Mindful in and out of the classroom in an effective and practical way.

- Observe
- Describe
- Presence
- Be Patient with Yourself
- Be Kind to Yourself
- Remember: this too shall pass – Whatever you are feeling in this moment won't last forever. Even the best and the worst feelings eventually shift

“The T.A.S.A.M. speaker spoke at our staff meeting about kids and how they manifest anxiety and stress. Her ability to paint a clear picture of different kids in different situations, with humour and real-life experience, had a huge impact. It changed the way we see kids and how we, as adults, can play a huge part in relieving their anxiety in the simplest of ways.”

TDSB VP

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