Musical Theatre:
A. Create: My Favorite Things Worksheet.
During this time while we are apart, I would like for you to think about some things in the “World of the Arts” that bring you joy. This could be a favorite song, singer, movie, book, musical, tik tok, etc.. Complete the worksheet in the packet or on Google doc listing all of your Favorite Arts related things, keeping in mind that although things may seem unsteady and shaky at times, you can still find some comfort and solace in these artforms that bring you joy.

B. Perform: Practice Breathing
Think about our mindful meditation. Find a quiet place and practice some relaxation techniques that we’ve used during class to prepare for performance situations. Remember, we’ve said they could work for everyday life as well. Practice deep slow breathing, mental imagery of places that make you happy, sounds that make you happy and purposeful thinking. Try and do this just five minutes a day three to five days this week when you feel overwhelmed.

C. Respond: What does theatre teach us?
I would like you to write a short answer response about what theatre has taught you. Try and make it as specific and personal as possible while avoiding overreaching generalities. There are no wrong answers here, just a personal account of what theatre has done for you. At the end of the exercise, consider sharing your essay in some way with others. It is important for them to know the impact this experience has had on your life. This can be completed on the back of the My Favorite Things Worksheet if you are doing Learning Packets, or in Google Classroom.