

### 3. Refreshing Staff & the Curriculum through Drama & Storytelling

The day begins with a demonstration of storytelling theatre as a performance.

The teachers then over the day are given practical exercises in order to gain direct experience and a chance to perform themselves.

The day is designed to refresh and enliven while passing on new ways to communicate and engage with their pupils and each other.

Self-development and professional development in one!

### 4. P.S.H.E. - addressing the Spiritual, Moral, Social & Cultural aspects of Education

A practical approach to spirituality in the multi-faith classroom. We look at how drama and storytelling can address all these aspects by connecting with the individual on the Physical, Mental, Emotional and Spiritual levels.

Fun and enlightening.

### 5. Freedom from Stress Programme

A peaceful and harmonious day where theory is blended with practice so that what is being spoken of can be experienced.

8.45 Welcome and refreshments.

9.00 Session 1 - Introduction.  
A holistic view of the human being.  
The cause of Stress.  
Meditation techniques.

10.30 Refreshments.

11.00 Session 2 - Living in harmony with our own nature and our surroundings.

12.00 Lunch

1.00 Session 3 - The practical way: daily living free from stress.

2.30 Refreshments

3.00 Session 4 - And so tomorrow: Designing our own freedom from stress programme.

4.00 Depart

As this process naturally takes time, follow up sessions are available to support progress.

This provides a common language and approach for the whole school, so that both teachers and pupils can work together at being free from this common human problem.

*Timings can be altered to suit a particular school.*

### 2. Drama & Dance in a Group

Creative approaches to building better performance skills for a class or year group. How to start.

Methods for working.

Improving current practice.

### 3. Interpreting text as a Group

Use of language.

How to get everyone involved effectively.

### 4. Speaking the Speech

Learning to speak well, understanding the meaning and enabling delivery of performance, both on stage and within relationships in *everyday life*. Making it fun. Also suitable for those struggling with speaking the English Language and for confidence.

### 5. To Be Or Not To Be

Making Shakespeare interesting and accessible for the whole class.

### 6. Tailor Made Workshops

Suited to the needs of the teachers and school.

### Workshop Content

These are examples of workshops that we conduct with children. This also gives the opportunity for the *teacher to work alongside their class*.

They can also be adapted as *Inset Training days for Teaching Staff*.

The workshops focus on natural movement arising from attention. Using beautiful music and dance, as well as language based work during the session encourages fearlessness, mutual support, understanding and empathy. This is a practical way of connecting with and developing the emotional intelligence of the child. The source material we use celebrates cultural diversity and the unity of humanity. P.S.H.E. and the spiritual, moral, social and cultural aspects of education are naturally addressed

We aim to reveal the strength, beauty, wisdom and creativity of a class through inspiration, appreciation, listening and working together.

Care for others in the class, compassion, co-operation and praise, combined with real theatre skills, make these sessions both invigorating and fun for both teacher and pupils.

## Inset Training Days for Teachers

### 1. Refreshing the Team

#### Summary and Aims

We start from the premise that real teams support and look after each other.

Our approach is that teams are revealed, not created. It is an extraordinary feature of efficient teams that when you get behind the scenes and come to understand what motivates all the team members, there is an *underlying unity* and a *sharing of values and perspectives*.

We will also look at *The Emotional Contract*, introducing the idea that every person in a school has an emotional contract with the head teacher, the children, and the team itself.

The day will also have time for the introduction of practical methods to take away and exercises in creativity and fun!

#### Programme

- 8.45 Arrival and Welcome. Tea and Coffee.
- 9.00 Introduction. A holistic view of the human being. The cause of Stress. The 'Stop Exercise'.
- 10.30 Tea & Coffee
- 11.00 T.E.A.M. - 'Together Everyone Achieves More.' The 'Emotional Contract'.
- 12.30 Lunch
- 1.30 The practical way - Creative Living.
- 2.45 The Efficient Team - forming our own plan.
- 3.30 Depart

*Timings can be altered to suit a particular school.*

### 2. Drama & Storytelling for the Teacher and their use in P.S.H.E.

#### Aims

1. To give the teacher an experience of how communication between teacher and pupil can become focussed through storytelling techniques.
2. To provide the teacher with practical methods for teaching drama.
3. To provide the teacher with examples of good material for aiding in development of the child in spiritual, moral, social and cultural areas and address the needs of P.S.H.E.
4. To give practical experience of delivering good material through drama and storytelling.

#### Programme

- 8.45 Arrive & Welcome. Tea & Coffee
- 9.00 Story demonstrating the art of the storyteller, communication with the 'audience'/ pupils.
- 10.00 Feedback - observations, conversation.
- 10.30 Coffee & Biscuits
- 11.00 Workshop - the teaching of drama. Transforming knowledge into experience.
- 12.30 Lunch
- 13.30 Drama & Storytelling as a vehicle for P.S.H.E.
- 15.00 Coffee & Biscuits
- 15.20 Plenary Session - How can I take this into the classroom?
- 16.00 Finish

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