

# Keepin' It Cool

## *Conflict Resolution*

Ages 8-11 (School Years 4-6)

Key Stage 2



**A funny yet sensitive project promoting patience, communication, compromise and providing practical ways to manage anger.**

"The highlight for me was the performers - they were outstanding in the way they got across key messages in a highly entertaining way"

Miss Kemp, Teacher, Parkhill Junior School, London Borough of Havering

### THE PROJECT

*Keepin' It Cool* was originally developed in collaboration with the London Borough of Barking & Dagenham's Behaviour Support Team and is an entertaining performance exploring conflict resolution in a sensitive yet engaging way that young people will enjoy and remember. The project particularly helps pupils prepare for the transition to secondary school.

Through charismatic comedy characters and familiar situations, *Keepin' It Cool* teaches young people that anger is a normal emotion; they are not alone in their anger and it's okay to feel angry and to have different opinions from others, providing they deal with these feelings in a positive way. The performances encourages young people to find a new way of 'arguing' that doesn't end in conflict and violence but involves listening to other people's viewpoints and discussing their differences until a compromise can be worked out.

Empathy, patience and communication are key to creating a successful outcome and *Keepin' It Cool* provides young people with tools and techniques to enable them to de-stress and deal with difficult situations in a positive manner, resolving differences before they escalate and become more serious.

"The children have used the new skills in the past few weeks after the performance...They relate situations back to the show...Through this they have realised that it is normal to feel this way."

MarseleAlbertse, Teacher, Cann Hall Primary School, London Borough of Waltham Forest

### THE SHOW

*Keepin' It Cool* tells the story of three schoolchildren and their attempts to deal with the various day-to-day situations that cause them anger and upset...

Taslim, Amy and Shane are all good friends, but just sometimes little things really get them annoyed and lead to anger and confrontation. Shayne gets frustrated that he can't go to the school disco, and storms out of class when he fails to get the mark he was hoping for; Taslim and Amy fight over a necklace and all three start getting really irritated at the school disco.

But Angerman, a new superhero from the planet 'Compromise' is there to save the day! Fully charged with his superpower 'adrenalin' and armed with a range of tactics to help them calm down, Angerman explains some real facts about anger, and teaches them how best to deal with this difficult emotion. He tells our young friends that anger is completely normal and that it's okay to disagree, but that through understanding, respect, communication and compromise they can avoid unnecessary conflict and upset, sort out difficult situations for themselves, and most of all 'keep it cool'!

Along the way, we meet footballers, who shows us how anger can be positively channeled on the sports field; the *Strictly Come Dancing* couple who totally freeze up as a result of their pent up frustration; and Doctor Who and a Cyberman who reach a truce as they come to realise that they were both chasing the same goals after all. *Keepin' it Cool* is an entertaining exploration into the nature of anger, giving young people both ethical and practical advice on how to come to terms with the feelings they are experiencing.

"The variety of presentation techniques, as well as the fast pace kept the audience's attention. Most importantly, target students who can use this information were engaged 100% of the time!"

**Mick McMahon, Teacher, Barley Lane Primary School, London Borough of Redbridge**

### **KEEPIN' IT COOL TEACHES CHILDREN...**

- How to both manage their own anger and help other people manage their anger
- That it's okay and normal to be angry sometimes
- Practical techniques to enable them to deal with difficult situations in a positive manner
- That anger can be channeled into positive activity
- To resolve differences before they escalate and become more serious
- That having different opinions is okay
- You can agree to differ, but in certain situations there may be no negotiation (i.e. in school)
- The importance of empathy and understanding

"I didn't know that you can help other people control their anger or how to control my anger, but now I do."

**Pupil, age 10, William Bellamy Junior School, London Borough of Barking & Dagenham**

### **A FEW FAQS...!**

**How long is the show?** 45 minutes (35 minute show and 10 minute post show hot-seating session)

**Who's it for?** Ages 8 to 11/ Years 4 to 6/ upper Junior pupils

#### **What school work does it link to?**

- Behaviour & Safety
- PSHE (Personal, Social & Health Education)
- SMSC (Spiritual, Moral, Social, Cultural)
- Values Based Education
- Citizenship Curriculum

#### **Are there any accompanying resources?**

Yes – you'll get a free hard and digital copy of the *Keepin' It Cool* Teachers' Resource Pack including further information, lesson plans and much more.

You can also book an optional one-hour interactive drama workshop for up to 60 medium ability pupils. Just get in touch for costs and to find out more!

**For more information on this show or any of our other work, please feel free to get in touch and we'll be happy to help!**

Chain Reaction

Tel: 0208 981 9527

Email: [admin@chainreactiontheatre.co.uk](mailto:admin@chainreactiontheatre.co.uk)

**We look forward to hearing from you!**