

Time to Talk

Expressing Emotions & Dealing with Loss

Ages 9-11 (School Years 5-6)
Key Stage 2



A unique and heart-warming opportunity for children to realise the importance of expressing their feelings, talking to someone they trust and supporting each other's emotional wellbeing.

"The performance was brilliant. The children were totally engaged and it was clear that they had learned a lot from their questioning. The fact that it was lively and upbeat showed children not to shy away from their feelings."

Teacher, Portway Primary School, London Borough of Newham

THE PROJECT

Time to Talk is a gently humorous show that explores methods of dealing with a whole range of emotional situations including separation, divorce, loss and bereavement. The project delivers a valuable opportunity for young people to realise the importance of 'self expression' and talking about their experiences and is the perfect complement to SEAL (Social & Emotional Aspects of Learning) work in schools.

Careful to avoid a 'slushy' or overly sentimental tone, *Time to Talk* helps young people to realise the value of emotional expression and gives them tools to help them cope in times of personal crisis. Expressing emotions can sometimes be seen as embarrassing or 'uncool' by young people, especially boys. There is a fear that their friends will laugh at them or see them as weak if they show the way they are feeling.

As with all Chain Reaction productions, our young audiences are encouraged to listen, learn and laugh throughout. With pop songs, spoofs of TV shows and a moving personal drama, *Time to Talk* is both great fun and emotionally insightful.

"Excellent performance and a good variety of ways of putting across some complex messages in a short time. I'm sure it will be appreciated by all the children who watch and will touch a few deeply."

Diana Moorhouse, Senior Educational Analyst, London Borough of Barking & Dagenham

THE SHOW

Katie has recently experienced a personal family loss, and her friends are left grappling with how to respond to the situation. Initially, they fire jokes at her out of embarrassment, but soon realise the cruelty of this behaviour. Their next strategy is to ignore the issue altogether and act as if nothing has happened. This proves to be equally disastrous, leaving Katie's desperate desire to express herself with no outlet whatsoever. Finally, the girls sit down and have an open conversation about what has happened. Katie gets the chance to share her feelings, and they all get the opportunity to bond and learn from each other's experiences.

The central storyline is punctuated with a range of comedic and engaging scenes, featuring popular TV formats and well-known celebrities. We catch up with infamous characters attempting to give their children lessons in anger management and a masculine football icon who promotes the great benefits of letting your emotions out and that it's ok to cry.

Time to Talk encourages its young audience to feel comfortable with their own methods of emotional expression and to empathise with their peers in a caring and non-judgmental way.

"It reminded me of a time my Grandmother died and I was scared to tell anyone, soon after I told my best friend [. . .] When I'm older I'm going to work in a theatre group like you. I think all your shows have been great. This show did teach me something I have been afraid to do which is cry in front of people."

Pupil, Year 5, Henry Maynard School, London Borough of Waltham Forest

TIME TO TALK TEACHES CHILDREN...

- Methods of expressing emotions
- To be empathetic and act compassionately towards others
- That it's good to talk about their feelings
- That it's okay to cry
- To think about who they would speak to if they had a problem
- To think about how they could help their friends if they have a problem
- About the importance of self expression

"I learnt that I shouldn't keep my emotions bottled up until they explode, I should tell someone."

Pupil, age 11, Gascoigne Primary 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 9 to 11/ Years 5 and 6/ upper Junior pupils

What school work does it link to?

- PSHE (Personal, Social & Health Education)
- SMSC (Spiritual, Moral, Social, Cultural)
- Values Education
- Citizenship Curriculum
- SEAL (Social & Emotional Aspects of Learning)

Are there any accompanying resources?

Yes – you'll get a free hard and digital copy of the *Time To Talk* Teachers' Resource Pack including further information, lesson plans and more.

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

"Sometimes children are unsure how to act in certain situations, so they tend to bottle up their feelings. The performance showed them ways of expressing their emotions and also how to respond to someone else."

**Ian Marsh, Class Teacher, Ben Johnson Primary School
London Borough of Tower Hamlets**

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

We look forward to hearing from you!