

The Secret Life of Riley K.

The 'One Deep Breath' Mental Health Series In-School Program • Grades 4-6+

WHO • The All Together Now Players

WHAT • Canada's finest educational arts performances. Curriculum-integrated, high-energy, full-scale shows that your staff and students will never forget. Designed specifically for grades 4-6+. No limit on audience size.

WHERE • In your school gym or auditorium.

COST • \$725 includes performance, Q&A, Classroom resource and music you can use year-round

Riley is a clever, ambitious girl who strives for a perfect life. But the prospect of giving a big speech leads to a perfect mess. She is surprised to learn her sick stomach wasn't the flu, but anxiety. Riley discovers she isn't alone with these challenges and that help is nearby. Her grandfather gives her a treasured book about a girl who conquers a dragon. Like the girl in the book, Riley uses her strategies and the help of family and friends to move forward, one step at a time.

Through this wonderful new program, students will learn about mental health, with a particular focus on anxiety. The program was developed with the assistance of The Ontario Trillium Foundation and an advisory committee of mental health professionals.



EDUCATOR REACTIONS TO THIS PROGRAM:

'Effective and engaging' 100%

'Would recommend to other schools' 100%

'After seeing this performance, students have a better understanding of anxiety' 93% (not sure 7%)

Curriculum Links: ★ **Mental Health** ★ **Anxiety** ★



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