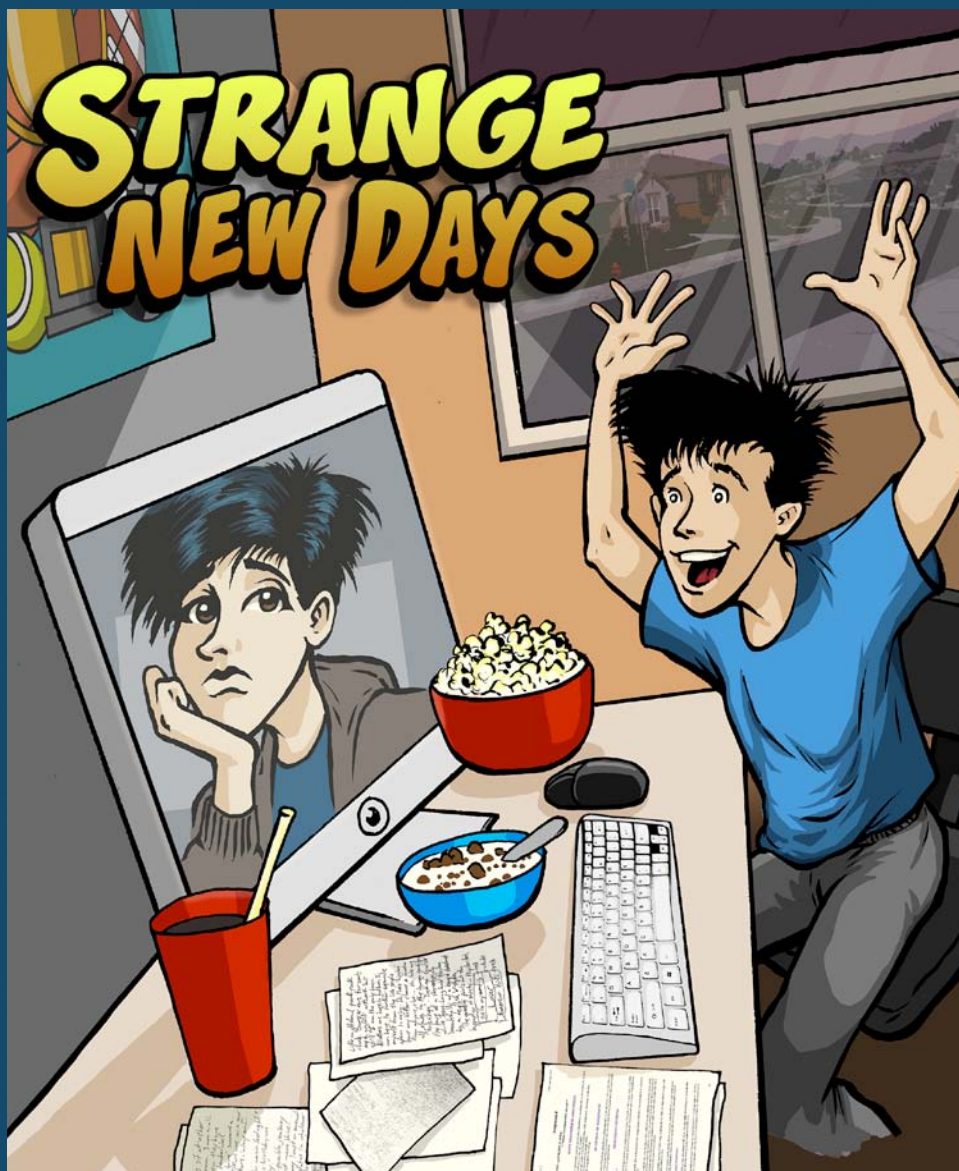


## Education Arts Canada's One Deep Breath Series

- Mental Health
- Anxiety
- Disappointment
- Frustration
- Pandemic-Related Anxiety
- Self-Care
- Stress
- Grades 4-6+
- Online Version

For just \$3.50 per student (min \$250), you receive:

- Link to digital version of this fantastic show
- Downloadable resources to extend the learning through the year including:
  - \*46 page Learning Resource Guide
  - \*MP3s of music from the show
  - \*Printables and worksheets



## Strange New Days: A Socially Distant Musical

It's the day after the opening of their big school show, Peter Pan. Suddenly, the show is cancelled. School is cancelled. Life as they know it is... cancelled. Locked down from COVID-19, Riley struggles to manage her anxiety, facing a bigger challenge than she could ever have imagined. Meanwhile, her best friend, Jay, doesn't know if he should be scared or celebrating "March break forever!" The two friends must figure out strategies to help navigate these Strange New Days.

The ground-breaking *One Deep Breath* series was developed with the assistance of The Ontario Trillium Foundation and a team of mental health professionals. Created by Juno award-winning composers Judy & David Gershon and by Canadian director and playwright Ali Joy Richardson.

Curriculum Links: ★ **Mental Health** ★ **Health/Self-Care** ★ **Music/Arts/Drama**