

★★★ EDUCATION ARTS CANADA PROUDLY PRESENTS ★★★

A MENTAL HEALTH PROGRAM about EMOTIONAL REGULATION and BULLYING

The 'One Deep Breath' Series

JAY VS THE WORLD

Grades 4-6+

Full program, live performance, resource materials \$850

TOURING SOUTHERN ONTARIO SCHOOLS MAY 2024

Made possible with the generous support of
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Jay has it all - popularity, talent, and an awesome best friend. But when the friend leaves town, Jay's plans to run for Student Council lead to public humiliation in the school cafeteria. Angry and embarrassed, Jay tries to topple the frontrunner for president. As his frustration builds, Jay's world spins out of control. For Jay, emotional regulation turns out to be an even bigger challenge than getting elected. But making the journey back from bully to hero is worth the effort.

This exciting initiative was created by Juno award-winning composers, Judy & David Gershon, and by Canadian director and playwright, Ali Joy Richardson, under the guidance of a team of mental health professionals. The program includes an unforgettable in-school performance and excellent teacher resource materials to extend the learning through the year.

Curriculum Links: ★ Mental Health ★ Emotional Regulation ★ Bullying ★

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