

The Art of Grief

Workshop Series With *Tanya Everett*



TEDx Speaker

Our Workshops

1st-4th Grades

For younger students, Tanya would create an interactive art making workshop. There would be a short chat on the topic of grief: describing it and getting feedback from the audience. Then, Tanya would facilitate a theatrical-style workshop about how to process our big feelings. She would use such exercises as:

- Making a human timeline (how do we conceptualize time, and our place in it?)
- Cross the floor as an emotion (how to embody our feelings?)
- Making a physical object as a group (how do we take care of the collective?)

5th-8th Grades

For middle school, Tanya would continue the theme of interactive workshop, but in this case would lead the students in creating improvs and short plays. The themes of the workshop could include: Processing Grief Through Art, Coming of Age, How Am I the Protagonist in My Story, etc! She would share a longer talk to begin with, 15 minutes, and a Q & A. In a day-long workshop, there could be:

- A short play devising workshop: (e.g. embodying fairy tales w/a twist)
- Group skill building games (e.g. build a fantasy machine as a group)

9th-12th Grades

For High School students, we would offer a few options based on the interests of the student body and their curriculum.

Tier a) 30-45 Minute Talk, with Q & A on proposed topic: Processing Grief Through Art, Black Grief, How To Speak About Grief with My Loved Ones, Making a Living as An Artist, Living an Unconventional Life, etc.

Tier b) 15 minute Talk, Q & A, and a Creative Expression: a prompt that could spark an improvised scene, a debate, or playwriting exercise on any of the aforementioned topics.

Tier c) A Creative Workshop, similar to the Middle School Options, with a short Q & A with the Speaker.

Grief for Parents

The parent workshops could function as a more traditional offering, or a combination of the above with the creative elements.

Additional topics for parents could be:

- How to Speak To Your Kids About Loss, How to Face the Unanswerable Questions, How to Guide Your Artistic Kids, etc!

Grief for Teachers/Faculty/Educators

The teacher workshops could function as a more traditional offering, or a combination of the above with the creative elements, as well provide tips and tools for incorporating grief as well as addressing grief with your students. Additional topics for teachers could be:

- How to Speak To Your Students About Loss, What Tools Do Your Students Need for the Unanswerable Questions, How to Guide Your Little Artists, etc!