

The Art of Grief

Workshop Series With *Tanya Everett*



TEDx Speaker

Our Workshops

1st-4th Grades

I facilitate a theatrical-style workshop about how to process our big feelings, with exercises like:

- 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

An interactive workshop after a short talk and followed by a Q&A, with activities like:

- 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

I 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

Tier b) 15 minute Talk, Q & A, and a Creative Expression

Tier c) Creative Workshops and short Q & A with the Speaker

Grief for Adults with Kids

The adult workshops function as a more traditional talk with a Q&A, and I invite any creative workshop elements into our selected topics. I will provide tips and tools for incorporating grief as well as addressing grief with your kids.

Topics & Expressions

My creative workshops are designed around the following subjects for each age category:

Topics

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

Coming of Age,

How Am I the Protagonist in My Story

How to Speak To Kids About Loss

How to Face the Unanswerable Questions

How to Guide Your Little Artists

Expressions

An improvised scene or debate

Playwriting exercises

Poetry & Prose Prompts