



Perfect



Storm

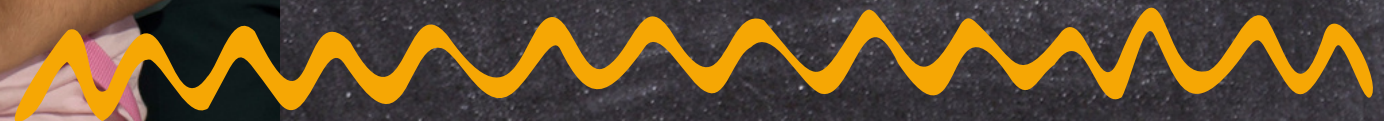


GEORDIE THEATRE: FAMILY GUIDE



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What is Geordie Theatre?

We are an award-winning professional theatre company that has presented live English-language productions for young audiences in Quebec and abroad since 1980. Pushing artistic boundaries with provocative and important stories, Geordie delivers more than 200 performances each season and reaches more than 37,000 young people and their communities annually.

Our 2Play Tour takes theatre to communities across Eastern Canada. Perfect Storm is performed in elementary schools, high school ESL programs, and community organizations.





Perfect Storm

This play follows fourth grade best friends Max and Kelsey as they start drama class for the first time. Everyone at school calls Max “Perfect Girl,” or PG for short, but when drama class comes more naturally to Kelsey, their friendship is thrown off balance. Will they both get a part in Mr. B’s play, or will competition get the best of them?



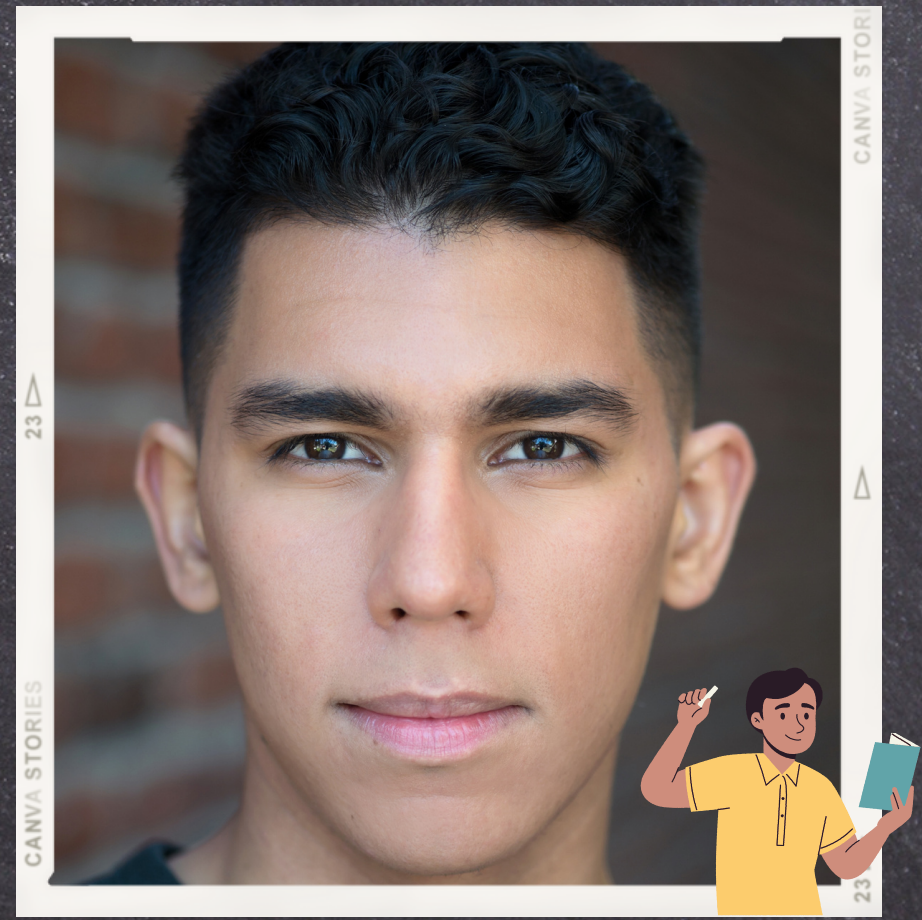
Meet the Characters



Masha B as Max

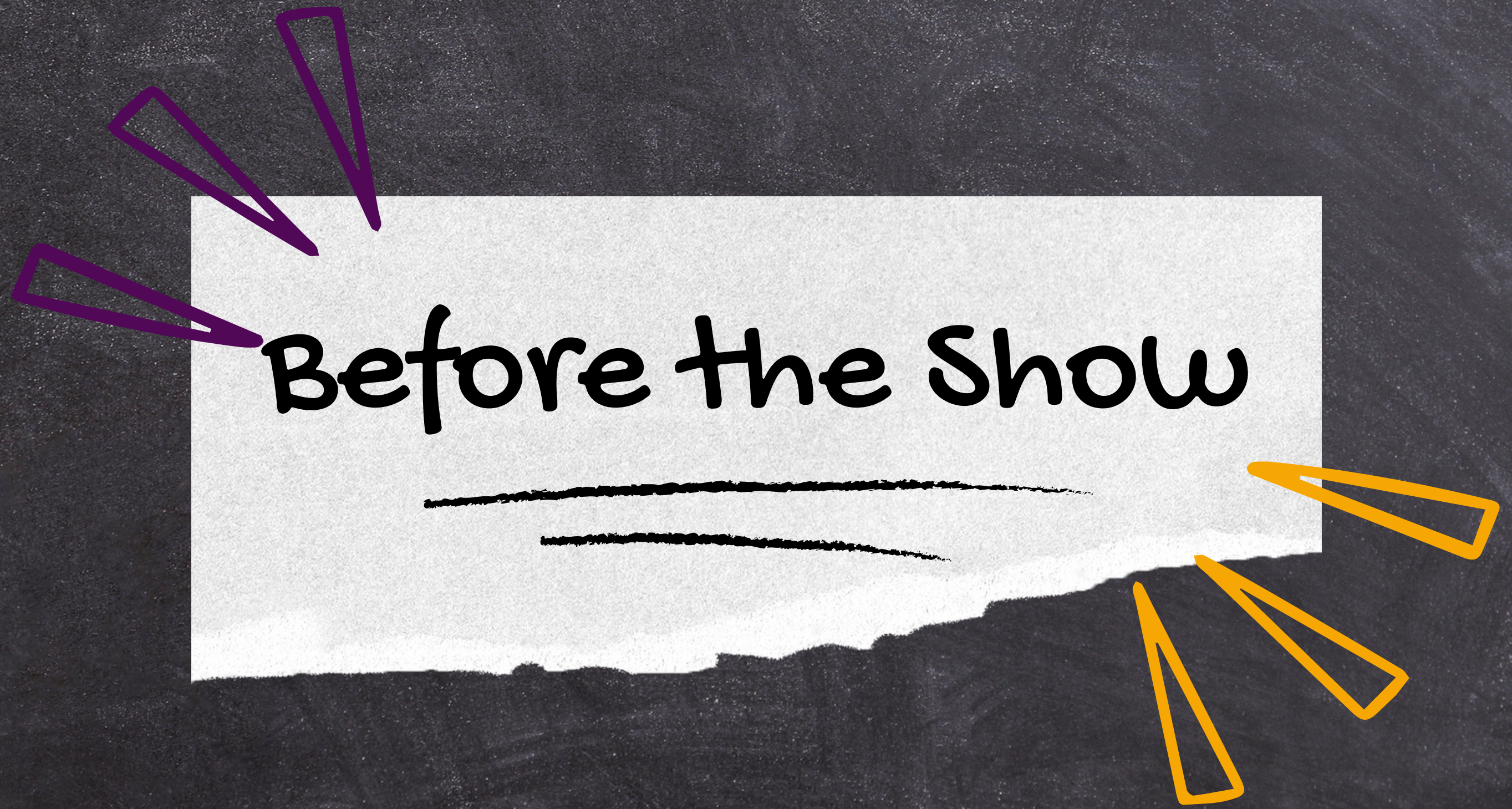


Meenu A as Kelsey



Sebastian Q as Mr. B

Before the Show





The 7 Teachings



Geordie's home is on Tio:take, the indigenous name for land we call Montreal. As a way to honour the caretakers of the land, we use these seven Ancestral Teachings to guide our work.



Truth Humility Wisdom
Respect Love
 Courage Honesty

Where are the teachings in Perfect Storm?





Let's think about...



Love

What do you love about yourself?

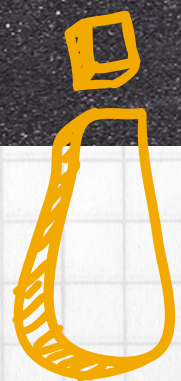
How can your friends and family better understand you?

Humility

How can you be a better listener?

How do you support your friends?

What is one way your friends help you?



Inner Voice

Max, Kelsey, and Mr. B each talk to the voices in their head; the sun and cloud. **The sun** is positive and shows up during successes, while **the cloud** is present when they make mistakes or feel bad about themselves. When too much power and space is given to their negative thoughts, that's when a storm arrives. **What might help the storm go away?**



After the
Show





Let's think about...

Respect

Do Max and Kelsey
respect each other?

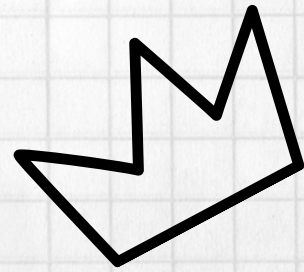
How could they be more
respectful?

How does it make you
feel when Mr. B wants
to play the character of
Monsieur
Potate?

Humility

How could Mr. B be more
selfless?

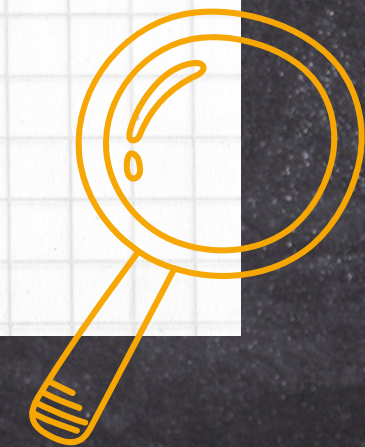
What was a time you felt
overwhelmed like Max?
What did you do? What
would be helpful next time?

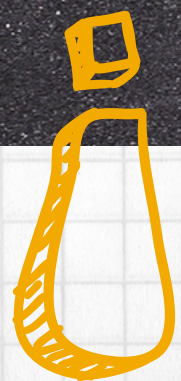


Perfectionism

Max is known as “Perfect Girl” (PG) at school. She believes she must be best at everything and is deeply ashamed when she doesn’t do well during her first day at drama class. She connects her self-worth and identity to her academic ability, modeling black and white thinking (there is good or bad, no in-between). This can be a scary headspace to be in.

How can we be more kind to ourselves? **WATCH: How to Fail Awesomely**

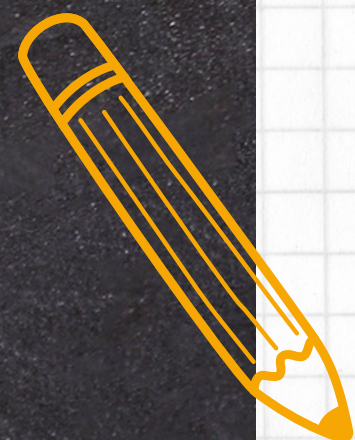




Competition

For all of them, their need to be the best, be seen, be admired, be valued, to feel worthy and special, ends up becoming a need so strong that it silences their other needs and values like being a good friend, being a good teacher, etc. Competition is about being validated by the external (from the outside – i.e. from other people) and not by the internal (a belief we have, a value we hold, our own sense of who we are, etc).

How can we work through our emotions instead of taking it out on others? [ARTICLE: Emotional Regulation Strategies](#)





THANK YOU

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