



Beyond Belief

Mental Health Guide

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Synopsis

*Nine-year-old Rowan is on a mission: to prove that dragons are real—and maybe, just maybe, save their older sister Abbey in the process. When Rowan discovers a mysterious egg on the beach, a whirlwind of adventure begins, and an unlikely friendship forms with Margot, a shy but brilliant classmate who knows everything about birds, books, and being different. Together, they embark on a quest full of imagination, danger, and deep emotional discovery. But when the line between fantasy and reality begins to blur, Rowan must confront a truth even harder to believe than dragons: the people we love can sometimes need help we don't know how to give. Funny, heartfelt, and brimming with childlike wonder, *Beyond Belief* tackles big questions with humour and empathy. It's a story about friendship, mental health, and what it means to hold hope when things feel uncertain. With dazzling theatricality and warmth, this play invites young audiences to imagine boldly, speak honestly, and believe in the impossible.*

Prompts for Conversations with Students

1

“His voice sounds...weird. And there’s something the matter with his eyes. They look like they’re about to pop out of his head, he’s staring so hard. I got this funny feeling in my stomach and all of a sudden, I think maybe letting the Man With Binoculars have the egg is a bad idea.” — Rowan

Rowan’s body and mind were telling them that something was not right with The Man with Binoculars, and so they left Mrs. Fitzsimmon’s house after they first met and they stayed away from him throughout the story.

How do you know when something or someone doesn’t feel right? What can you do or who can you go to for help if this happens?

Prompts for Conversations with Students

2

“Okay. Okay. This is what Mom talked about. Abbey’s brain making her sad. But I know, I know I can cheer her up. I can make her happy...” — Rowan

Rowan ends up deciding that having a wish granted by the Scaly Throated Wyvern is the solution to their sister’s mental illness.

What are other ways that you can cheer someone up when they are sad? How do you like to be cheered up when you are sad?

3

“Abbey is...sick right now in her mind. Her brain can’t control her emotions in a healthy way like ours can.” — Mom

When Rowan’s mom is trying to explain to them what is wrong with his sister Abbey, she talks of how the brain can get sick just like our bodies can get sick.

What does it look like when the body gets sick? And, what does it look like when the mind gets sick?

Prompts for Conversations with Students

4

“You made fun of me. At school you – but I thought – I thought after this maybe you actually wanted to be friends. Then yesterday with Isabella – You didn’t do anything Rowan. You just stood there while she laughed.” — Margot

Rowan and their friend Isabella have often been mean to Margot at school. After the dragon egg adventures during March break, Margot is hurt when Rowan doesn’t stick up for her when Isabella is mean to her again.

Why do you think Margot was hurt? What could Rowan have done differently so that they didn’t hurt Margot’s feelings?

5

“All my feelings are mixed up inside me, like I have a dragon in my belly, rolling around, snorting, breathing fire, burping, laughing.” — Rowan

Do you relate to what Rowan is feeling in this moment? Have there been times where you have had a lot of mixed feelings inside?

Prompts for Conversations with Students

6

“It’s called symbiosis: when two very different creatures work with each other to survive. They don’t always get along. Sometimes they fight. But in the end, they always come back together.”

— Grandma Gail

When Margot asks her why, she says “Well. I suppose because they’re friends”.

How are your friends different than you? What do you like about those differences? How do those differences make your friendship better?



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