

Act Up
T H E A T E R

ACTIVATE
WORKSHOPS

• Arts • Social Justice • Empowerment • Equity • Leadership

WHO WE ARE

ActUp Theater, Inc is a 501(c)3 non-profit performing arts organization that offers comprehensive talent development, arts educational curriculum, and creative exploration to serve all ages in our community.

OUR MISSION

ActUp Theater's mission is to mobilize the power of the arts to promote equity and social justice activism within our community.

WHAT'S NEXT?

IT'S TIME TO **ACTIVATE**

ACTIVATE, are interactive leadership and empowerment workshops created to provide participants with the opportunity to learn more about themselves, who they are, and the impact they want to make in the world. Serving over 3500 students since 2021 these guided workshops empower participants to ACTIVATE and becoming the social change society needs!

WORKSHOPS INCLUDE:

- AN INTERACTIVE WORKSHOP - 60 MINUTES
- A LIVE FACILITATOR FOR PRODUCTIVE COURAGEOUS CONVERSATIONS
- MONOLOGUES, DANCING, AND SONGS
- PRE/POST ACTIVITIES & EDUCATIONAL RESOURCES FOR CONTINUED CONVERSATION

ADVANCING EQUITY

ActUp Theater is dedicated to using performing arts to enrich, inspire, & transform lives in our community. By prioritizing equity, together, we can create a more inclusive society where everyone has a chance to succeed.



ACTIVATE WORKSHOPS

CULTURAL IDENTITY: "WHO YOU ARE... MATTERS!"

Art allows us to appreciate culture! Explore and shed light on various aspects that will educate, and engage, but most of all, leave you celebrating who you truly are. Cultural identity plays a significant role in shaping an individual's worldview, self-esteem, and interactions with others. Weaving in music, food, art, dance, laughter and more, in this workshop we explore how embracing and celebrating diverse cultural identities can foster understanding, respect and appreciation for other's experiences.

LEADERSHIP: "THE SKY'S THE LIMIT"

Leaders are relentless in shaping their dreams into reality, however, great leaders help others and communities grow. They influence their peers and develop healthy relationships with those they serve using their unique personality, talent and perspective just like an artist. With rhythms and lyrics, ActUp will share various leadership stories to provide expose participants to the obstacles and triumphs of great leaders. We will utilize Hip-hop music and relevant culture to provide a plan of action for becoming an effective leader, self-advocate, and community champion.



RESILIENCE: "DISCOVER THE 'GLADIATOR' IN YOU!"

Resilience is essential to thrive! It is a necessary skill to face disappointment, learn from failure, cope with loss, and adapt to change, but ultimately develop healthy, adaptable young people. Art has a wonderful way of helping us navigate complexity, change, and the influence of others. It is not about avoiding challenges but rather about developing the ability to recover and grow stronger in the face of adversity. This workshop will explore the journey of athletes and stars using the five pillars of resilience: (1) self-awareness, (2) mindfulness, (3) self-care, (4) positive relationships, and (5) purpose. Utilizing songs, storytelling and dances the participants get inspired to defeat the odds and bounce back!

MENTAL HEALTH: "ARTS AS HEALING"

The arts have proven to be a powerful way to develop sympathy, problem solving skills, and acceptance of ourselves. Our mental health has never been more important to nurture, which includes our emotional, psychological, and social well-being. Leveraging storytelling, music, and activities we will help participants navigate tough experiences in a healthier way. This workshop will equip them with ways to promote self-care, create coping skills, and reach out for support.

ACTIVATE'S SOCIAL JUSTICE WORKSHOPS

BLACK LIVES MATTER: "WE RISE"

A movement erected to bring awareness to unjust killings and Black people's humanity, this workshop centers the idea of equity. Like Maya Angelou said, "The truth is, no one of us can be free until everybody is free. We will learn about the history of the movement and provide action items to ensure our society values Black lives. With songs, dances, and storytelling, we encourage participants to actively center Black joy, create space for Black innovation, and support Black existence.

SISTERHOOD: "WE ARE MAGIC"

Sisterhood is intended to inspire, motivate, and celebrate girls and women. It is time to shine the light on what makes us all special! This workshop will highlight on black women's notable achievements and promote unity through song, dance, and monologues. The workshop will include open discussions and exercises on vulnerability, strength, beauty, femininity, and the intersection of the diverse and female identities.

SYSTEMIC RACISM: "BLACK LOVE IS BLACK JOY"

With live actors, we will follow Stephanie and Jamal's love story as we highlight the impact of racism on their relationships, family, and education. A destructive force in America, systemic racism, has resulted from a deep history of structural biases and prejudices. The actions of the past have created a current culture of protecting oppression towards marginalized and often silenced populations. This workshop will use the arts and history to understand racism, privilege, and various systems of oppression in a digestible, interactive, and surprisingly engaging way. Be the change you want to see by participating in this energized discussion on change.

Note: This curriculum is designed to suit all ages and abilities.

It can be adjusted based on the audience and available resources.

WWW.ACTUPTHEATER.ORG



ACTIVATE's PRICING BREAKDOWN

NUMBER OF PARTICIPANTS	UNDER 25	25 - 50	50 - 75
PRICE PER WORKSHOP	\$2,700	\$3,600	\$4,500
60 MINUTE			
90 MINUTE	\$3,150	\$4,050	\$4,950

PACKAGE PRICING

60 MINUTE WORKSHOP PACKAGES

4 WORKSHOPS	25 - 50	50 - 75	6 WORKSHOPS	25 - 50	50 - 75
	\$14,400	\$18,000		\$21,600	\$27,000

90 MINUTE WORKSHOP PACKAGES

4 WORKSHOPS	25 - 50	50 - 75	6 WORKSHOPS	25 - 50	50 - 75
	\$16,200	\$19,800		\$24,300	\$29,700

ACTIVATE's ADDITIONAL OFFERINGS

These additional opportunities are designed to be paired with a chosen workshop theme for participation input and collaboration.

DANCE STUDIO

\$6,900

Dedicated to fostering a passion for dance, nurturing creativity, and inspiring our students to achieve their fullest potential. Our studio is a vibrant and inclusive community, offering various dance styles and classes for dancers of all ages and skill levels.

CAPACITY: 20 IN-PERSON

LENGTH: TEN 1-HOUR SESSIONS

MURAL STUDIO

\$13,800

Mural Studio, where imagination takes form and walls come to life! We are a vibrant art space dedicated to nurturing the artistic talents of students and creating awe-inspiring murals that transform ordinary spaces into captivating works of art.

CAPACITY: 15 IN-PERSON

LENGTH: FIFTEEN 1-HOUR SESSIONS

(All material included)

ACTING STUDIO

\$6,900

Our team of experienced acting coaches brings a wealth of knowledge and expertise to the studio. Whether you dream of gracing the stage or shining on the silver screen, Drama Studio is where your acting journey begins. Discover the magic of storytelling, embrace vulnerability, and unlock your true potential as an actor.

CAPACITY: 20 IN-PERSON

LENGTH: TEN 1-HOUR SESSIONS

SINGING STUDIO

\$6,900

Whether you dream of performing on grand stages or wish to embrace the joy of singing, Melody Masters Singing Studio welcomes you with open arms. Unleash the power of your voice, elevate your musicality, and become a true melody master.

CAPACITY: 20 IN-PERSON

LENGTH: TEN 1-HOUR SESSIONS

(All material included)

Custom Shirts

\$25 FOR EACH PARTICIPANT

To boost morale and instill pride, we will work with the school to create motivating ACTIVATE t-shirts to give to each participant. 24 min order



ACTIVATE's ADDITIONAL OFFERINGS

These additional opportunities are designed to be paired with a chosen workshop theme for participation input and collaboration.

DANCE STUDIO

Dedicated to fostering a passion for dance, nurturing creativity, and inspiring our students to achieve their fullest potential. Our studio is a vibrant and inclusive community, offering various dance styles and classes for dancers of all ages and skill levels.

CAPACITY: 20 IN-PERSON

LENGTH: TEN 1-HOUR SESSIONS

MURAL STUDIO

Mural Studio, where imagination takes form and walls come to life! We are a vibrant art space dedicated to nurturing the artistic talents of students and creating awe-inspiring murals that transform ordinary spaces into captivating works of art.

CAPACITY: 15 IN-PERSON

LENGTH: FIFTEEN 1-HOUR SESSIONS

(All material included)

ACTING STUDIO

Our team of experienced acting coaches brings a wealth of knowledge and expertise to the studio. Whether you dream of gracing the stage or shining on the silver screen, Drama Studio is where your acting journey begins. Discover the magic of storytelling, embrace vulnerability, and unlock your true potential as an actor.

CAPACITY: 20 IN-PERSON

LENGTH: TEN 1-HOUR SESSIONS

SINGING STUDIO

Whether you dream of performing on grand stages or wish to embrace the joy of singing, Melody Masters Singing Studio welcomes you with open arms. Unleash the power of your voice, elevate your musicality, and become a true melody master.

CAPACITY: 20 IN-PERSON

LENGTH: TEN 1-HOUR SESSIONS

(All material included)

Custom Shirts

To boost morale and instill pride, we will work with the school to create motivating ACTIVATE t-shirts to give to each participant. 24 min order





LET'S ACTIVATE TO HAVE A POSITIVE IMPACT IN OUR COMMUNITY.

OPERATING SUPPORT FOR ACTUP THEATER, INC. PROVIDED BY:



Connecticut⁺ Department of Economic and Community Development
Office of The Arts

GREATER HARTFORD
ARTS COUNCIL

TRAVELERS

cthumanities

Book your ACTIVATE workshop today!

FAITHLYN JOHNSON

Executive Director

actuptheater@gmail.com

860-453-0600

actuptheater.org

“When schools reopen after COVID-19 closures, your school will need a compassionate, intentional, trauma-sensitive plan for easing the back-to-school transition,”

acclaimed trauma expert Jen Alexander.

Covid-19 and our social equity campaigns have shifted our understanding of normal. Formed in response to the heightened awareness around social justice, ACTIVATE was created by ActUp Theater, Inc., is a set of high-tech learning workshops to guide people on how they can be changemakers in their community.

**“THE ARTS UNIFY OUR COMMUNITIES REGARDLESS OF AGE, RACE, AND ETHNICITY”.
AMERICANS FOR THE ARTS (2018)**

WHAT'S NEXT? IT'S TIME TO **ACTIVATE**

Through ACTIVATE, we use the arts as a catalyst for social change and encourage courageous conversations centered around various transformative themes.

Now you can ACTIVATE in two ways: *Virtually or In-Person*

With a selected length and transformative themes, the participants will be guided through an interactive workshop by a live facilitator in-person or virtually. We value an equitable, diverse, and inclusive world, so, the themes are intentionally designed to help students go beyond their comfort zones. We encourage them to ACTIVATE through exploring culture and equity while celebrating our humanity and becoming the social change we all need.



ABOUT THE WORKSHOPS

With a selected length and transformative themes, the participant or group will be guided by a live facilitator through an interactive diversity and inclusion workshop.

Using an online training platform as a way to connect, each workshop will consist of:

1. A live facilitator
2. Curated video content of carefully chosen monologues, songs, and dances
3. Educational pre-work, post-work and historical background
4. Guided diversity and inclusion exercises curriculum, and conversations; and
5. An option length of 30, 45, 60, or 90 minutes for selected transformative theme.

VIRTUAL WORKSHOP MODEL

- An online professional live facilitator
- Curated video content of carefully chosen monologues, songs, and dances;
- Historical narratives and references
- Guided diversity and inclusion exercises, curriculum, and conversations; and
- Online option length of 30, 45, 60, or 90 minutes for the selected transformative theme
- Pre-Work to introduce participants to the theme which includes survey and video (2 weeks ahead)
- Post-work to encourage participants to continue the conversation with resources, worksheets, and projects (1 week after)

IN-PERSON HYBRID WORKSHOP MODEL

- In-person professional facilitator/teaching artist
- Curated video content of carefully chosen monologues, songs, and dances;
- Guided diversity and inclusion exercises, curriculum, and conversations; and
- 60 minutes of the workshop and 30 minutes of discussion for selected transformative theme
- Pre-Work to introduce participants to the theme which includes survey and video (2 weeks ahead)

LAUNCH

Final In-Person Culminating Project

- Curated with the chosen themes in mind targeted to students' input and collaboration

WHO WE ARE

With over 30 plus years of leadership experience in the arts, ACTIVATE was created to cultivate a safe space for the community to connect, relate, and converse. ACTIVATE's goal is to ultimately learn how to tap into our power to be impactful citizens. We encourage interdisciplinary innovation at the intersections of art, design, technology, culture, and activism. The mission of ActUp Theater is to mobilize the power of the arts to promote social justice activism within our communities. Our vision is to #ChangetheCulture through the arts to reflect and include our communities.

PROMOTE EQUITY WITH ACTIVATE

FRAMEWORK

1. Hold space to be authentic self
2. Better decision-makers
3. Become leaders in their schools and communities
4. Analyze and research the various topics

PURPOSE

The purpose of ACTIVATE is to mobilize the arts to tap into our power to be impactful citizens by:

- Educating participants on the historical background of current societal norms, trends, and concepts
- Providing participants with the opportunity to learn more about their role in advocacy in a constructive and solution-oriented manner
- Broadening participant engagement within their culture and community beyond the workshop
- Encouraging courageous conversation and awareness of structural inequities through guided reflections and various artistic expressions
- Convening safe spaces that increase empathy and understanding

OBJECTIVE

The objective of ACTIVATE is to create a high-tech engaging workshop that brings the rigor and personal attention directly to each participant that you expect from ActUp Theater. These full virtual experiences make ActUp Theater more accessible than ever before for participants to:

- Understand the collective, rather than individual
- Foster the need for transformative, rather than temporary, relief from social problems
- Mobilize the arts to create an authentic educational experience
- Emphasizing learning beyond traditional walls
- Promote social activism by testing those ideas in real-world conditions

**DUE TO DEMAND, WE ARE NOW OFFERING
VIRTUAL AND IN-PERSON HYBRID
WORKSHOP MODELS TO ACTIVATE!**

ACTIVATE's

IN-PERSON OPPORTUNITIES

FINAL IN-PERSON CULMINATING PROJECT AFTER WORKSHOPS

There will be a Final In-Person Culminating Project curated after the workshop with the chosen themes in mind targeted to students' input and collaboration

MURAL

"PAINT THE FUTURE"

Students will design and execute a social justice mural backdrop to encourage student leadership and vision development through drawing and painting instruction.

Capacity: 15 in-person

Length of time: 10 one-hour sessions

DANCE SHOWCASE

"SO YOU THINK YOU CAN DANCE"

Basic and the advanced element of dance to provide students with co-curricular experiences marked by self-expression of culture and social justice themes

Capacity: 20 in-person

Length of time: 10 one-hour sessions

CREATIVE WRITING

"SPOKEN WORD CAFE"

Strengthen your voice through rhythm and rhyme, you will create original poetry through listening to your inner voice.

Capacity: 20 in-person

Length of time: 10 one-hour sessions

SINGING

"THE PLAYLIST IS ENDLESS!"

Let's use song structure to sharpen your ability to leverage words to express our current realities.

Capacity: 20 in-person

Length of time: 10 one-hour sessions

CUSTOM SHIRTS

FOR EACH PARTICIPANT

To boost morale and instill pride, we will work with the school to create motivating ACTIVATE t-shirts to give to each participant

