
nudge
theatre



BODY IMAGE AND SOCIAL MEDIA

Get into groups and read the article that is linked below.

https://www.boredpanda.com/personal-trainer-shows-reality-vs-instagram-pictures-differences-chessie-king/?utm_source=google&utm_medium=organic&utm_campaign=organic

Discuss...

- How did the article make you feel?
- What are some of the major points the model is making in this article?
- Do you agree/ disagree? Why?

INNER CRITIC

- Repeat the exercise they had to do in the show
 - Using 'I' statements, write a list of all the negative things your inner critic has ever said to you
 - Replace the 'I' statements with 'you' (modify so that the sentence grammatically makes sense eg. You are, you have, you are not etc
 - Mind dump in your journal using the following questions as a guide to help you write...
 1. Was this task hard? Why
 2. How did writing this list out make you feel?
 3. Did you engage in the activity? Why/why not?
 4. What did changing the 'I' statements to 'you' statements do?
 5. How did the 'you' statements make you feel?
 6. Would you be friends with someone who said those things to you?

INNER COACH

- Put into small groups
 - What is the difference between inner critic and inner coach?
 - Make an informative poster that defines both critics and how to tell the difference between them
 - Write a list of who to turn to for advice

JOURNAL

- 'Self love' what does it mean to you and how could you incorporate more of it in your day to day life?

MISSION AUSTRALIA YOUTH SURVEY

Using the below link to last years Youth survey, create a survey for your class and/or year group to find out what are the concerns of your class mates. As a group, decide what questions are the most relevant to gain the information you would like to collect. Collate the information and make a poster out of your findings.

<https://www.missionaustralia.com.au/publications/youth-survey/824-mission-australia-youth-survey-infographic-2018/file>

BEHIND EVERY SUCCESSFUL GIRL IS HERSELF

Using Nudge Theatre's tagline 'Behind every successful girl is herself'

- As a group, mind map what this tagline means
- Get into smaller groups and create a list of personal rules that will help uphold the definition of the tagline 'Thou shall not...!'

girl empowered

