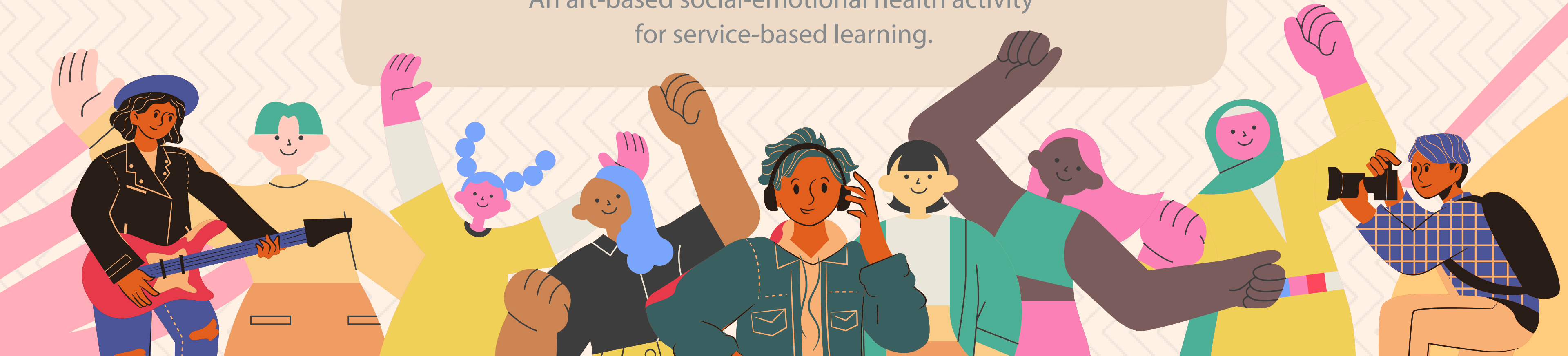


CONNECTING THE DOTS: HEALTH AS ART

# A Show For All Talents

An art-based social-emotional health activity  
for service-based learning.



# What is service-based learning?

Service-based learning encourages the application of social-emotional skills through civic engagement and social responsibility. It helps us develop a sense of self-efficacy and critical thinking skills, practice teamwork, build relationships with others, and exposes us to new environments. It helps us contribute to the world around us while empowering us to engage with our community in an impactful way!



# Connecting the Dots

Finding ways to collaborate with peers and give back to your community in a meaningful way helps you to develop skills in leadership, communication, and more. The arts can also help us to build connections with others through different perspectives, creativity, and new ideas. They also help us to recognize strengths - both within ourselves and others. In doing so, we strengthen our self-awareness and social awareness that help us to build strengthened relationships with others.



# A Show For All Talents

A talent show is a great way to show off your skills and celebrate those of others! We all have talents and skills that make us unique. From arts and sports to cooking and mathematics - they all deserve a chance to be under the spotlight.

Discover how a talent show - no matter how big or small - can boost confidence, promote social inclusion, and create opportunities to show off the things we enjoy most.



# Planning a Talent Show

1

Create your team. Starting with a team helps you to stay on track and share roles and responsibilities. Reflect on the different skills each person holds and create roles that lift those up.

2

Choose your date and venue. If your talent show has a theme, maybe you want to plan it around a monthly celebration or observance. Decide on where you want to hold your show - in the gymnasium, a classroom, outdoors, etc. Work with the appropriate team members to make sure you have everything you need.

3

Spread the word. Create flyers or post the details on a school bulletin board and invite people to sign up to perform.

# Planning a Talent Show

4

Once you have your lineup, create space to practice. Invite performers to come together, get to know one another, and practice before the big day.

5

Invite your audience. Similar to how you spread the word to invite peers to perform, share the details via flyers, bulletin boards, or newsletters home to invite families and friends.

6

Celebrate your gifts. Whether you are performing or working to help run the show from backstage - it's all worth celebrating! Congratulate a job well done and reflect on the process as a group.

# Planning as a Service Project

Turn your talent show into a fundraising event to give back to your community.

In lieu of tickets, ask attendees to bring a canned good or dry food item for a food drive. Collect these items and create a school pantry where families can access items they need. You can also do a seedling fundraiser where attendees bring seed packets or seedlings. Plant them in the school garden and create a fresh produce stand where families can take home healthy fruits and veggies grown by your very own hands!



# Service to the Community

Looking for other ways to give back to your community? You can swap tickets for a variety of items and create a project that addresses the needs of the community you are aiming to serve. Get started with these ideas or come up with some of your own!

1

Jackets, coats, winter boots, mittens, etc.

2

School supplies (e.g., notebooks, pencils, crayons, etc.)

3

Games, puzzles, toys, art supplies for indoor or outdoor recess and play



# Planning for a Class or Home Project

A talent show can be as small or grand as you want it to be! If planning as a project for the classroom, hold a talent show for active indoor recess or schedule for the end of the school day and invite families to attend. If planning as a project for home, hold a talent show after dinner for some evening entertainment and take turns sharing and celebrating one another's many talents.



# Reflective Wrap-Up

Whether completed as a service project or for an art project in the classroom or home, reflect on the different stages of the process.

- What was the planning process like? What was the easiest part? What was the most challenging?
- What did you learn from this process?

Then spend time reflecting on the project(s):

- What talent(s) did you share?
- What talent(s) did someone else share that was new to you? What did you learn? What talent(s) inspired you to try something new?
- What talent(s) or skill(s) did you have in common with someone else?
- What feelings did you have before, during, and after?