



The Kids on the Block Program on Children's Mental Health

Featuring: Shaun James, Anna Perry,
Melody James, Brenda Dubrowski and Abbie Lynch (*not shown*)

Today's children realize that life isn't always easy. Pressure to win, to be liked, to get along with your family, or to do well in school may cause a young person to experience stress. Some stress and anxiety is normal. But feelings of worthlessness, extreme sadness, or hopelessness may be warning signs of a mental health problem.

The Kids on the Block Program on Children's Mental Health, developed with the support of the National Mental Health Association, addresses the importance of every child's mental health. The curriculum is designed to explain and define mental health, identify various symptoms of mental health problems, teach children to understand feelings, provide children with an introduction to problem solving skills, and encourage them to talk with trusted adults. This curriculum also addresses two specific conditions, **depression** and **Attention Deficit Hyperactivity Disorder (ADHD)**.

The complete curriculum consists of large hand-crafted puppets, five scripts, props, follow-up activities and resources to teach children about mental health and relevant issues.



A TROUPE OF EDUCATIONAL PUPPETS

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THE KIDS ON THE BLOCK, INC.

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Script Summaries

The Counseling Game [depression and mental health services]

When Shaun overhears his sister, Melody, and her friend Brenda playing a "counseling game," he decides it's time for Melody to hear about what counseling is really like. He tells Melody about his own experiences with his counselor and helps her understand the importance of mental health by equating it with physical health. (**Shaun, Melody, Brenda**)

What's the Problem? [problem solving]

Brenda and Melody have purchased a video together and are about to watch it when an argument breaks out over who actually owns the video. Hearing the argument, Melody's older brother Shaun helps guide Mel through the problem solving process. (**Shaun, Melody, Brenda**)

Shhhh!!! [ADHD]

Brenda and Anna are in the library working on a report when Anna starts behaving in an uncontrolled, disruptive manner. Brenda is confused and frustrated by her friend's behavior until Anna explains her condition, Attention Deficit Hyperactivity Disorder (ADHD), in a way that Brenda and the audience can understand. (**Anna, Brenda**)

Career Day [ADHD]

During career day at school, Anna is very impressed with Abbie Lynch and her talk about nursing. Anna, who has ADHD, is concerned that her condition will interfere with her own career choices. Together Anna and Abbie discuss their mutual interest in nursing as well as something else they have in common -- ADHD. (**Anna, Abbie, Brenda**)

Feelings Are Important! [feelings]

Brenda is having a hard time getting an idea for the class "Feelings Are Important" project. Melody helps by sharing her project -- a song about feelings. (**Melody, Brenda**)

NOTE: After each script the children in the audience are given the opportunity to ask their own questions directly to the puppet characters.

The Kids on the Block, created in 1977, features life size puppets who, through the magic of live puppet theatre, teach children and adults about disabilities, medical and educational differences, and social concerns. Through the hard work and dedication of many community based groups, **The Kids on the Block** puppets are able to touch the lives of people all over the world.