



YOUTHTEATRE

PRESENTS

Heartbeat
Reverie

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Original Study Guide by Sara Meleika



ABOUT THE STUDY GUIDE

Dear Cycle Teachers,

Thank you for sharing 'Heartbeat Reverie' with your students!

This slideshow is a visual aid intended to accompany the Heartbeat Reverie Study Guide. Please consult the study guide for a more thorough description of how to guide your students through these lesson plans.

Should you have any questions, do not hesitate to contact us!

By phone: 514.844.8781

By email: outreach@youthatre.ca



Hello!

We are Youtheatre

Youtheatre is Quebec's oldest theatre for young audiences! For more than 50 years, Youtheatre's productions have been performed to over two million young people throughout Quebec and Canada.



Illustration from 'You're in Good Paws'

ABOUT THE PLAY

Heartbeat Reverie is about a boy who falls into a special kind of sleep before surgery. He journeys through a series of dreams, while his mother's voice calls him. At the end, he receives a brand new heart!

THE CHARACTERS

The Mother

The mother has to wait while her boy goes through surgery. She is also strong and brave because even though she is scared for her son, she uses her voice for encouragement and support, so that the boy is never truly alone.

The Boy

The boy is about to go through one of those most difficult journeys of his life, even though he's still so young! He is placed in a special sleep - or under anesthesia, as the doctor would say - while he has heart surgery. The boy is already strong and brave as he faces this tough challenge.



1. ELA

✨ Love and Support ✨

Where and When of the play



The boy is in the hospital, about to have heart surgery.



Have you ever done something that is important
and/or exciting but maybe also a little scary?

What helped you feel brave?



The Big Idea of the Play



The mother's love for her son is a big idea of the play!



Jamal took Leo and his parents up to the pre-operative waiting area.



Love helps the boy get through a hard time in the hospital.

ALL FAMILIES ARE DIFFERENT!



QUESTIONS

Who are some of the people in your life who make you feel loved?



How can you show love to them?

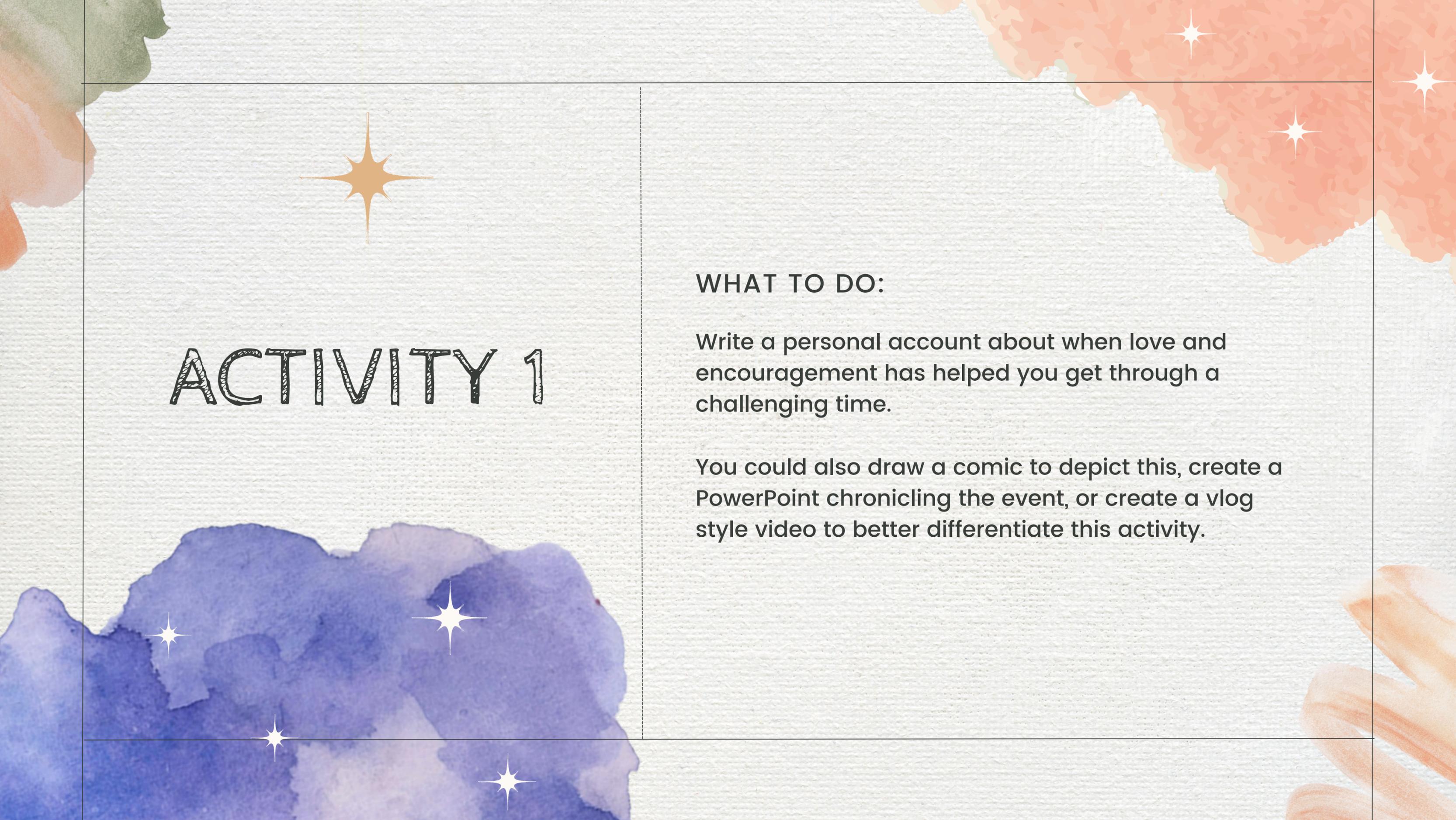


How does it feel when someone takes care of you when you are sick or sad?

ACTIVITY 1

Reflection through Writing or Mixed
Media





ACTIVITY 1

WHAT TO DO:

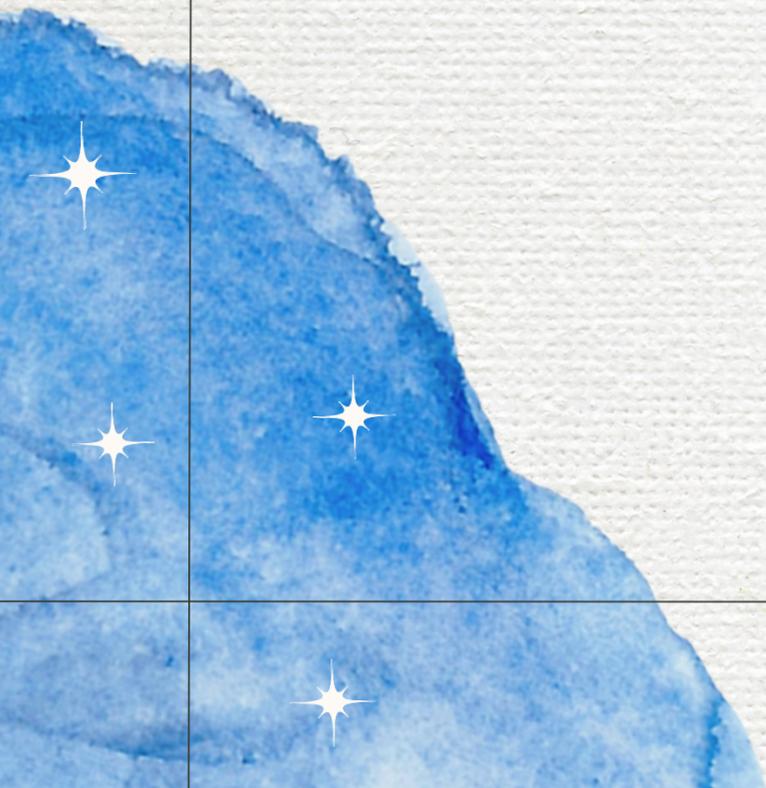
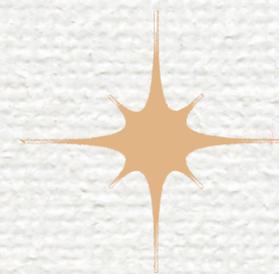
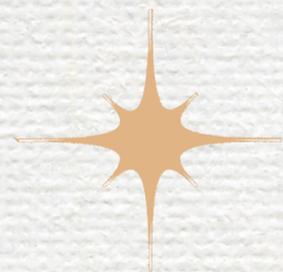
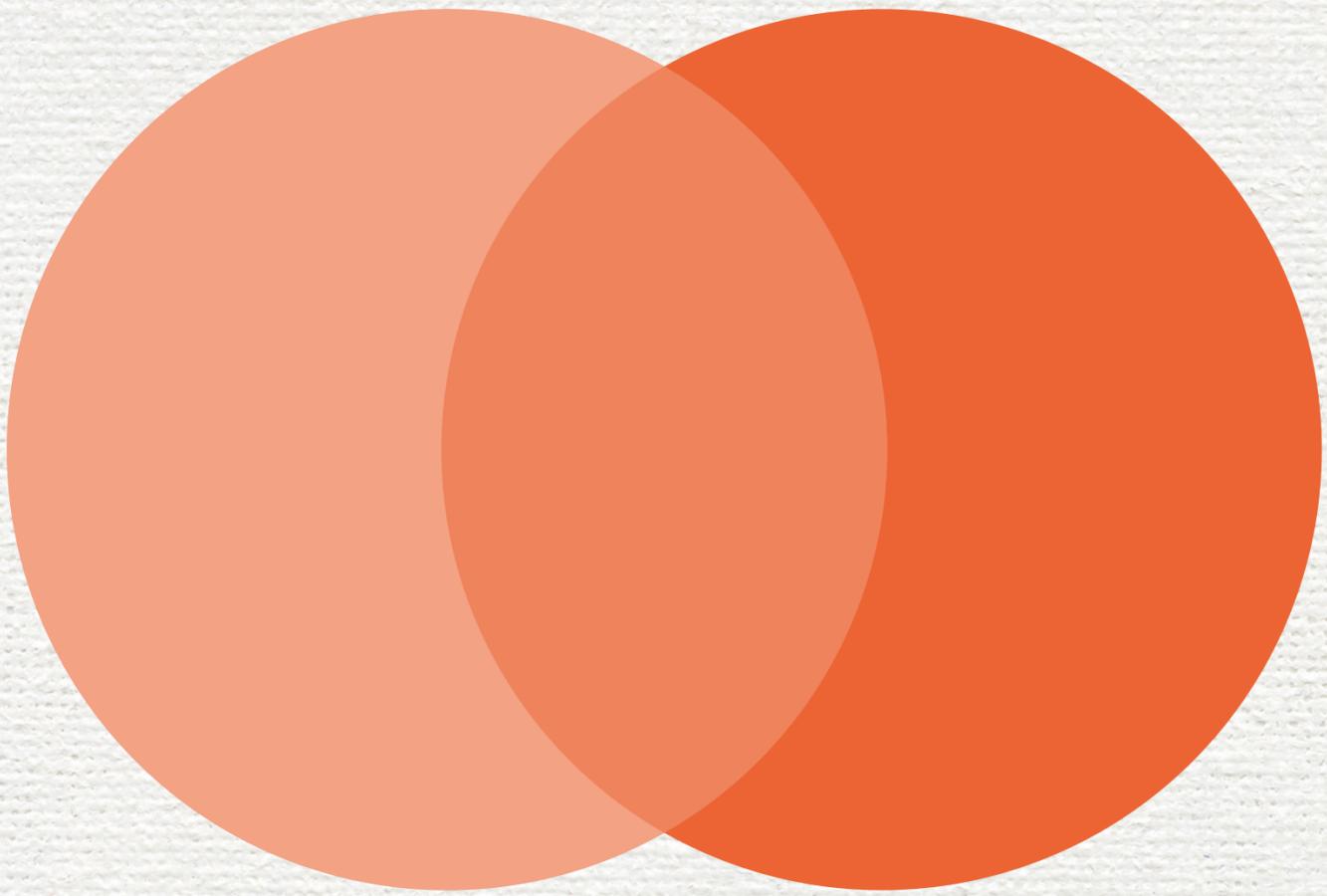
Write a personal account about when love and encouragement has helped you get through a challenging time.

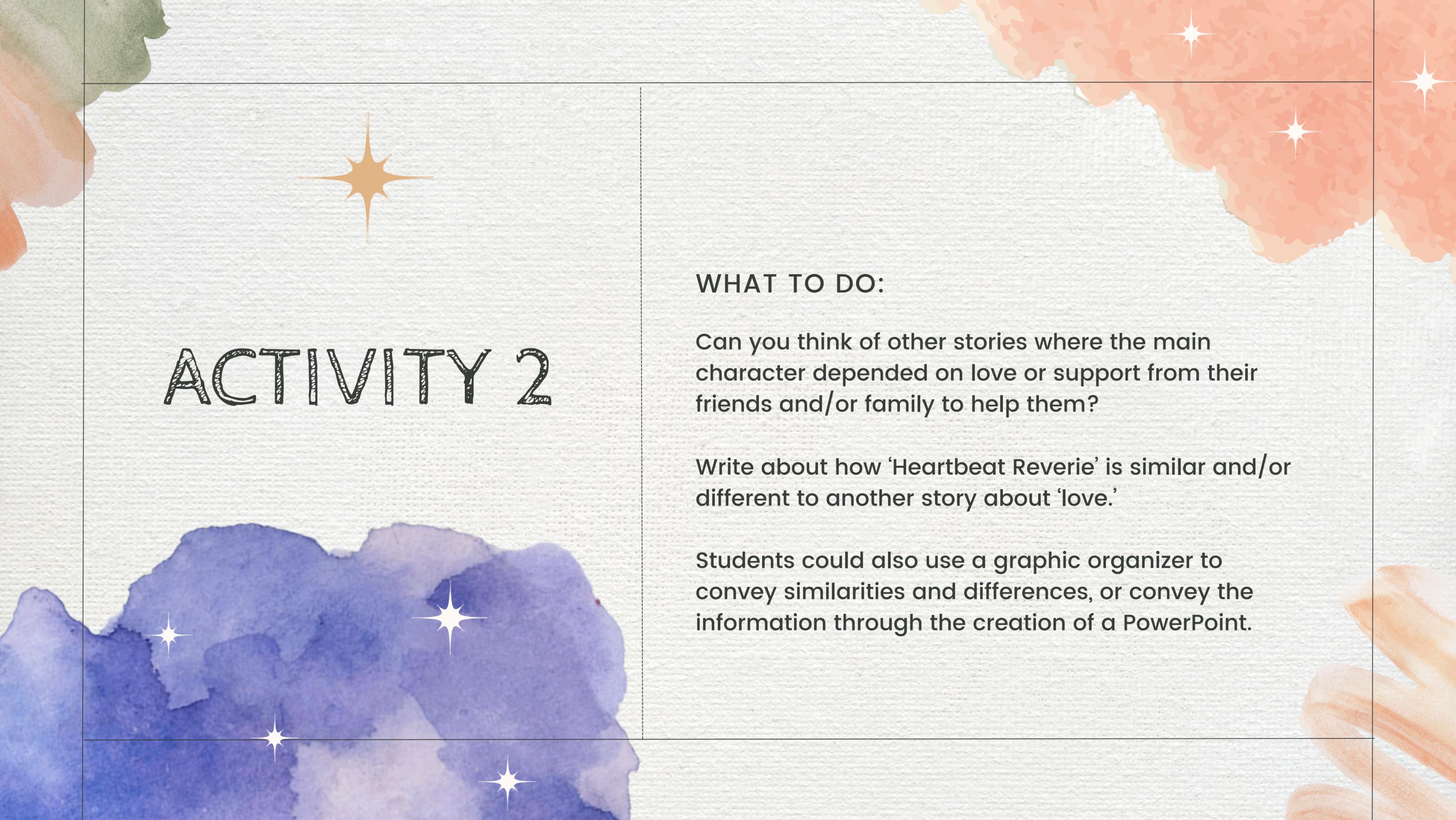
You could also draw a comic to depict this, create a PowerPoint chronicling the event, or create a vlog style video to better differentiate this activity.



ACTIVITY 2

Compare and Contrast through
Writing or a Powerpoint





ACTIVITY 2

WHAT TO DO:

Can you think of other stories where the main character depended on love or support from their friends and/or family to help them?

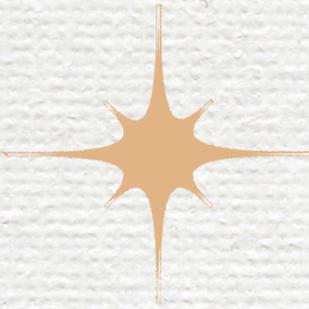
Write about how 'Heartbeat Reverie' is similar and/or different to another story about 'love.'

Students could also use a graphic organizer to convey similarities and differences, or convey the information through the creation of a PowerPoint.

ACTIVITY 3

Letter of Encouragement





ACTIVITY 3

WHAT TO DO:

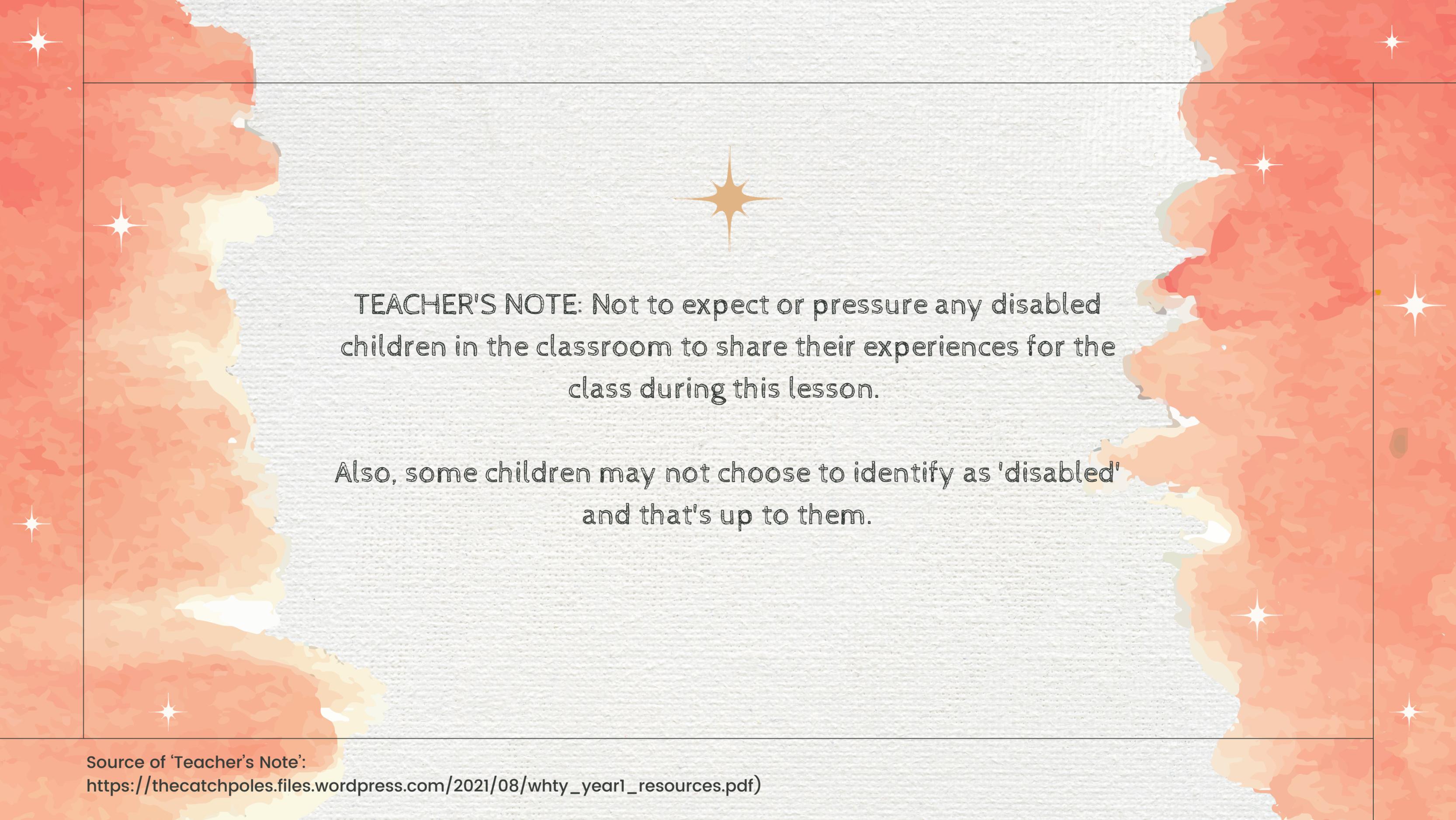
Write a letter to be delivered to a children's hospital.
Write something encouraging!

The class can brainstorm possible what to write
thinking about what messages children in the
hospital might be needing to hear.

You can also add a drawing or make them a gift
with your art supplies.

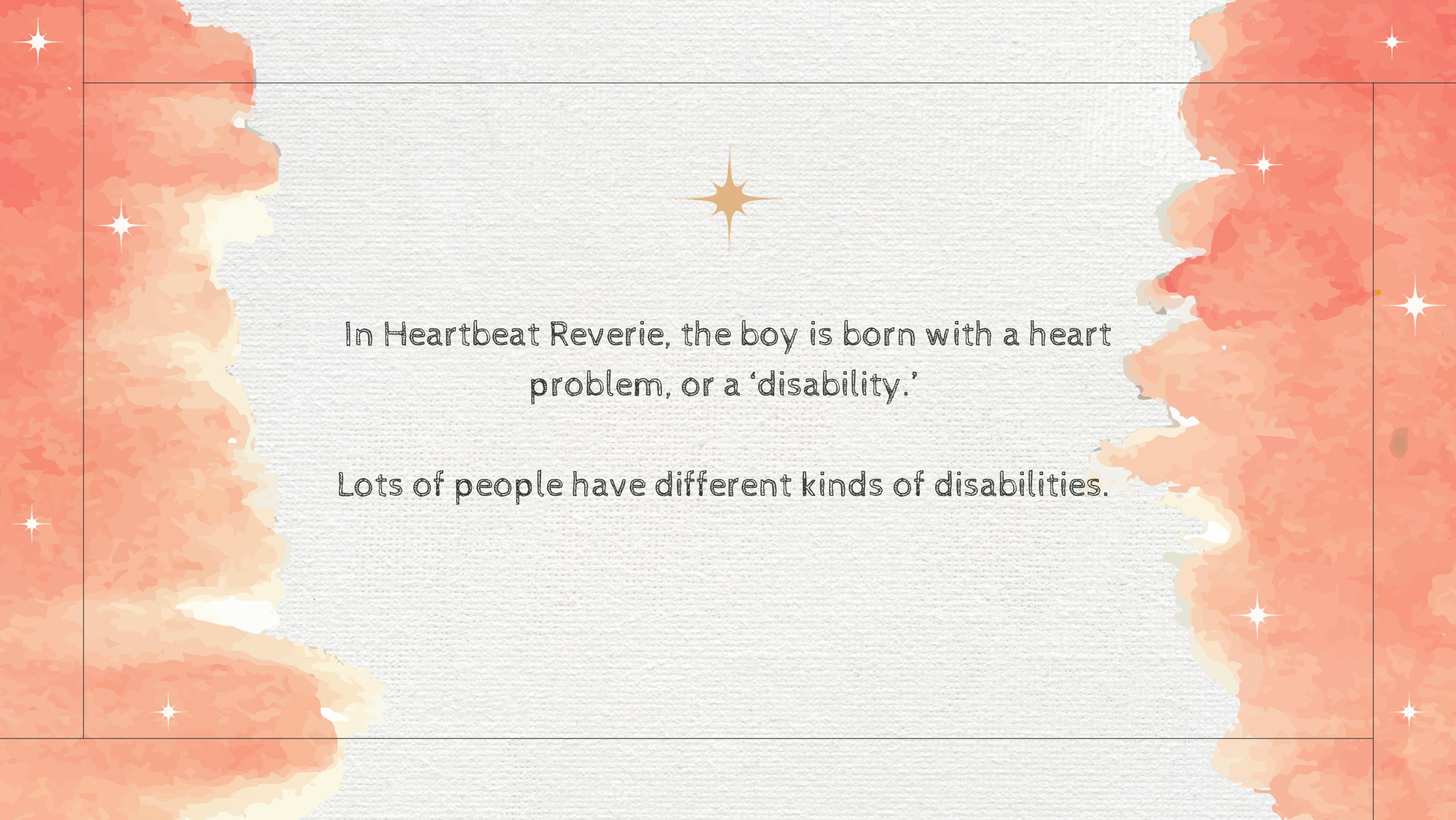
I. ETHICS

✨ What is Disability? ✨



TEACHER'S NOTE: Not to expect or pressure any disabled children in the classroom to share their experiences for the class during this lesson.

Also, some children may not choose to identify as 'disabled' and that's up to them.



In Heartbeat Reverie, the boy is born with a heart problem, or a 'disability.'

Lots of people have different kinds of disabilities.



When you hear the word 'disability' what do you think of? Any ideas?



What is a Disability?

A disability can be a physical or mental problem that affects whether someone can walk, see, hear, speak, learn or do other important things.

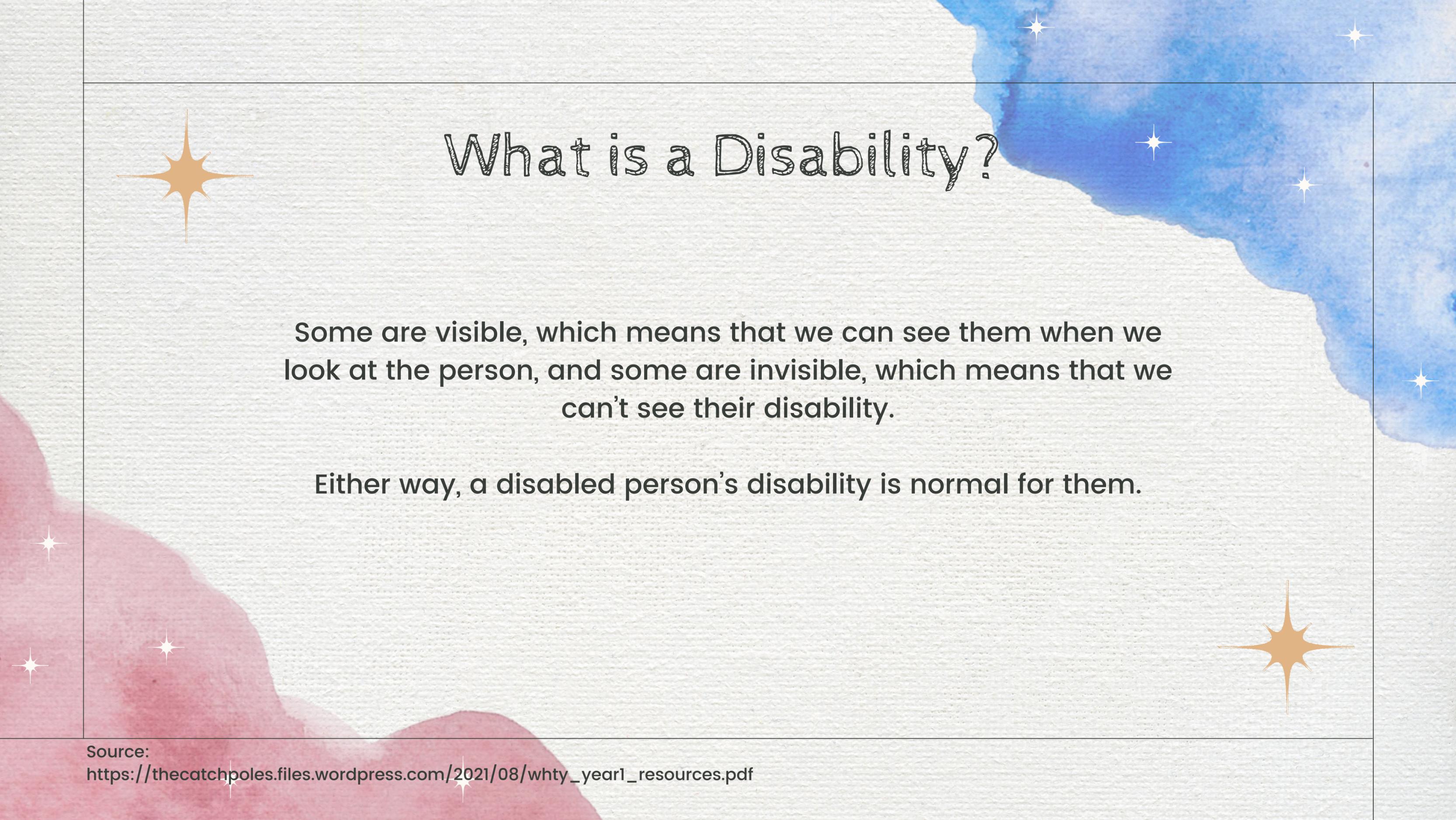
Some disabilities are permanent, or last forever. Others only last for a short time. Someone can be born with a disability, or it can be caused by illness or an accident.



Sources:

'Disability' - Kid's Britannica <https://kids.britannica.com/kids/article/disability/390729>

How to talk to kids about disability <https://www.verywellfamily.com/how-to-talk-to-kids-about-disabilities-4142349>



What is a Disability?

Some are visible, which means that we can see them when we look at the person, and some are invisible, which means that we can't see their disability.

Either way, a disabled person's disability is normal for them.

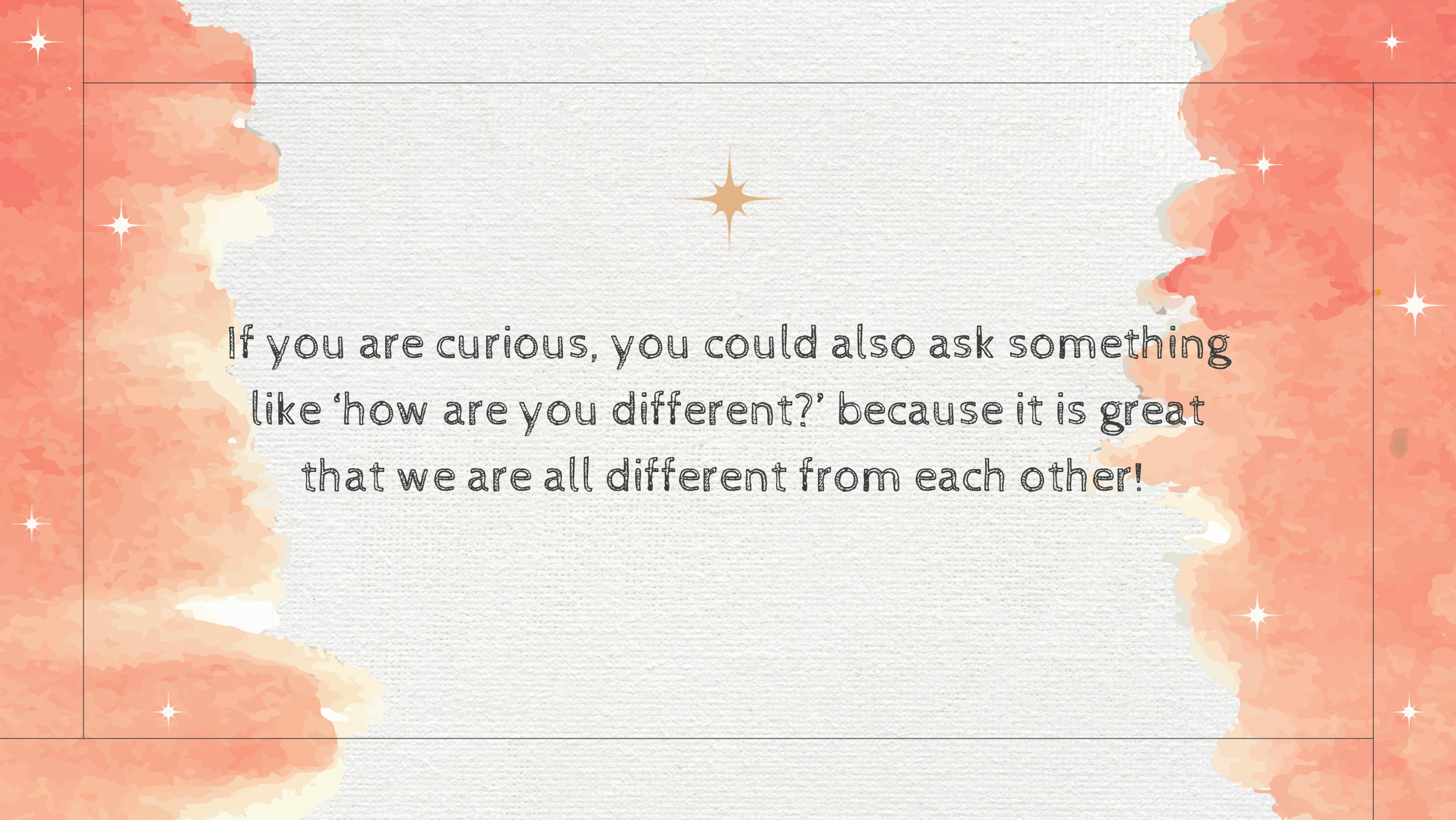
It's okay to be different!



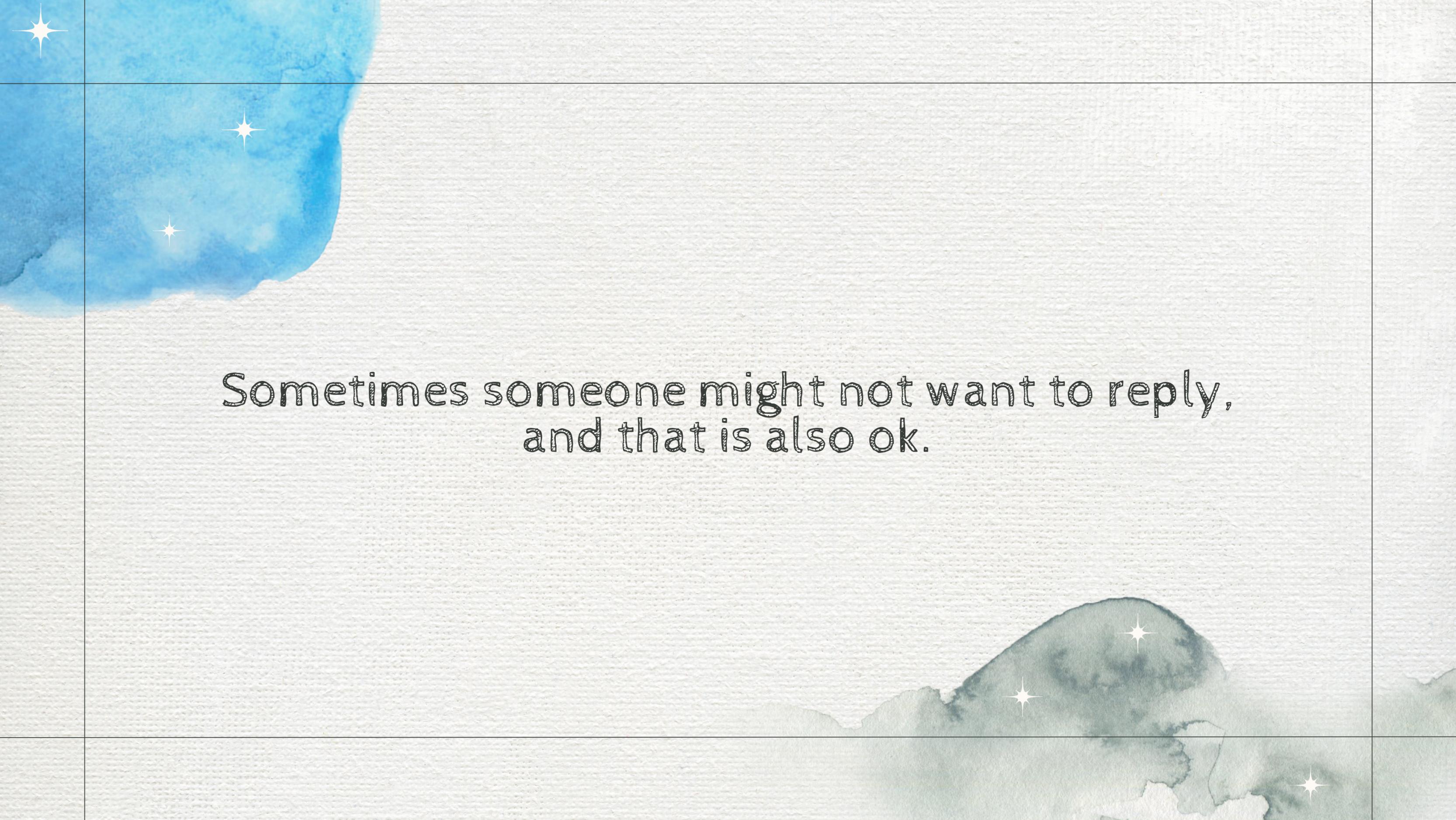
In the play, the boy was born different and needs some help with his heart. Maybe he will always have to go to the doctor often. Maybe he will have a big scar.

If you see someone who looks or acts differently than you, you might feel curious to know why they are different.

Which grown-ups can you ask to help you understand why someone is different?



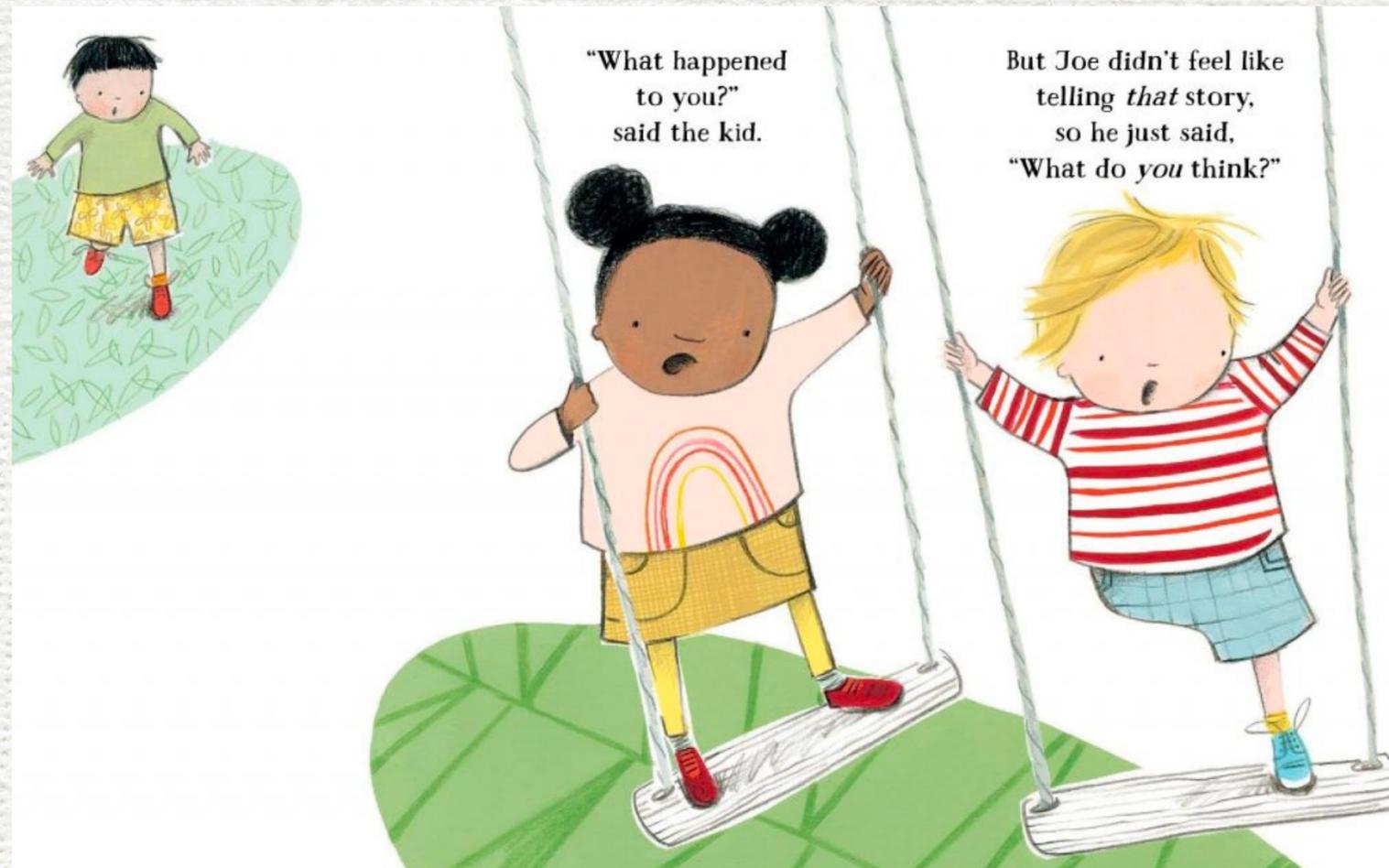
If you are curious, you could also ask something like 'how are you different?' because it is great that we are all different from each other!



Sometimes someone might not want to reply,
and that is also ok.

What Happened to You?

By James Catchpole



A little boy named Joe is trying to play, but **EVERYONE** keeps stopping him to ask what happened to his leg.

QUESTIONS

Imagine being asked the same question over and over again.



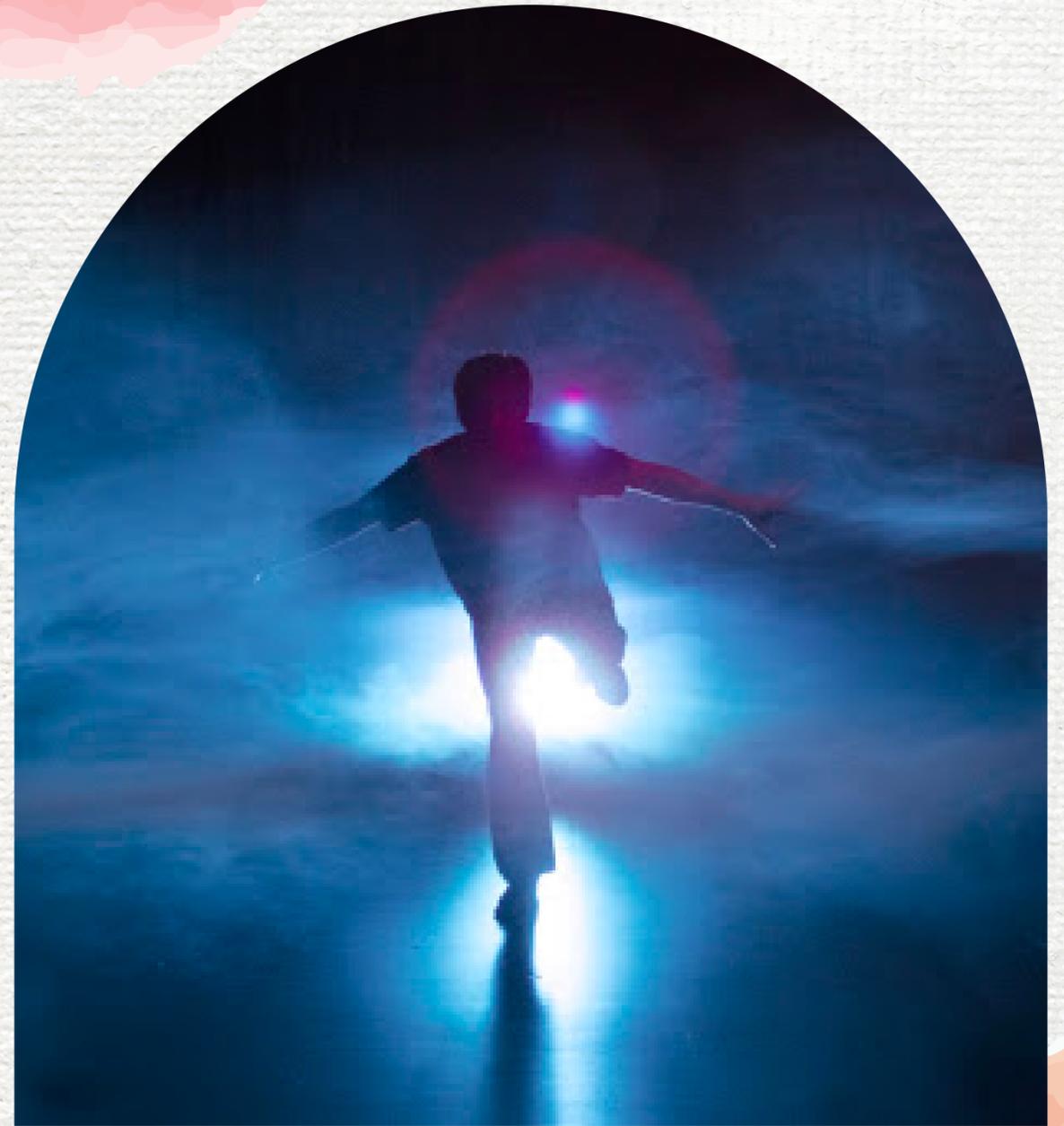
How does Joe seem to feel about being asked what happened to him?

How might someone else be feeling when someone asks them?

What brings a smile to Joe's face?

Both Heartbeat Reverie, and Joe's story remind us that no matter our challenges, everyone needs love and kindness.

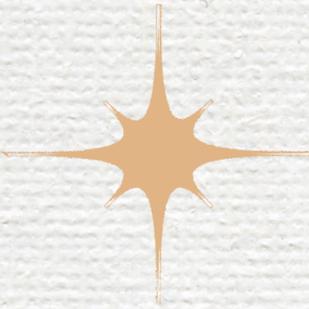
In Joe's story, he would like friends who accept him, but let's learn more about how love and kindness is important to the boy!



ACTIVITY

Community Care Mosaic





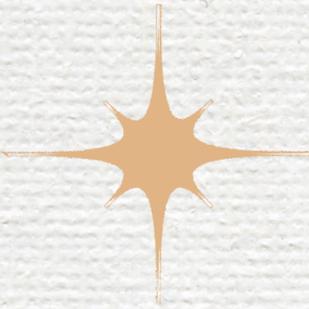
ACTIVITY

PART 1

WHAT TO DO:

Write a journal entry, reflecting on if you have ever felt self-conscious because of questions someone has asked you.

If this seems difficult, you may reflect on if you've read other stories, or seen movies about a character who does not quite fit in, and if it was easy for that character to find friends.



ACTIVITY

PART 2

WHAT TO DO:

With a partner, think of one to two ways your classmates could look out for each other.

Write one on a piece of paper, and draw a picture to go with it. The teacher could then create a mosaic and visual display of how the class will care for each other.

I. DRAMA

✨ Lighting and Sound ✨



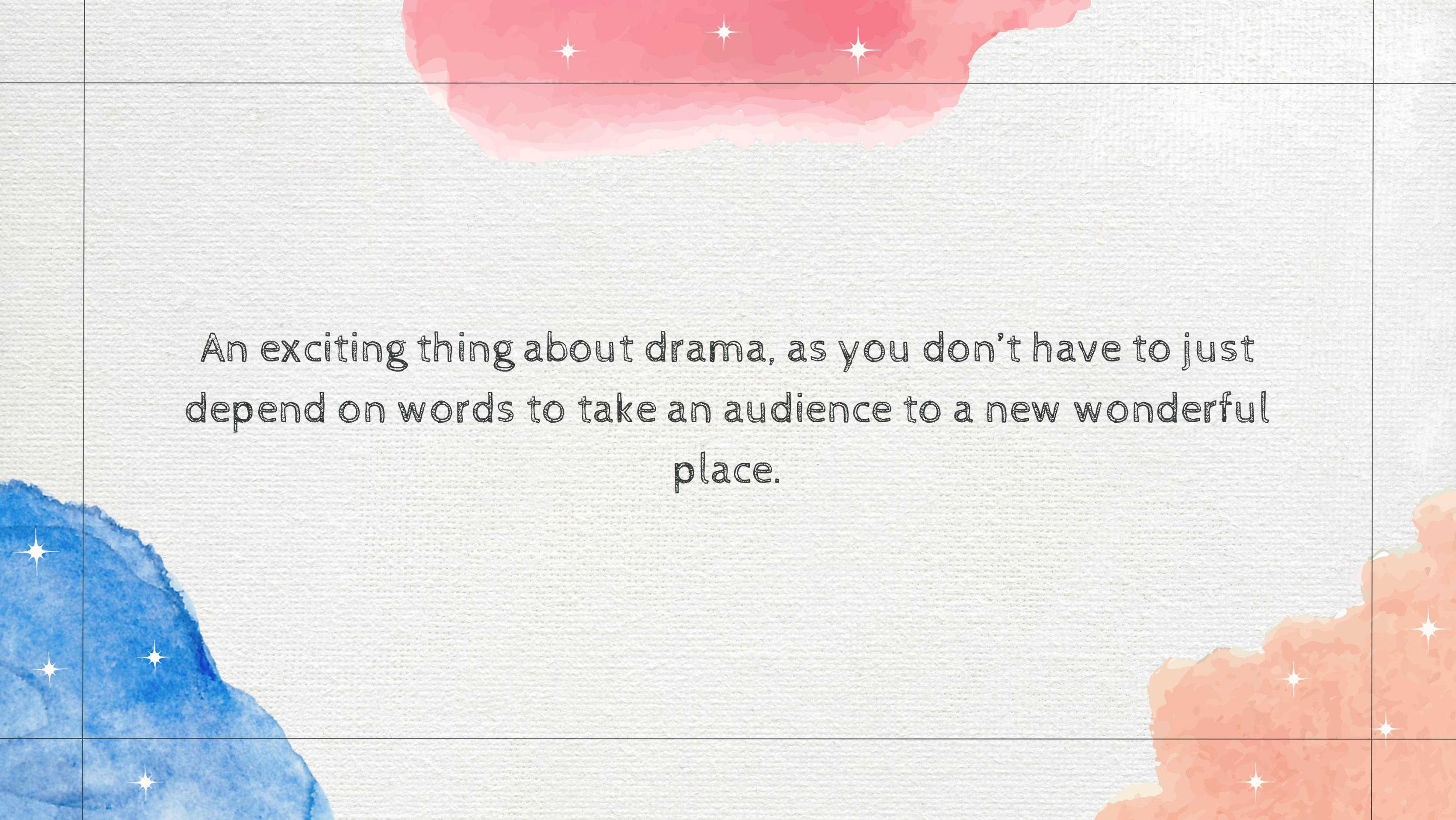
Lighting and Sounds of the Play

‘Heartbeat Reverie’ takes us into a dreamlike world, while the boy is under anesthesia (a special sleep) and going through surgery.

QUESTIONS

What did we see on stage that helped us know the boy was in a mysterious, magical place?

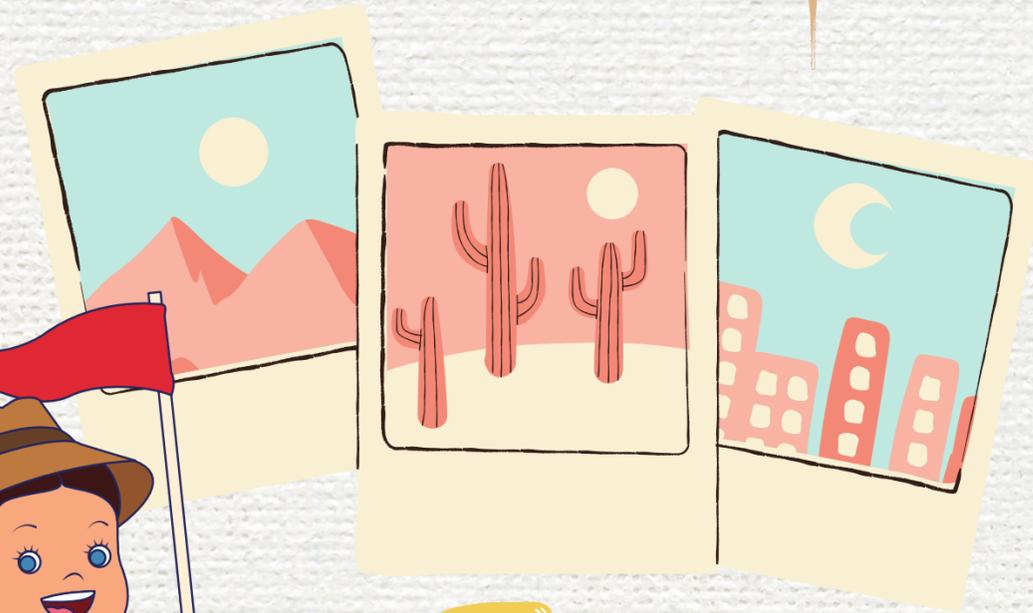
How did the different types of sounds, lights and colours you saw make you feel at different times in the play?

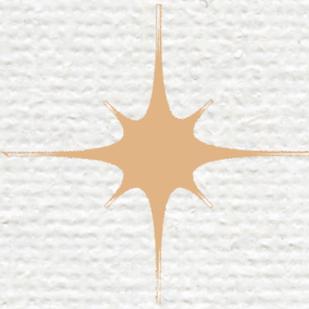


An exciting thing about drama, as you don't have to just depend on words to take an audience to a new wonderful place.

ACTIVITY

Using Sounds to Create Feeling in a Scene





ACTIVITY

PART 1

WHAT TO DO:

See how you can use sound to create a scene!

Brainstorm different sounds you might hear on a beautiful sunny day in a field.

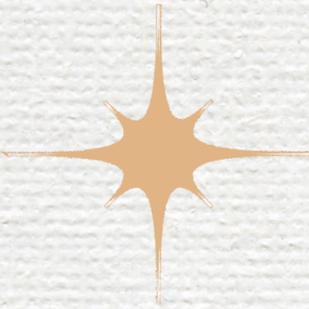
Pick a sound (make sure everyone picks a different one!), then count down from 3 to 1 and make the sounds you chose at the same time. This will create the feeling that you have been transported to a whole new place!

ACTIVITY QUESTIONS

What emotions do you feel after hearing the sounds you might hear in a field?



Now, try the same activity but imagine being in a haunted house!



ACTIVITY

PART 2

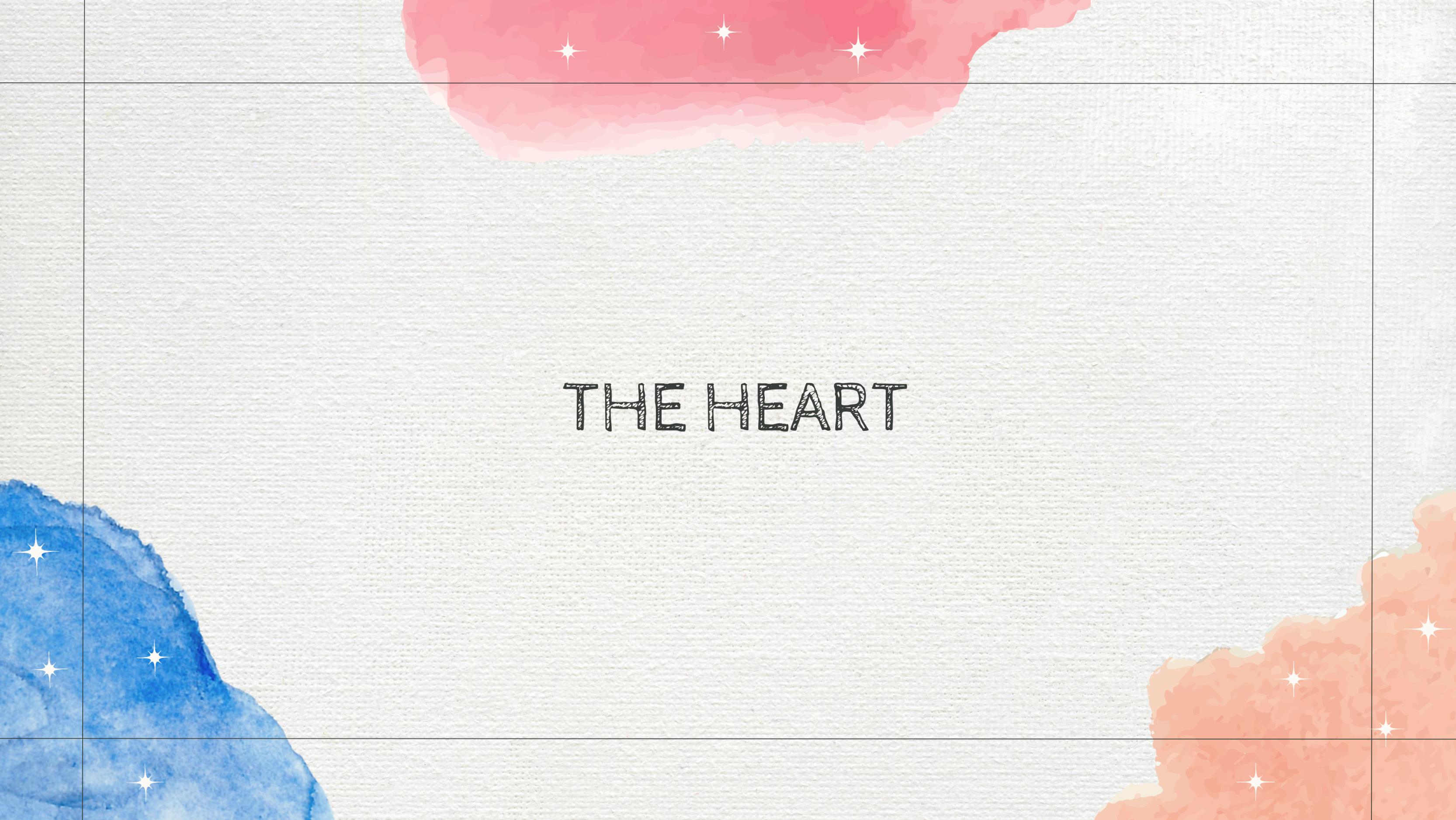
WHAT TO DO:

Split up into groups of 5 and invent a scene that occurs in a place like a farm, a park, a zoo, underwater--wherever your imagination can take you.

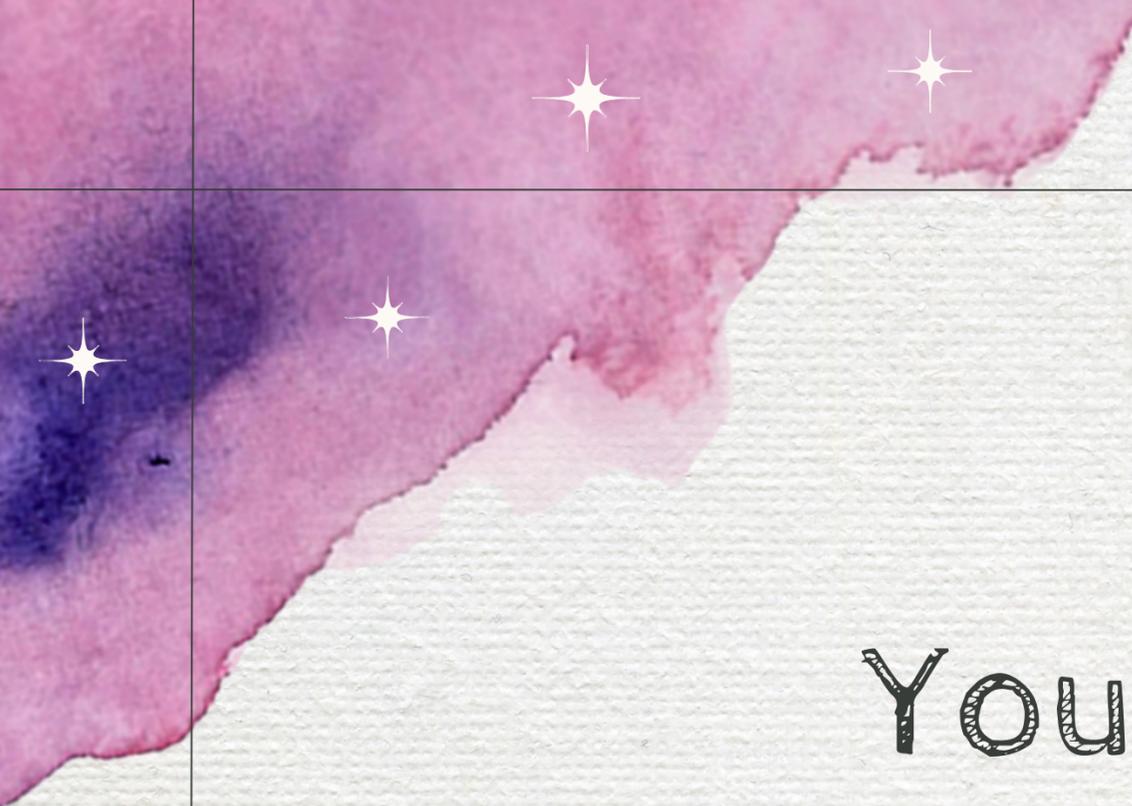
Create a scene with 4-6 lines of dialogue and LOTS of different sound effects. Present your scene to the class for 5-10 minutes to take your classmates to a fun imaginative journey to different places.

I. SCIENCE

The Circulatory System



THE HEART



Your heart is a muscle!

There are over 600 muscles in our bodies-They do everything from pumping blood throughout the body to helping us lift something heavy.

There are 3 different types of muscles.

1. Smooth Muscles



Smooth muscles are at work all over your body. In your stomach and digestive system, they contract (tighten up) and relax to allow food to make its journey through the body.

Your brain and body tell these muscles what to do without you even thinking about it. You can't use your smooth muscles to make a muscle in your arm or jump into the air.

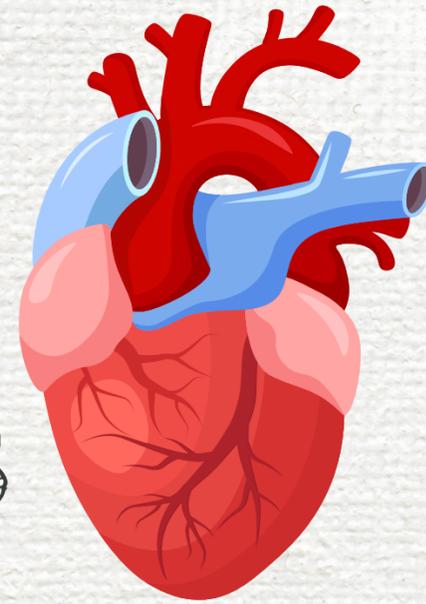
2. Skeletal Muscles



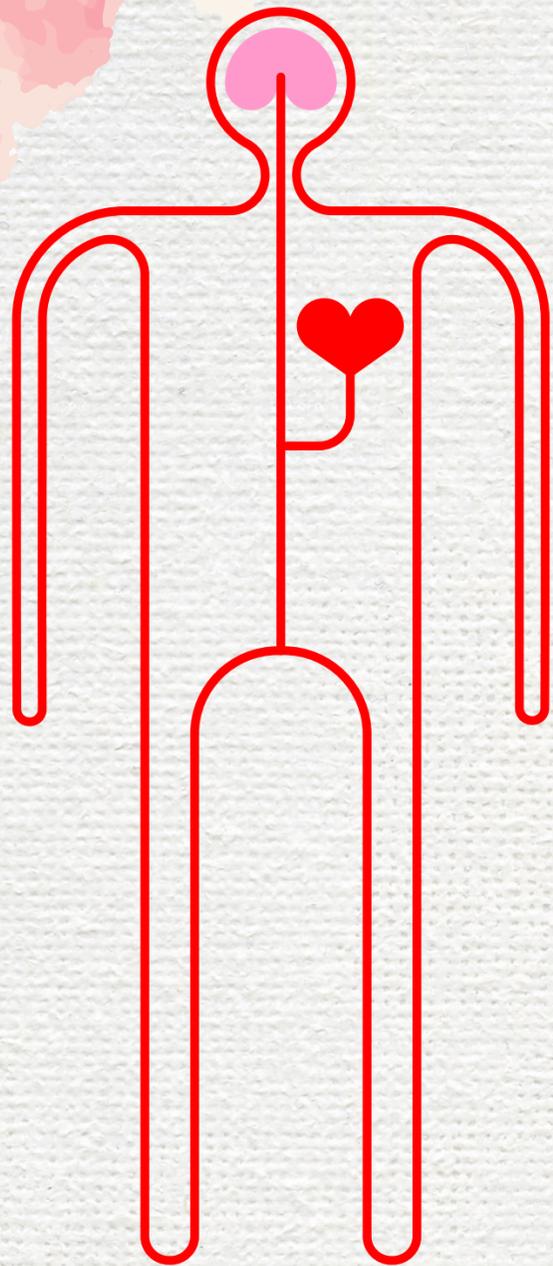
Skeletal muscles are voluntary muscles, which means you can control what they do. Your leg won't bend to kick the soccer ball unless you want it to.

Together, the skeletal muscles work with your bones to give your body power and strength.

3. Cardiac Muscles



The muscle that makes up the heart is called cardiac muscle. The thick muscles of the heart contract to pump blood out and then relax to let blood back in after it has circulated through the body.



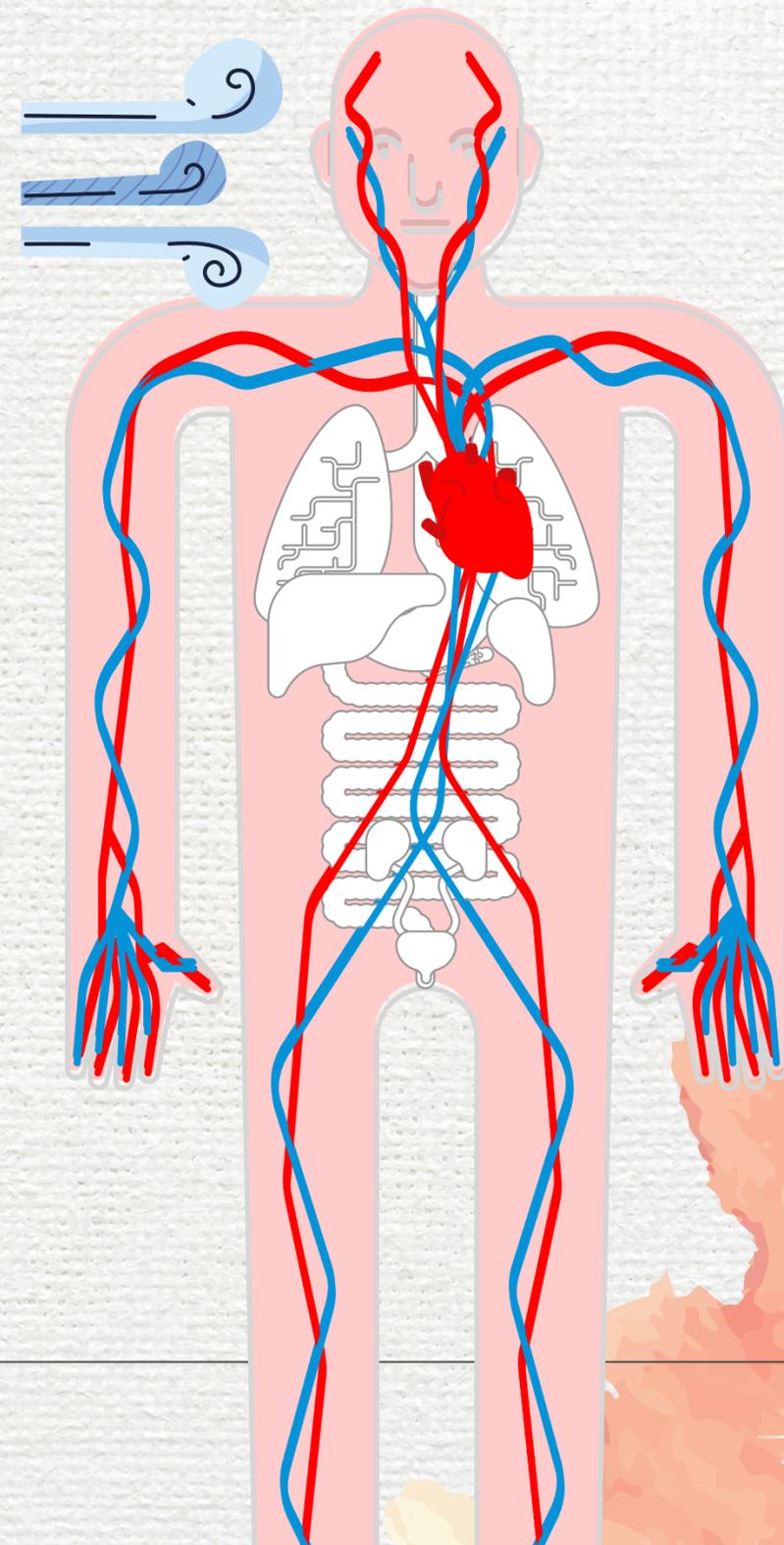
What does the heart do?

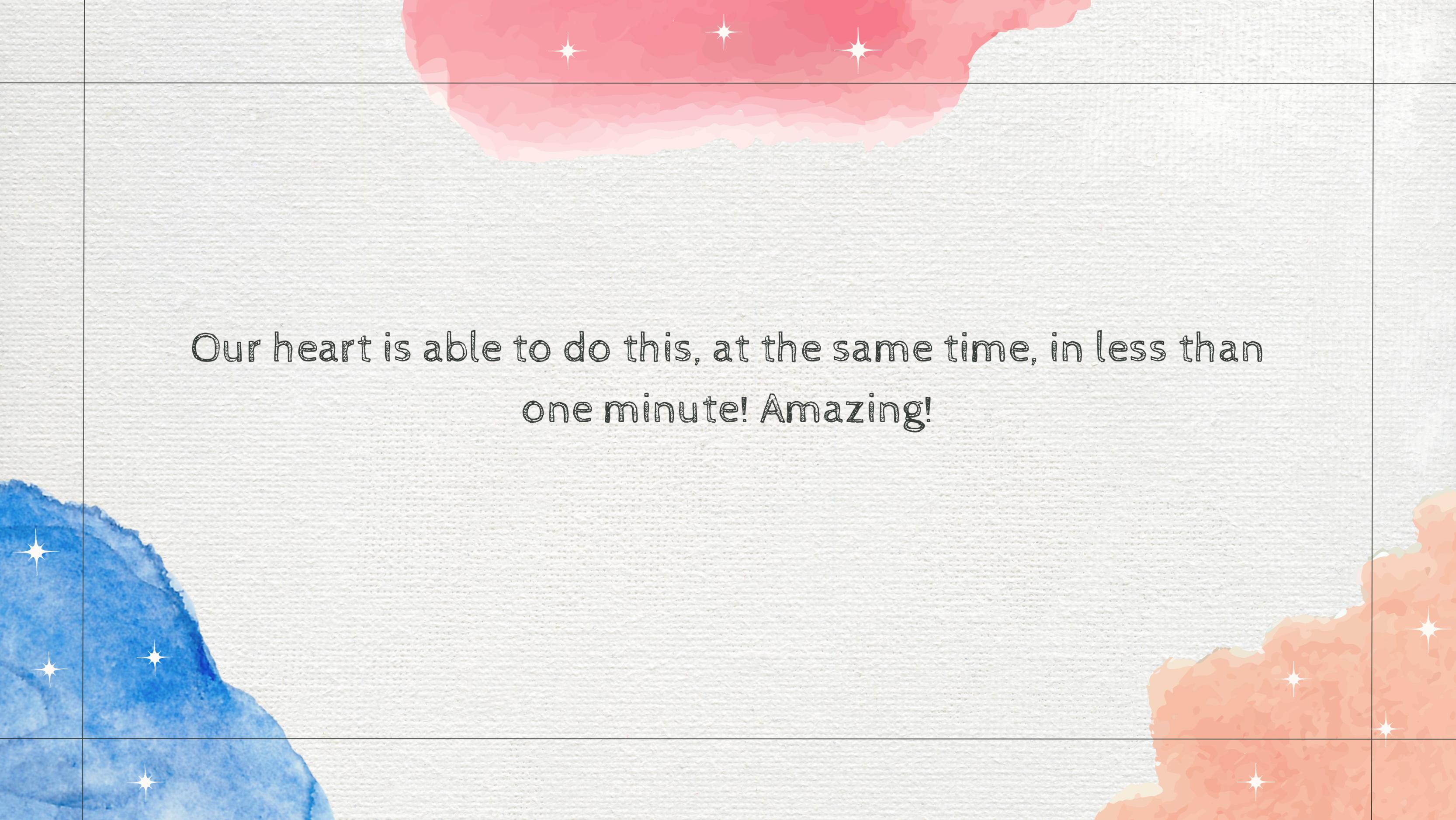
The same way an air pump can push air into a balloon, the heart 'pumps' to move blood around the body. This helps our body do everything from moving our legs to digesting sandwiches!

Blood carries a lot of what our body needs, especially oxygen.

Oxygen is the gas we breathe in, to live. Our heart receives oxygen from our lungs, and is able to pump the blood and the oxygen around the body through the **arteries**.

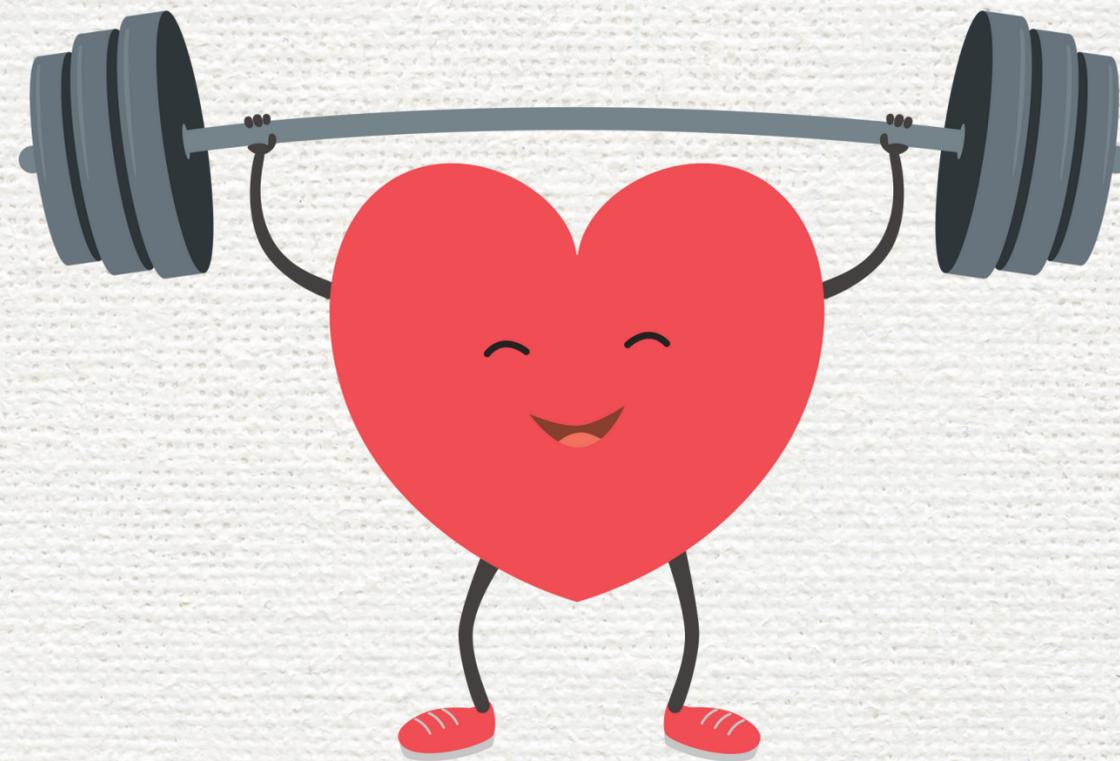
Afterwards, it is also able to pump a gas our body doesn't need - **Carbon Dioxide** through our **veins**, back to our heart, and out of our bodies.





Our heart is able to do this, at the same time, in less than
one minute! Amazing!

If our heart beats faster when we're exercising, that's because it is working extra hard to do its job. But the good news is, the more we exercise and strengthen our bodies, the more we do the same for our hearts!



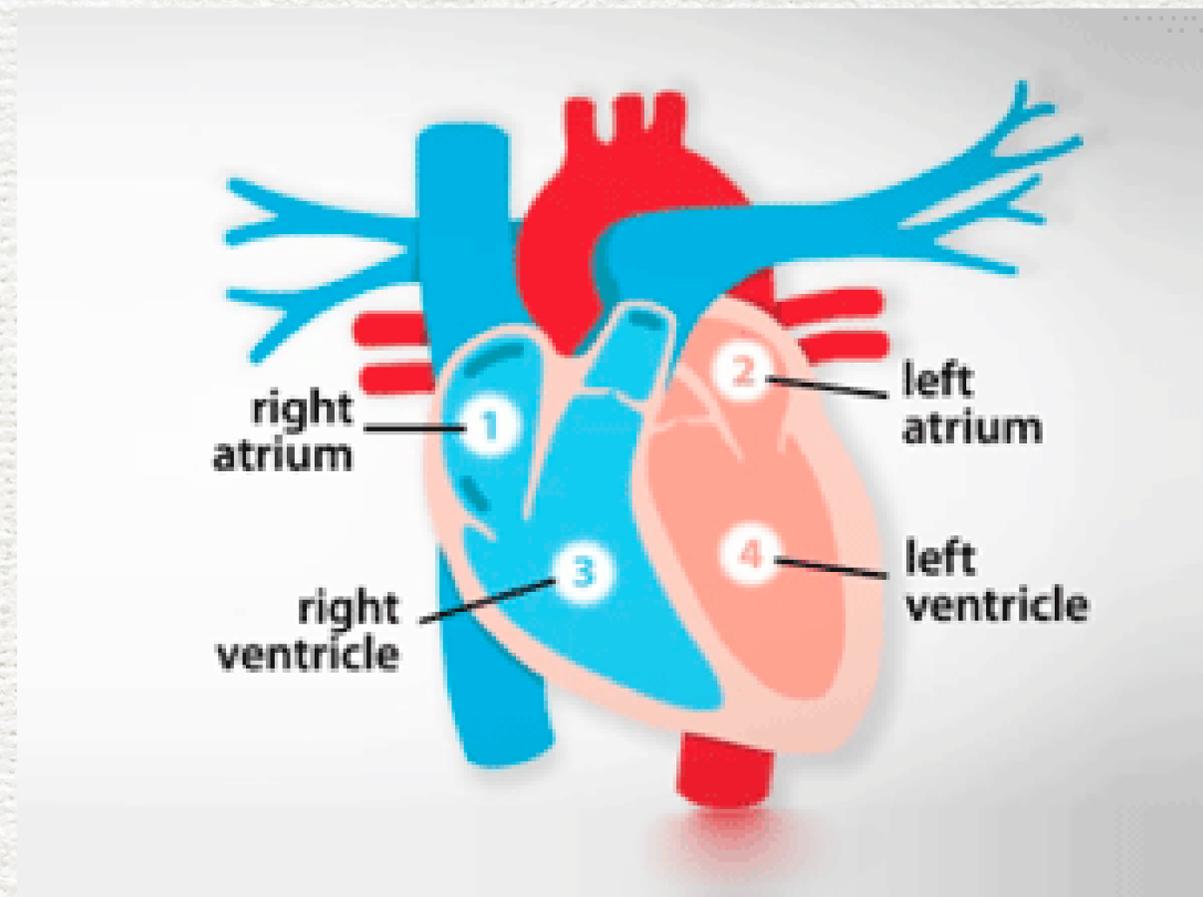
How Your Heart Works



Link: <https://www.youtube.com/watch?v=e3JV0DigQWQ>

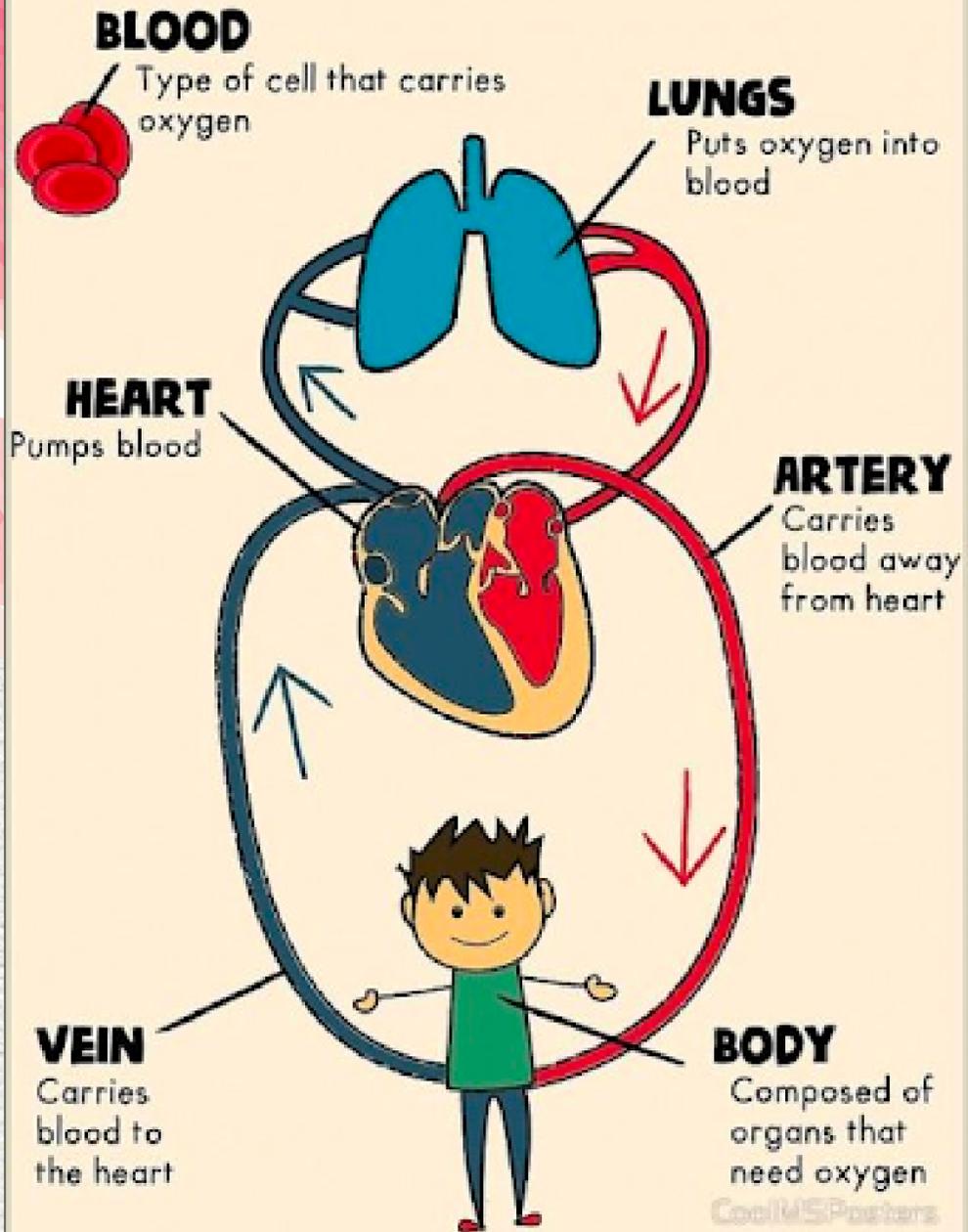
Some new terms:

The video we just watched introduced some new terms to us! The heart has two atriums and two ventricles.



CIRCULATORY SYSTEM

Delivers oxygen to the body

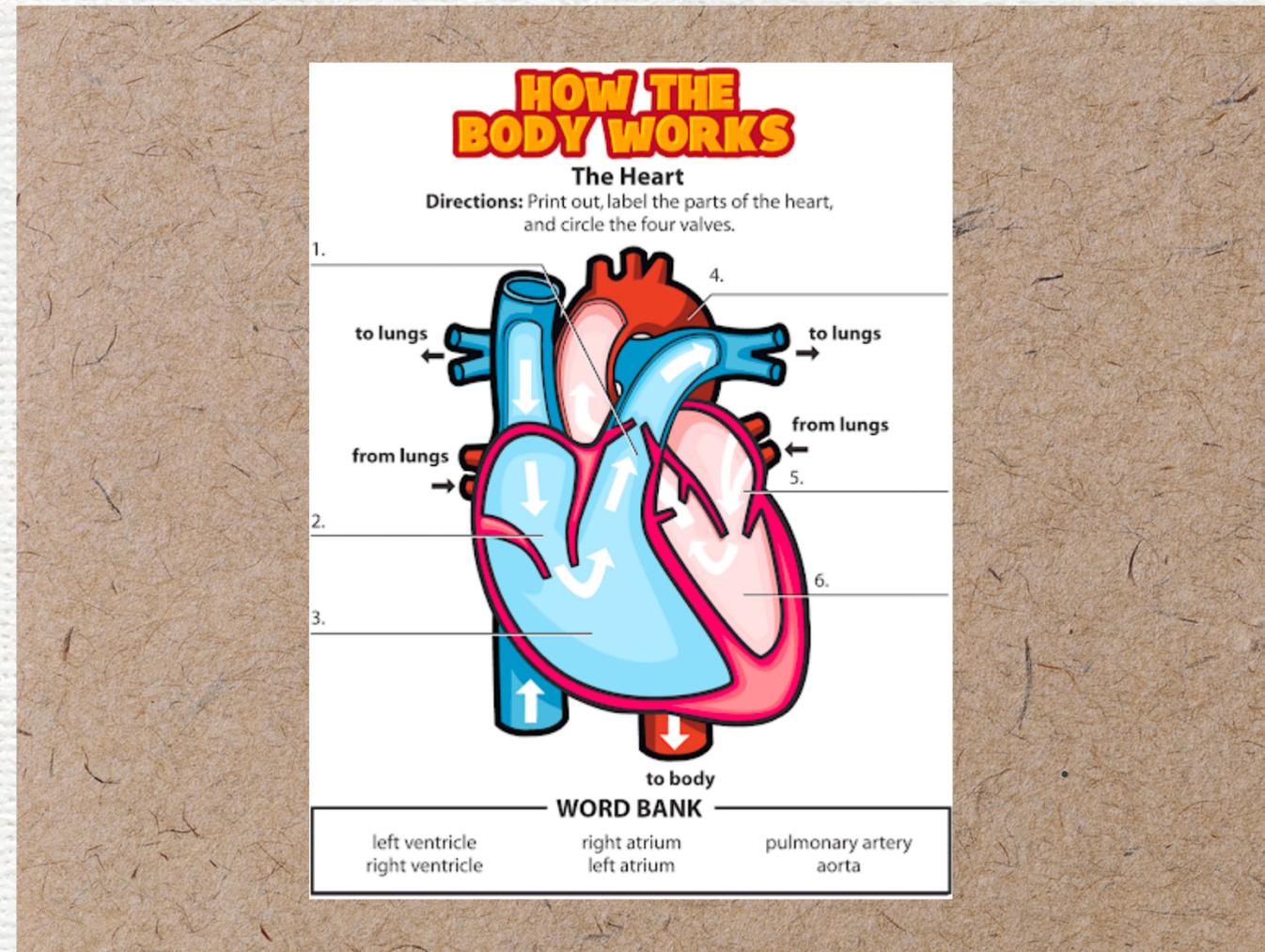


1. The right atrium is where blood enters the heart.
2. The blood then travels into the right ventricle.
3. The pulmonary valve and pulmonary artery then send the blood to the lungs, where the blood fills up on oxygen.
4. The blood returns to the heart through the pulmonary vein into the left atrium, and the left ventricle, and finally out to the rest of the body through the aorta.

It then loops through the body and back to the right atrium, where it starts the process all over again!

ACTIVITY

'The Chambers of my Heart' - Draw, Colour and Label





ACTIVITY

WHAT TO DO:

You will receive a picture of an anatomical heart.

Cut it out and glue it in the center of a larger piece of paper.

You can draw yourself around the heart then label the parts of the heart on the diagram and colour it in.