



# Outreach Sessions with A.B.L.E. - Artists Breaking Limits & Expectations

Are you looking to expand your program offerings for individuals with disabilities?

A.B.L.E.'s Outreach Programs bring our **quality performing arts programming** to schools, community centers, and other organizations who are already providing services for individuals with intellectual and developmental disabilities.

We offer a menu of choices to meet your needs, including one-time workshops and multi-session residencies, in-person and virtual instruction, and personalized session building to meet the needs of your participants. All programs strive to **foster independence, deepen social skills and celebrate creativity**. Sessions accommodate multiple learning styles and maintain a 2:1 ratio of participants to trained support.

**Workshops:** Workshops are **one-time sessions that introduce a fundamental theatre skill** like improvisation, ensemble building, or puppetry. Choose from one of A.B.L.E.'s existing topics, or customize a session that caters to the interests, strengths, and goals of your participants. Workshops are typically 60-90 minutes long, and can accommodate between 6 and 15 participants ages 8 and up.

- Base price for 60-minute workshop = \$400
- Base price for 90-minute workshop = \$500
- Special equipment (e.g. puppetry, on-camera) = add \$125
- Customized curricula = add \$150

**Residencies:** Residencies are **multi-day courses** that allow a consistent group to explore multiple topics, dig deeper into a specific performance style, or even devise an original performance.

**Residencies can culminate in a sharing for invited guests.**

Residencies range from 3 to 12 sessions, typically 90 minutes each. Sessions can accommodate between 6 and 12 participants ages 15 and up.

- Base price for a 6-session residency = \$3000

**We believe everyone is A.B.L.E. to connect, to contribute, and to create no matter where they are!**



**A.B.L.E.**  
artists breaking limits & expectations



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## Outreach Session Topic Menu

### Improvisation

Play a range of games and exercises aimed at learning the basic rules of Improv: 1) say yes, 2) build on 3) be generous 4) be bold! Working in pairs, small groups, and as a big team, actors will think on their feet and practice creativity and communication skills.



### Ensemble Building

Theatre requires listening and cooperation from everyone involved. This session focuses on games and activities that foster teamwork, social connection, and group bonding.



### Physical Theatre

Break a sweat in team-building exercises aimed at encouraging movement and physicality. Actors will explore how to create characters and stories without needing to vocalize.



### Characters & Genre

Actors explore how to use their voices and bodies to transform into different types of characters and tell different types of stories.

### Devising & Storytelling

Take your skills to the next level as we work together to create original stories from scratch.



### Shakespeare

In Shakespeare, everything is BIG: big emotions, big characters, big voices. Participants will explore their inner Royal, Lover, Warrior, and Jester and put their own spin on these classic archetypes through some of The Bard's most famous scenes and speeches.



### Puppetry

Puppetry brings awareness to breathing, posture, eye contact, and nonverbal communication. Participants will explore these concepts in their own bodies, and through work with one and 3-person puppets.



### On-Camera Acting

Get ready for your close-up! Using scenes and monologues from some of our favorite popular films, participants will learn basic film lingo while practicing skills for performing on the big screen.

### Custom Workshops & Residencies

Collaborate with A.B.L.E.'s programming staff to develop custom curriculums that cater to the interests, strengths, and goals of your participants. We can arrange one-time workshops, or residencies ranging from 3-12 sessions.



## FAQ's about Outreach Sessions

**When can outreach sessions take place?:** Availability varies throughout the year, but we have a range of daytime, evening, and weekend hours.

**Please book at least 6 weeks in advance.**

**Where do outreach sessions take place?:** Host organization takes responsibility for securing a venue for the outreach sessions. We do not need to be in a theatre, but do need a room with open floor space (at least 650 square feet) and a suitable floor for movement (please no concrete!). We can also facilitate sessions virtually via Zoom.

**Who leads the sessions?:** Outreach sessions are led by 2 Teaching Artists and supported by 2 Creative Associates, A.B.L.E. staff members with with disabilities. Additionally, we ask the host organization to provide 1-3 staff members who will participate in workshops and residencies to support the programming and help our team get to know participants. After booking, we will share more information with your staff so they know how to best assist in the session.

**What do participants need for an outreach session?:** Participants should wear clothes and shoes suitable for movement. Some participants may want to bring a favorite fidget, or a journal for taking notes. Otherwise, just bring yourself! A.B.L.E.'s teaching team will supply visual aids, props, and support materials.

**We have never done theatre before! What should we expect?:** A.B.L.E. sessions incorporate a range of activities to engage different learning and communication styles. The agenda will vary depending on the session topic, but will include warm ups, movement and vocal exercises, large and small group work, and sharing. We will send a social story before your session with more details to help you prepare.

### Want to get in on the fun?

If you are a looking to expand programming for individuals with intellectual and development disabilities, **we would love to partner with you!**

*For questions, more information, or to schedule sessions, contact:*

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