



# It Starts With Us



Participants utilize improvisation and team-building skills to co-create community. The curriculum is meant to explore and understand power, privilege, and identity to answer the question, "Who am I?". The program culminates in the group deciding on an issue of concern and rehearses how to engage in courageous and meaningful dialogue to create real change within the topic chosen.

**"I really liked it and had fun and learned a lot." - New America Student**

- My Curious Courage (6-22 weeks) - 2nd-3rd Grade
- You, Me, We (6-22 weeks) - 4th Grade
- Finding Your Voice (9-22 weeks) - 5th Grade
- Shaping Your Voice (8-34 weeks) - 6th-8th Grade
- It Starts With Us (9-34 weeks) - 9-12th Grade**

### Highlighted SEL Skills:



Problem Solving



Conflict Resolution



Self-Confidence



Collaboration

Mirror Image Arts programs combine SEL research, innovative artistic methods, and evidence-based practices, including Positive Youth Development, Healing-Centered Engagement, Culturally Responsive Teaching, Trauma-Informed Care, and Theatre of the Oppressed.

**for more information, contact us at [program@mirrorimagearts.org](mailto:program@mirrorimagearts.org)**

**[www.mirrorimagearts.org](http://www.mirrorimagearts.org)**