

About Educational Theatre

Kaiser Permanente Educational Theatre educates, entertains, and inspires individuals and communities to make informed decisions about their health through the power of the arts, storytelling, and human connection. All school-based and community offerings are provided virtually, available at no charge, and support Kaiser Permanente's community health efforts.



The Password

Social Emotional Health Program

Grades 3 to 6 • 2 modules, 45 minutes each

Through this program, students learn:

- Skills to recognize and regulate emotions
- To understand empathy and respect for others
- The importance of seeking help from trusted adults



Ghosted

Mental Health and Resilience Program

Grades 9 to 10 • 2 modules, 45 minutes each

Through this program, students learn to:

- Combat stigma by normalizing mental health challenges
- Develop skills to talk about stress, anxiety, depression, and suicide prevention
- Identify coping strategies to build resilience



Resilience in School Environments: Understanding and Practice (RISE UP)

Mental Health and Resilience Program

School Staff • 2 module options, 60/90 minutes

Through this program, participants will:

- Apply a trauma-informed lens to challenging interactions
- Learn self-regulation tools for moments of stress and conflict
- Practice resilience tools and regulation techniques to support staff and student health