

THE RISE UP! WORKSHOP

**PRESENTED BY LIZ LOKRE AND
THE CORPORATION OF MASSEY HALL AND ROY THOMSON HALL**

It's more than a song, it's a movement. The #RISEUPMOVEMENT is all about telling the stories of people who are positively impacting the world and encouraging people of all ages and walks of life to Rise Up in their communities. We turn on the news and are constantly bombarded with negativity. It's easy to feel powerless, but the #RISEUPMOVEMENT is spreading the message that we can do amazing things when we work together.

In the Rise Up! Workshop, singer-songwriter LIZ LOKRE brings this movement to your school. In this age of social media, youth are faced with "information overload" every day. Often, our culture makes it difficult for youth to maintain healthy self-esteem and a positive outlook on the world. By using music and her voice to shed light on these issues, students will be encouraged to take a positive stand in their community, their schools, and as global citizens. Students will be encouraged to become change-makers by identifying their unique skillset and discovering ways to overcome their challenges. Ultimately, students are encouraged to exercise these qualities to affect positive change in their local community.

THE RISE UP! WORKSHOP INCLUDES:

- Teacher Resource Guide with valuable pre-and post-show activities and discussion questions, all linked to the Ontario curriculum
- Musical performance and motivational presentation at your school by artist LIZ LOKRE
- Help to choose a cause for your school or class to support, to help them RISE UP! in their own community
- Invitations for your class to attend the larger RISE UP! Rally at Massey Hall in Spring 2018 (details TBC)

Duration: 45 minutes

Recommended Audience: Grades 6, 7, and 8

Max Audience Size: 300 students

Space Requirements: Auditorium or Gymnasium, projector and screen (artist will provide own laptop), microphone and amp

Cost: Call for details

See reverse for curriculum connections



**MASSEY
HALL**



**ROY THOMSON
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RISE UP! WORKSHOP EXPERIENCE

All teachers attending the workshop will receive a Teacher Resource Kit, with suggestions for pre-and post-performance activities and discussion questions. One essential tool, the Student Inspiration Guide, helps students identify their strengths and goals for personal growth, while including their peers as mentors in a confidence-building exercise. It's important that students complete this sheet before the workshop, and know their "I AM" and "I CAN" statements by heart.

In the workshop, LIZ LOKRE will perform her Spotify smash "Rise Up", which has racked up almost 200,000 plays for the artist. But that rally to action is very personal for her: "Rise Up" defines her entire approach to music and life. Liz believes that music is her platform to speak up and give back to society. In this 45-minute presentation, by sharing her music and a personal story of perseverance, she uses her voice to impact positive change and aims to inspire students to do the same in their own unique way.

CURRICULAR CONNECTIONS:

- Enhance your character education assemblies on subjects such as: Respect, Responsibility, Empathy, Fairness, Co-operation, Integrity, Perseverance, Optimism, Charity, Courage, Love, Justice, Inclusivity, Self-Esteem, Global Citizenship, and Leadership
- Explore personal emotional responses to music
- Discuss how the rhythm and melody in Liz's music emphasises its empowering message
- How current social, political, and economic factors can contribute to the creation of and our personal reactions to music
- Canada's participation in current social issues; issues of conflict and change

FOR MORE INFORMATION AND TO BOOK
contact education@mh-rth.com or call 416-593-8592

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LIZLOKRE



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