



JFK Partners

UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS

Visit JFKpartners.org/Hi

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H.I. = Having InterDependence

Live Interactive Arts Workshops
with Acting, Improv & Movement Games
for people with and without disability

By Brian Bernard, Self-Advocate & Diversity Fellow 2017-18
H.I. workshops co-developed with Be Arts Wellness and Phamaly.

PHAMALY
THEATRE COMPANY

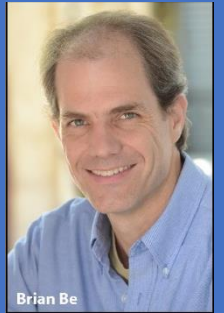
BE ARTS
WELLNESS



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Brian Be

What's Next?

Brian Be, LEND graduate
Contract H.I. Workshop Facilitator



Mentor others such as
Self-Advocates who
co-facilitate
H.I. Live Arts Workshops.



Share a unique "HI"
(llama kiss, hug, etc.)
*Message: As we say "HI,"
we share our story.*



3-4 Story Floor
Fill in around each other.
*Message: Everyone has
something to contribute.
So...What's your story?*



Workshop Breaks
*Message: Get to know people
with different abilities...you
might make a new friend.*



All Dance
*"Life is a door - you don't know
what's on the other side."
- Sean, self-advocate,
selects a song for us all.*



Name Game - Say & repeat
names with a movement.
*Message: Use others names.
Show creative style.
Grow a sense of community.*

www.JFKpartners.org/Hi

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Gjaerum RG1, Ineland J, Sauer L. The story about theater organizations, the public's approval, and the actors' identity formation in Nordic disability theater. *Journal of Social Work in Disability & Rehabilitation*. 2010;9(4):254-73. <https://doi.org/10.1080/1536710X.2010.523648>

Zyga O, Russ SW, Meeker H, Kirk J. A preliminary investigation of a school-based musical theater intervention program for children with intellectual disabilities. *Journal of Intellectual Disability*. 2018;22(3):262-278. <https://doi.org/10.1177/1744629517699334>

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My H.I. Worksheet

**** Participate ****

What game(s) did I Do / Join /observe?

Name of activity:
Description:

Name of activity:
Description:

Name of activity:
Description:

What do I **Notice** ?
About - Myself - Others?

- Do I / others hesitate to join?
circle > Yes - No - Both

Why ? (or why not) & **What helps** ?

- What challenges surfaced ?
- Did folks start having fun? When?
- **Did inter-connected happen?
How?**

Next Steps

- **Is this useful ? - for me personally?**
Family/friends?
- If yes, How is this useful ?
For self? For people I work with ?
- **Will I help the H.I. classes grow?**
- What groups could use this? – and -
Who can I connect Brian Be to?
-
-

Thanks for playing!
CONTACT ME

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