



## *Unboxing Grandmother*

### **Credits**

Sara	Sadie Laflamme-Snow
Grandmother	Maja Ardal
Playwright	Andri Snær Magnason
Director	Allen MacInnis

### **Synopsis**

*This holiday, only a fairy tale may save the day.*

For a school assignment, Sara creates a fairy tale about what is currently happening in the world. It involves a Wicked Witch casting a spell that takes everyone away from their beloved traditions: embracing loved ones, attending plays and concerts and having huge holiday celebrations. Thankfully, Sara's Grandmother is only a video call away. In joining the telling of the fairy tale, she gently reframes Sara's perspective to recognize the ultimate benefit of "doing nothing" during this crucial time.

### **Discussion Questions**

1. Why does Sara feel helpless?
2. Has your idea of what it means to be a hero changed since the pandemic began? If so, how?
3. In the play, Sara's Grandmother says to them, "You really did save lives! You might have saved my life! You can be proud of that. Maybe your teacher's life as well." Why is it important for Sara's Grandmother to make this particular statement?
4. While physical distancing continues, how can we show kindness to those we care for, as well as others we don't know?

### **Activity**

Think of a family member or close loved one that you miss dearly and have not been able to see in-person. Write them a letter, poem or short story and share it with them over a video call!

### **Resources**

- **Kids Help Phone**
  - <https://kidshelpphone.ca/>
  - Call a counsellor: 1-800-668-6868
  - *8 Ways to Celebrate Special Events During the Pandemic* <https://kidshelpphone.ca/get-info/8-ways-to-celebrate-special-events-during-the-pandemic/>
  - *8 Ways to Foster Hope In Your Daily Life:* <https://kidshelpphone.ca/get-info/8-ways-foster-hope-your-daily-life/>



- *Supporting a Young Person Through Grief & Loss:* <https://kidshelpphone.ca/get-involved/programs-resources/resources-caring-adults/supporting-a-young-person-through-grief-and-loss/>
- **CAMH Resources**
  - Mental Health and COVID 19 <https://www.camh.ca/en/health-info/mental-health-and-covid-19>
  - Coping with Stress and Anxiety <https://www.camh.ca/en/health-info/mental-health-and-covid-19#coping>
  - Talking to Children about COVID 19 and its impact [https://www.camh.ca/-/media/files/camh\\_covid19\\_infosheet\\_talking\\_to\\_kids-pdf.pdf?la=en&hash=59AC3799BC481EC9238ECD9044A98B40C5CEA253](https://www.camh.ca/-/media/files/camh_covid19_infosheet_talking_to_kids-pdf.pdf?la=en&hash=59AC3799BC481EC9238ECD9044A98B40C5CEA253)
- **mindyourmind**

mindyourmind works with community partners and young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience.

<https://mindyourmind.ca/>