



f

Credits

T0ska Anthony Perpuse
Playwright Jeff Ho
Director/Dramaturg Stephen Colella

Synopsis

T0ska has never met his friend irl. Now he's gone.

T0ska is a content creator who posts to platforms such as YouTube and Twitch, and has gained a popular following within the gaming community. Like many others, T0ska had aspirations that were sidelined as a result of the pandemic. During his livestream, T0ska comes to terms with who and what matters to him in this time of uncertainty.

Discussion Questions

1. In what ways do you think T0ska and Taz's friendship was significant, especially during the time of lockdown?
2. In the play, T0ska mentions his aspirations of being a pro swimmer and a coach. He says:

"My dream might be delayed now, cuz ya know...lockdown. But like that's it. It's just delayed. At least I still get to see it realized and lived and like I can make that dream real."

Do you feel the same way about goals you had for this year? Why or why not?

3. While physical distancing continues, what activities do you engage in (or hope to) that also form connections with others?

Activity

Check in on a friend or family member this week and engage in a virtual activity together, like watching a show or movie, playing a game, etc. You could also have a general conversation with them regarding both of your dreams and goals. Try and learn something new about them during this time spent together.

Resources

- **Kids Help Phone**
 - <https://kidshelpphone.ca/>
 - Call a counsellor: 1-800-668-6868



- *Coping with Grief, Loss & Change:* <https://kidshelpphone.ca/get-info/coping-grief-loss-and-change/>
- *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/>
- *How to Help a Friend Dealing with Grief:* <https://kidshelpphone.ca/get-info/how-help-friend-dealing-grief/>
- **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
- **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/>