



[Click Here to Access this Course](#)

# EVERY DAY YOU DESERVE A ROUND OF APPLAUSE: SELF-COMPASSION AND CARE FOR YOU AS A THEATRE EDUCATOR

## Instructor

GAI JONES

## Materials

Video modules, Handouts, Transcripts, MP3 Files, PDF of Powerpoint Slides, Completion Certificate

## Course length

5 modules  
46 minutes of video  
2 credit hours

## Course Description

Gai Jones leads this course in social and emotional self-compassion and care for the theatre educator. Join her on this 5-module journey to practice self-care and self-compassion while teaching educational theatre.

## About the Instructor

Gai Jones is a freelancer, director, and teacher with experience in Ojai, California, Ojai Arts Center Theatre, Elite Theatre, and Ojai Youth Entertainers Studio. She currently teaches at Ventura Charter Schools and the Rubicon Theatre. She has directed intergenerational productions and summer youth productions for the past 10 years. She runs workshops for the Education Department of Ojai ACT and has served on the national board of Educational Theatre Association, the governing board for International Thespians. She is also an adjunct assistant professor at Cal State University, East Bay and Santa Barbara Community College Center for Lifelong Learning.

Gai writes theatre ed books and is a SAG-AFTRA commercial actress. She's the author of Raising the Curtain through perfectionlearning.com, Break a Leg, Love Letter to Theatre Teachers and Students, The Student Actor Prepares: Acting for Life, with intellectbooks.com. She has a new self-published book entitled Curtain Going Up; Truisms and Tips for Community Theatre Actors, Directors, Technicians and Other Volunteers.

Gai has taught over 5,000 students and directed over 500 productions. She believes in the power of reflection to assess at what level the student is and creating to let them give input, thus increasing engagement.

## Course Curriculum

### Module 0: Introduction 6:06

This module introduces the course and lays out the structure of the modules.

### Module 1: Survey of Self-Care Practices 9:37

In this first module, we will complete a survey of our current self care practices as theatre educators.

### Module 2: Developing a Joyful Relationship with Yourself 8:17

Module Two looks at developing a joyful relationship with yourself, and why there is a need for theatre educators' self-care and compassion.

### Module 3: Mission Statement 10:48

In Module Three, we devise a plan to carve out a mission statement for teaching theatre and self-care, which includes time to honor ourselves before arriving in the classroom or rehearsal hall, during planning conference, period lunch, before rehearsals, end of rehearsals, at home and tips for a healthy theatre educator's career and maintenance balance.

### Module 4: Create and Commit to Next Steps 11:46

In Module Four, we create and commit to next steps, providing places for free write prompts and inspirational quotes.

# Standards Connections