

Prime Time Palm Beach County

Afterschool Symposium 2023



SHIFT TO NOW

Embracing the present to offer youth meaningful out-of-school time experiences



Building the Boat While We're Still In It

Presented by :Ernest Mitchell & Ben Dexter

The Intelligent Fools

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Dedicated to Quality Out-of-School Time

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Who We Are and The Vision

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We are The Intelligent Fools, your local Improv Troupe in Palm Beach County.



With the formation of our group, we noticed that every time we practiced that whatever we were going through in the day slowly disappeared as we began to take on characters and we were releasing the negative emotions, thoughts, or fears we secretly held on to daily.



Then we thought about what if we could bring this same fun to others, because we are all Building The Boat While Were in It....

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OBJECTIVE

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- We try to focus on one day at a time, as a day is 24 hours each hour can have its up and lows, just like a day at sea.
- Though how do we respond to the sudden changes, how do we process the storms and how do we embrace the perfect moments? We must be adaptable and so does our mode of transportation.
- Life is the sea, and our minds are the boats that hold our mental and physical state. And as life changes so do, we, we are going to build the boat while were still in it. Because the moment we stop building (learning adjusting) the sea (worries, doubts, fears, overjoy, commitments, time, anxiety, excitement, sadness, depression) will swallow us whole.
- Our goal today is to help provide you all with the tools to empower and encourage your students, staff and most importantly YOU that we can and will make it through the day.



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What is Improv

- Improv (also known as impro) is short for improvisation. It's spontaneous ensemble theatre. It is an art form where the performers make up the theatre, usually comedy on the spot.
- Improv can be shallow enough to embrace a child or deep enough to drown a giraffe.
- This is the same thing we do everyday in life.



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ICE BREAKER

- 30 sec Life Story
 - In your groups you are going to share your 30 sec. life story
 - You are going to need a time keeper.
 - The group will then share similarities and etc.

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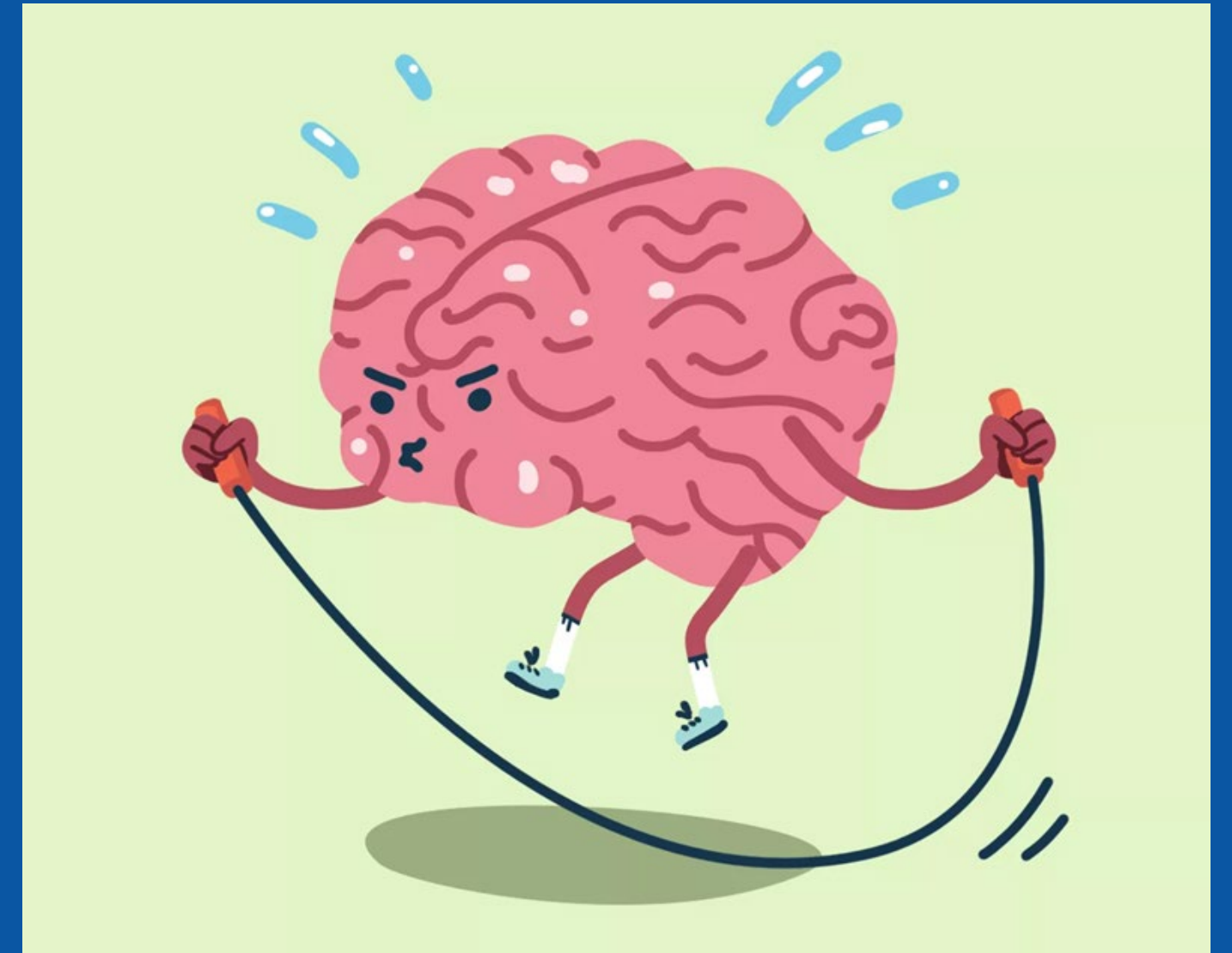


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GROUPING- WARM-UP GAMES

- Brain Warm-Up Games (2 rounds)
 - One Word Story
 - Name 5
 - Machine Building
 - Alphabet Association



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THE GAMES
2-PERSON GAMES
SILENT SCENES



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REFLECTION



- Making Your Mental Goodie Bag
 - Take some time to reflect of the session.
 - Then list a few items that you will take away from the session in your mental goodie bag.
 - We will go around the room and get a few of you to share how you are doing and what you are leaving here with after this session.

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- Improv Classes.
- Staff Training Courses
- Youth Developmental skills through Improv
- Resources and References to a Licensed Social Worker.
- Performances/Shows/ Party Hosting

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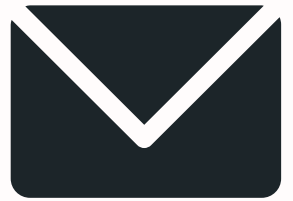


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Presenters:

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Survey Time



The Children's Services Council of Palm Beach County provides significant funding for Prime Time's overall operations. The Palm Beach County Youth Services Department provides support for Prime Time's Middle School Out-of-School Time Initiative.

