

LIGHT
BOX

Youth Workshops

A Hands-On Arts Education Program for Teens

Workshop facilitators work with teachers to custom-design a curriculum that fits their students' needs.

Labs are restricted to 10-15 participants to ensure an intimate, intensive learning environment.

"I knew this workshop was very important for my students to experience since they are in great need of skills to focus their energy and truly engage with their fellow students on stage but I did not expect the intense level of focus they achieved while participating in this class. It was so refreshing to know these students are capable of achieving this especially having grown up in this environment filled with distractions."

-Kim Larkin, Teacher at Syosset Cultural Arts High School

Workshops culminate in an original performance, written and developed by the students and performed for their community

LightBox

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Who We Are

LightBox is a non-profit theatre company which creates bold, kinetic plays that speak to the issues of our time, and engages communities through workshops, master classes, and tours. We work with universities, high schools, after school programs, and community organizations to bring our innovative performance techniques to students, teachers, and community leaders.

Our Program

As part of our ongoing Food Theater Project, which explores the politics and pleasures of eating within America's food system, we are bringing our work to schools to train the artists and advocates of tomorrow. The workshops are hands-on experiential labs with an emphasis on collaboration and self-assessment.

Participants will:

- Learn ensemble-building through physical exercises and improvisation games
- Improve their media literacy and learn how to think critically about advertisements and marketing
- Keep personal journals throughout the workshop
- Receive nutrition education through hands-on activities
- Work as a group to compose, rehearse, and present their own performance about their relationships with food

Get Involved

If you are interested in bringing the Youth Workshop Series to your school or community organization, please don't hesitate to contact us.

Our Funders

W. K. Kellogg Foundation, Balm Foundation, and the New York City Department of Cultural Affairs

