



ABOUT THE SHOW

"Leo and Lucille Frank are a newlywed Jewish couple struggling to make a life in the old red hills of Georgia. When Leo is accused of an unspeakable crime, it propels them into an unimaginable test of faith, humanity, justice, and devotion. Riveting and gloriously hopeful, Parade reminds us that to love, we must truly see one another."

Recommended for ages 13 and up. This production contains theatrical haze, flashing lights, graphic violence, themes of racism, anti-Semitism, and white supremacy.

How do you emotionally regulate after seeing a show with heavy themes?

This companion activity can be done before or after seeing the production and utilizes materials you probably have in your home or classroom. We invite families, educators, and other audience members to use or adapt these activities, which were created for Center Theatre Group by Resident Teaching Artists Christine Breihan and Estela Garcia. You can find a companion activity on the show pages for all productions in our 2024/2025 season.

AUDIENCE CARE

FOR HIGH SCHOOL AND UP

For actors who have just performed heavy or difficult material, it can be beneficial to "de-role," which is the act of letting go of the character. De-roling can be done by ritualizing taking off of the costume, getting physically active, meditating, putting on some fun music, engaging with the senses and changing up the scents in the room, or going out with friends.

As audiences, there are plays that leave us feeling heavy. It can be helpful to find productive ways to emotionally regulate, process the content, and gently step away from the play.

Below are some things you can do after watching a show like PARADE to help care for yourself:



CHAT WITH A FRIEND

- Talk about the play and its themes. Bonus points if you "break bread" (have a meal!) while doing so.

JOURNAL

- A potential prompt after watching Parade could be: What does justice look like to you?

BOX BREATHING

1. Inhale slowly while counting to four.
2. Hold your breath for 4 counts.
3. Slowly exhale through your mouth for 4 counts.
4. Hold the exhale, keeping your lungs empty, for 4 counts.
5. Repeat until you feel centered.



These techniques come from trauma-informed theater practices and community-based practices. For more ways to support your nervous system, explore somatic tools or consult a healthcare professional if needed.

SHAKE IT OUT!

- Animals shake in the wild to release stress. Shaking for humans can discharge tension and stressful energy pent up in our bodies. You can do this from standing, sitting or laying down. Want to learn more? We recommend Dr. Peter Levine's research on this topic.

CHANGE OF TEMPERATURE

A shift in physical temperature can help your body and mind reset after engaging with emotionally charged material.

- Sip cold or warm water: Different temperatures can ground or soothe your system depending on what you need.
- Take a shower: A warm or cool rinse can feel like a symbolic reset, helping you wash off the emotional weight of the experience.
- Step into a new environment: A change in air, temperature, or scenery can signal to your body that it's time to transition out of the story.

TAKE ACTION

- Contribute to positive change related to the themes of Parade by engaging with The Innocence Project, founded in 1992 to reform criminal justice. Their mission is to free the innocent, prevent wrongful convictions, and create equitable justice systems. Visit their website's "Take Action" tab to sign petitions, donate, buy merchandise, or volunteer in support of the wrongfully incarcerated.