The 7 Stages of Grieving
Written by Wesley Enoch and Deborah Mailman

In this one-everywoman show, Chenoa Deemal (Mother Courage and Her Children) spins poignant stories of different people, from different mobs – tear-streaked tales of tragedy go hand-in-hand with jubilant celebrations of simple survival.

Funny, devastatingly sad, politically relevant and culturally profound as it traverses the phases of Aboriginal history, The 7 Stages of Grieving is an invitation to face hard truths, to join hands and grieve.

It shares true and personal stories that need to keep being told. And perhaps most importantly, it opens a dialogue about the issues that separate and unite Indigenous and non-Indigenous people.

Contains infrequent use of coarse language.

Chenoa Deemal
Actor

Seeing a visual representation of a beautiful and established culture suddenly wiped clear with the stroke of a hand was emotionally jarring and brought to my attention how powerful theatre can be.

Cheno Deemal
Actor

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Venue: Studio
Dates and Times:
- Tues 16th May 10am & 1pm
- Wed 17th May 11.30am
- Thurs 18th May 10am & 1pm
- Fri 19 May 6.30pm
- Wed 17th May 11am
- Thurs 18th May 10am & 1.30pm
- Fri 19 May 6pm
- Price: $54 per student
- Duration: 70 mins (incl. Q&A)

TOUR AND PERFORMANCE

Dates and Times:
- Tues 16th May 11am & 12.30pm
- Wed 17th May 10am & 1.30pm
- Thurs 18th May 11am & 12.30pm
- Fri 19 May 6pm
- Price: $34 per student
- Duration: 60 mins

In the Classroom
- Download your free Creative Learning Journey Resources at sydneyoperahouse.com/TeacherResources. Filled with background information on the performance and interactive activities to complete in class, these curriculum-linked resources are the perfect way to prepare your students for the live performance.

Preparing Students
- Join us for an interactive behind-the-scenes experience with our digital Vocational Education and Training course, Careers in Technical Production. Free for all Australian schools and delivered via video conferencing (see page 23 for details).

On the way
- On the way to the show take note of the Indigenous countries and clan groups you are traveling through. Download the NSW Aboriginal Countries Map for easy reference. Full details of this activity in the Creative Learning Journey Resources.

During the performance
- Be ready to get involved in the Q&A session after the show with our education specialist, selected performers, directors or producers.

On the day
- Book into the Bennelong Tour with Sydney Opera House Aboriginal Guides and learn about the history of Tubowgule and the man Bennelong.

Back in the classroom
- Explore curriculum and professional learning resources online at the Narragunnawali: Reconciliation in Schools and Early Learning platform at reconciliation.org.au. Here, your school can take action to respect Aboriginal and Torres Strait Islander histories, cultures and contributions.

For full NSW & Australian curriculum information visit Teacher Resources at sydneyoperahouse.com/TeacherResources
Divorce. 7 Stages Of Grieving The End Of A Relationship. Don't deny the pain. By Dr. In practice for more than seven years, she is the only certified sexuality educator by the American Association of Sexuality Educators, Counselors and Therapists (AASECT) in Singapore. Often cited in the local media, Dr. Lee is the appointed sex expert for Men’s Health Singapore, and Men’s Health Malaysia. The five stages of grief in terminal illness are chronologically: denial, anger, bargaining, depression and acceptance. The model was first introduced by Swiss-American psychiatrist Elisabeth Kübler-Ross in her 1969 book On Death and Dying, and was inspired by her work with terminally ill patients. Motivated by the lack of instruction in medical schools on the subject of death and dying, Kübler-Ross examined death and those faced with it at the University of Chicago medical school. Kübler-Ross Remember, the 7 stages of grief are there to help guide you back to a place of peace and happiness. Shock and Disbelief. It is natural to be shocked upon learning of the loss. Especially if it was sudden or unexpected. You may not believe it on some level in order to avoid pain. This is a period where you can start to look at ways to move forward and past these stages in the grieving process. You might start to work on financial and practical problems to get back to a place of more normalcy. And yes, the sorrow and sadness will likely still be there.