



**Esplanade
Presents**

**Feed Your
Imagination**


The Feelings Farm

22 - 26 Oct 2024, Tue - Sat

Presented by
Esplanade – Theatres on the Bay

Directed by Edith Podesta,
written by Amanda Chong
and music by Julian Wong
(Singapore)





Director's Message

Dear Fellow Feelers (especially the little ones),

Welcome to *The Feelings Farm*! You are about to go on an adventure with Mira, Kai and Shan. On a field trip to Kranji, they find themselves lost in a magical place where they learn to journey through different feelings, with Cloud as their guide.

This show was created so that children and grown-ups can talk honestly about their feelings. Everyone has feelings, but when we are small, feelings can seem especially big. As children, we remember being a little afraid of our feelings because we didn't know why we had them or how to even begin talking about them. Learning different ways to express our feelings helped us to find calm.

The Feelings Farm explores feelings in lots of different ways—through music, movement, poetry, and puppetry. Many of these ideas are from children who participated in workshops with us in 2021. The children told us their own stories about feelings and answered our many curious questions such as, “How does sadness sound like?”, “What would you find in a Web of Worry?” and “What does joy look like in your body?” We would like to thank all the original creatives, performers and children who were part of the 2021 staging.

We hope that *The Feelings Farm* helps you to know your feelings a little better. Paying attention to our feelings keeps our hearts soft and our bodies whole. Remembering that feelings come and go gives us hope that we will not be stuck in a feeling forever. As we learn to walk through our own feelings with compassion, we become better at helping our friends and loved ones on their journeys too.

Edith Podesta

Director, *The Feelings Farm*

On behalf of the creative team

Hey friend! Thank you for following us on our journey in *The Feelings Farm*. Remember Kai and his sketchbook—the one that helped him feel safe whenever some of his feelings showed up?

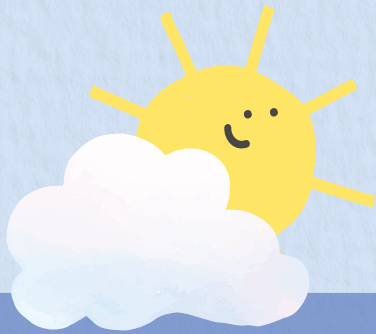
Well, this sketchbook is *yours*!

This sketchbook is here to keep you company whenever your feelings show up. There are activities inside to help you learn a little more about your feelings and you can write, draw, colour, and doodle! Your teacher will guide you through some of the activities, and you can always return to this sketchbook whenever you'd like to explore what your feelings want to tell you.

This is your special Feelings Farm sketchbook. 😊

Love,
Mira, Kai and Shan

***The Feelings Farm* sketchbook
belongs to:**



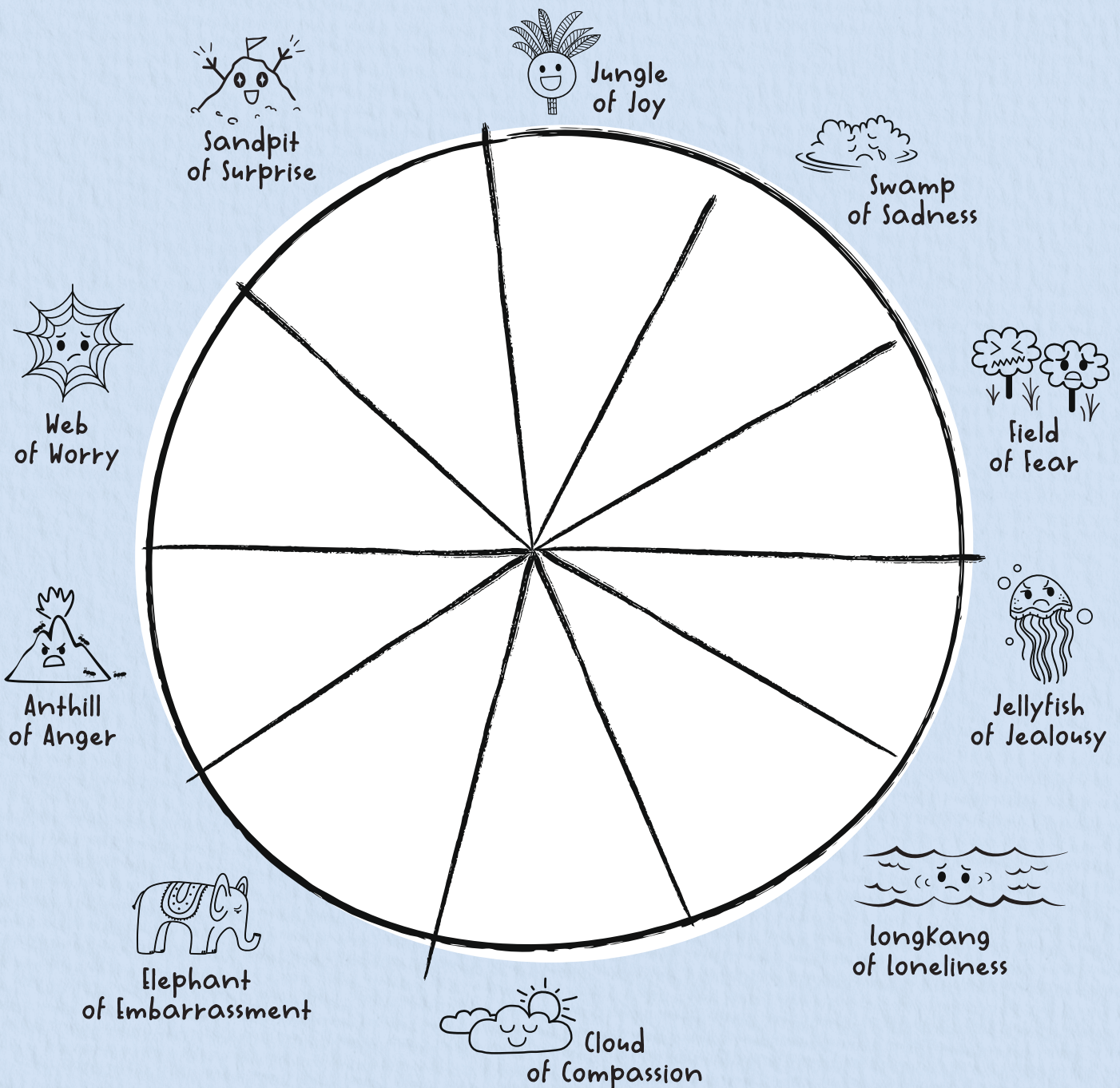
Do you know this feeling?
Can you tell me what it is?

My Feelings Wheel

Do you remember all the feelings that Mira, Kai and Shan explored?
Do you know these feelings?

Let's make a **Feelings Wheel** to remember them!

Choose a different colour for each feeling you've discovered with Mira, Kai and Shan in *The Feelings Farm*. Then, use your favourite crayons, colour pencils or markers to colour each slice of the wheel!



Our body is a treasure because it holds all our thoughts and feelings together to support us.

Our body gives us the first clues when a feeling shows up. If we listen carefully, our body tells us about what our feelings want to say. We show our feelings to the world and the people around us using different parts of our body too!

Remember what Cloud told Mira?

"Every feeling has a job to do, even the ones we don't like. If a feeling shows up, it is because it has something to tell us."

Thoughts may appear in our mind
Can you guess the feelings behind these thoughts?

"This is unbelievable!"

"My thoughts are like a train getting faster and faster!"

"Mummy is bringing me out to play!"

"My younger sister tore my favourite sticker book!"

"I cannot get too close to my friends because of COVID-19 social distancing."

"I remember the sound of people laughing and my face turning red."

We may notice sensations in other parts of our body
Can you guess the feelings behind these bodily sensations?

Your chest and head feel hot and itchy

Your belly feels like there are butterflies inside

Your stomach feels like it is in a tight knot

Your palms get really sweaty and wet

You cry and your shoulders shake

Your hair on your arms stand

Your footsteps become light

Our heart may drop hints about the feelings inside us

What do you think your heart is hinting at when it feels like it...

is thumping like a drum?

is soaring up in the sky?

is so tight you cannot breathe anymore?

wants to hide in a corner?

is so heavy it is sinking?

is warm and expanding softly?

"The question is, will you listen?
Not nearly enough people stop to listen to their feelings."

We can practice listening by noticing our thoughts, heart and other bodily sensations.

The next time you notice something different in your mind and body, try guessing which feelings might be showing up!

Let's practice sketching how these other emotions show up in our bodies!



Anthill of Anger

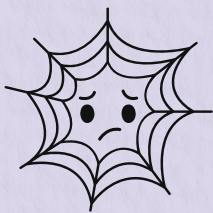
What clues do my body give me when I am feeling angry?

Are there other feelings that are friends with anger? Sometimes, we might also feel hurt, disappointed or misunderstood when we're angry. Getting to know and becoming friends with our anger can help us understand these feelings too.

Here are some clues if you get stuck!

- Warmth or heat in the upper part of my body, like my chest, neck or face
- Eyebrows furrowing, eyes opening wide, jaws clenching, or tears welling and crying
- Heartbeat increasing and shallow breathing
- Feeling like I want to shout, hit or kick something



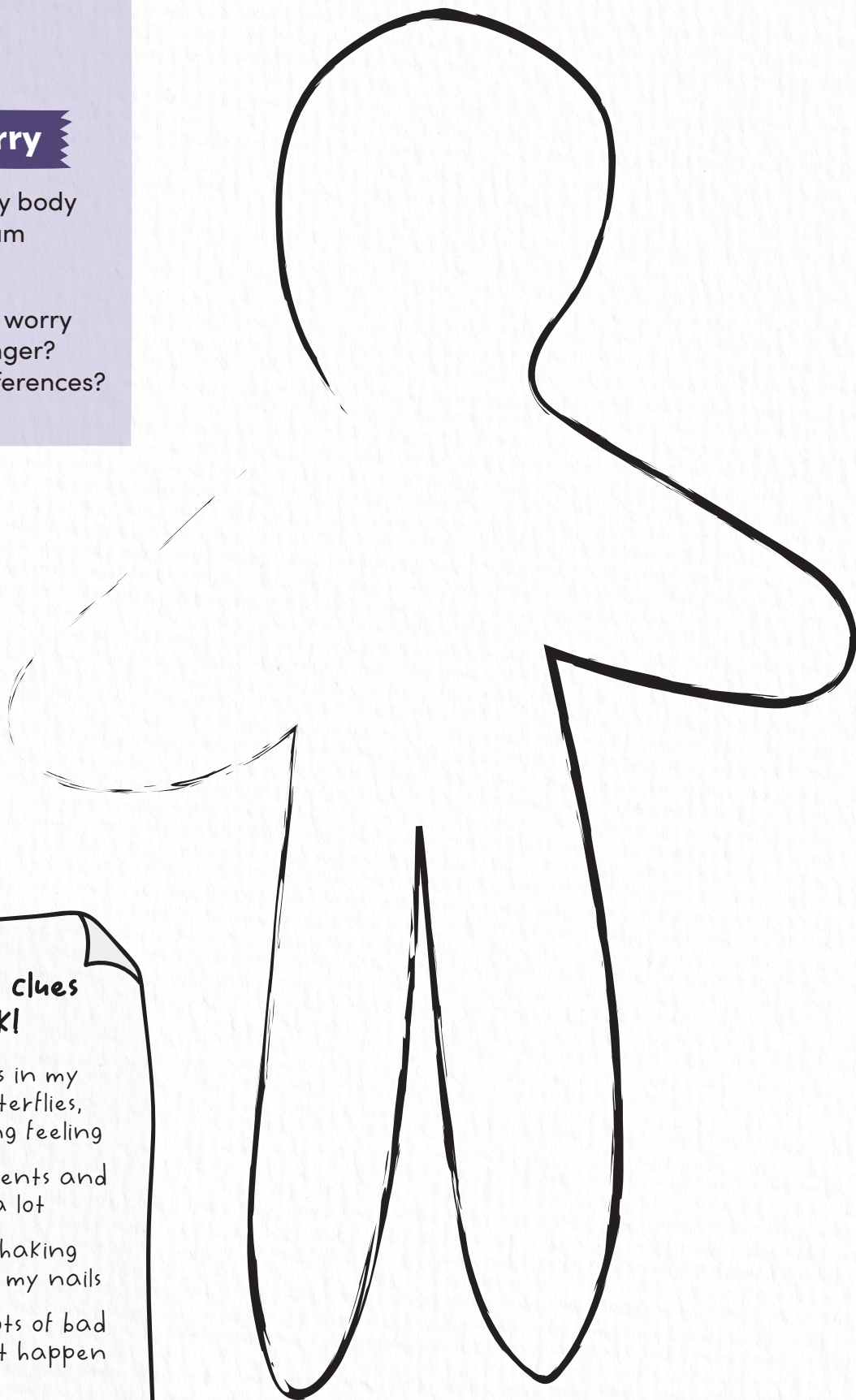


Web of Worry

- What clues do my body give me when I am feeling worried?
- Is the emotion of worry different from anger?
- What are the differences?

Here are some clues if you get stuck!

- Funny sensations in my stomach, like butterflies, knots or a sinking feeling
- Quick eye movements and looking around a lot
- Pacing around, shaking my legs or biting my nails
- Thinking about lots of bad things that might happen





Jungle of Joy

What clues do my body send me when I am feeling joy?

Are there other emotions that are friends with joy? When you feel joy, what are other emotions you might also feel?



Here are some clues if you get stuck!

- Warmth in my upper body, usually around the chest area that may spread to the entire body
- Feeling lots of energy in my body that make me want to jump, dance or twirl around
- Smiling widely, laughing and wanting to be around people

Feelings are our Friends

Feelings give us clues about our current situation. At times, they remind us of what we need to feel safe, while other times, they guide us towards what we must do to grow.

Feelings also reveal what is important and who the important people in our lives are—they help us understand what really matters to us.



On feeling safe in the Field of Fear



1. What do you think made Kai feel afraid? What about you?

2. What are some things that make you feel afraid?

3. Why do you think Kai was afraid to be asked questions in class?

4. Have you ever experienced something similar or noticed a friend going through it?

Embarrassment is a feeling especially hard to admit.

We think we don't deserve anything of worth. We want to sink into a giant pit!

On befriending a hard-to-admit feeling like the Elephant of Embarrassment



1. What makes embarrassment so hard for Mira to admit?

2. Could embarrassment makes us feel as if we are lacking something or that we are not good enough? What do you think?

3. What might be other feelings that are hard for you to admit?

4. Who can you share these hard-to-admit feelings with to help take away their powers?

Sharing our embarrassment with someone we trust helps to take away its power!!

When I fell on the floor in my school playground
and everyone was looking at me I
felt so Embarrassed that I ran off.
and I was playing cat-in-the-hat with my
friend and
I told to my friend accidentally push me.
my friend about it and I felt better because
my friend bring me to the general office to get a
plaster and I really feel better after that
I feel supported and love me!
Cecilia
praying catching...



Artwork by Cecilia

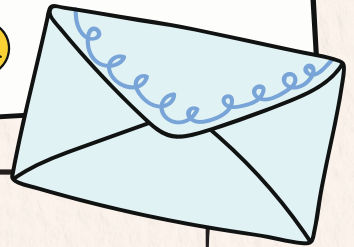
On learning lessons from the Swamp of Sadness

Sometimes, sadness teaches us about things we have lost and how important they were in our lives.



Sadness is so heavy, moving through it makes us ache. But it brings joy into colour and gives love its truest weight.

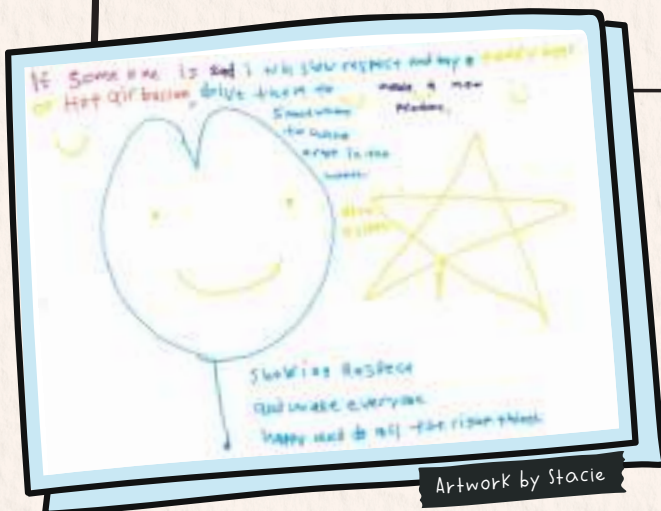
When the blue winds billow, take time to raise your sails. Memories blossom on the banks leaving the unlikelyst of trails.



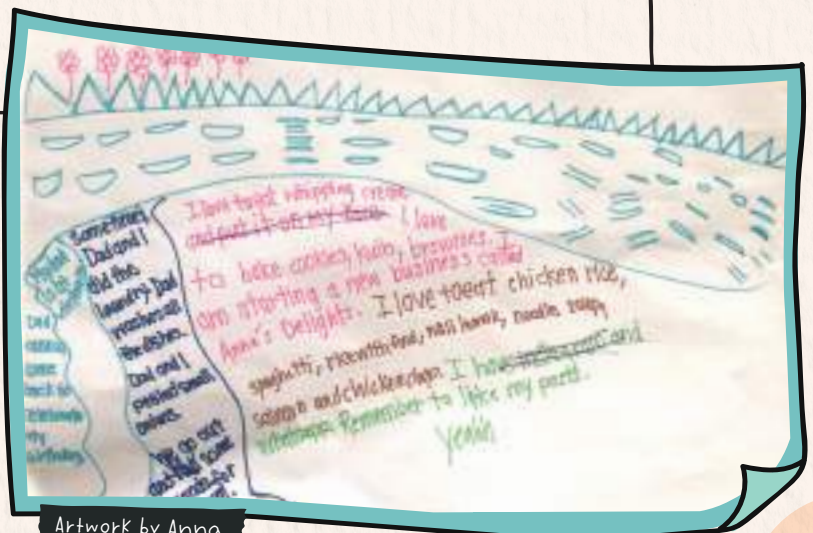
1. Do you think Kai lost something that was important to him? What might that be? What lessons did Kai's sadness teach you?

2. What helped Mira, Shan and Kai move through their own feelings of sadness?

3. What can you do the next time you find yourself or a friend stuck in the Swamp of Sadness?



Artwork by Stacie



Artwork by Anna



There will be times when feelings become really big. They become so big that it's hard to befriend them. These big feelings may seem to have power over us and control us. When our feelings become bigger and bigger, it can be difficult to think properly. We may want to shout, run away and hide, or wish that we could dig a hole and disappear. Sometimes, we may even say or do things that hurt our friends and family.

What are some of the feelings that became really big for you in the past? What happens to your body when your feelings become really big?

Write or draw them out in the heart below.



Even though there are days when our feelings become big and scary, it doesn't mean we can never befriend them! The next time any feeling becomes bigger and bigger, try these activities to help it become a little smaller and easier to be friends with!

We can focus on our breathing and imagine a brighter day. We can count from one to ten.

Take time out, walk away. Do something we enjoy till we start to feel more okay.

Activity 1: My Breathing Star

Trace the star with your fingers as you breathe in and out!



Activity 2: Share my feelings with someone I trust and feel safe with

Sharing our feelings with people whom we trust helps us befriend our feelings, sometimes it even releases the power those feelings have over us!

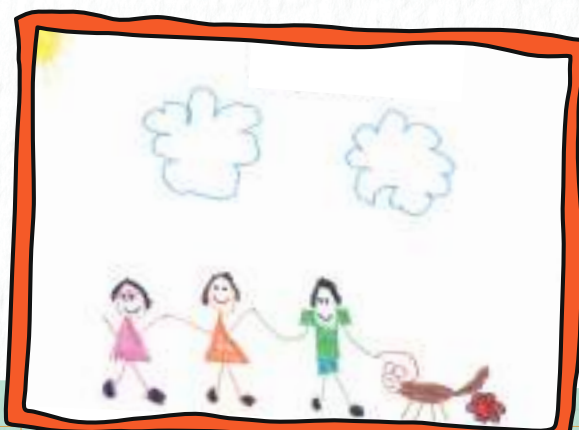
Who do you feel safe sharing your feelings with?



Place your hand in the space below and trace the outline of your hand. Then write the names of your trusted people inside your palm (you can draw too!) — they can be your friends, teachers, siblings, cousins, or other family members.



Artwork by Bryan



Artwork by Selina

Can you already guess what compassion is?

Compassion means caring for others, and this can look like many different things. It can be noticing when a friend needs help when something does not go well for them, doing something nice for someone to show that we care and treating others with kindness.

The Cloud of Compassion represents self-compassion: caring for ourselves when our feelings become too big for us or when we dislike the feelings that arrive.

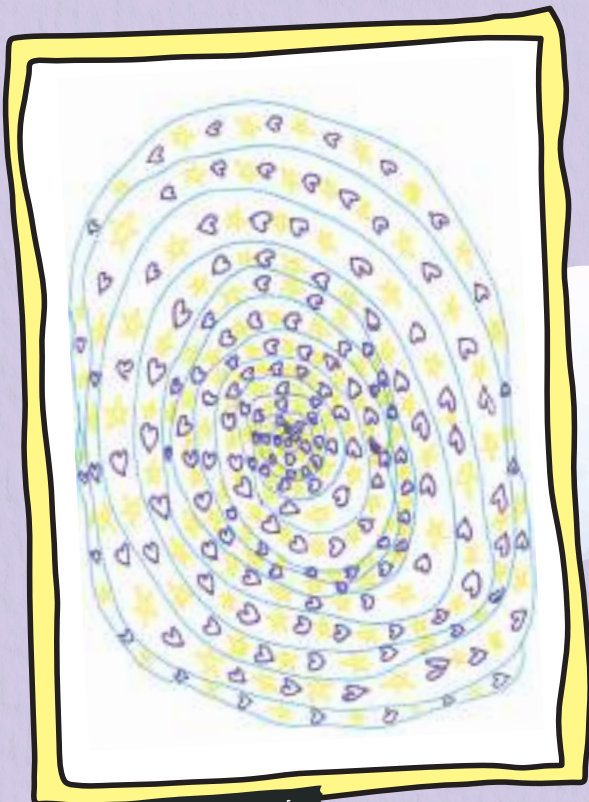
The Cloud of Compassion is here to remind us that we can be as kind to ourselves as we are to others.



I'm the Cloud of Compassion—friend to all feelings companion to fellow feelers on their journeys. Like all feelings, I live inside you, right here in your heart. You'll see me more clearly each time you choose to love—when you're kind to those around you or patient with yourself.

There are two simple steps we can practice self-compassion

1. Be aware of how you're feeling and give that feeling a name.
2. If this feeling is getting too big or you don't like how it makes you feel, the next step is to find a way to be kind and patient with yourself and your feelings. You can do this by revisiting Activity 1 and/or 2, or by finding another way that helps you feel better.



Artwork by Chiao In



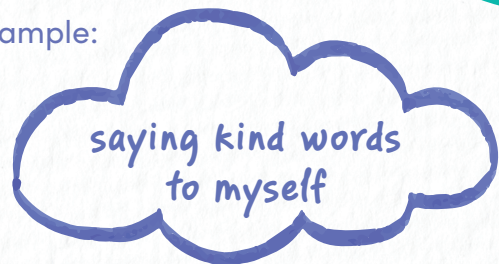


Activity 3: My self-compassion practice

Just like the clouds in the sky, our Cloud of Compassion changes shapes every day. Sometimes it's white and fluffy, other times it's small and translucent. Whatever shape it takes, it lives right within us. It's here to remind us that we can always choose love—by saying kind words to ourselves, giving ourselves a hug or taking a rest when everything seems to go wrong.

Draw about three shapes for your Cloud of Compassion in the space below. What are three ways to be kind and patient with yourself and your feelings? Write them in each of your cloud of compassion!

Example:



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The Feelings Farm Credits

BOOK & LYRICS
Amanda Chong

MUSIC
Julian Wong

DIRECTOR
Edith Podesta

CLOUD
Elisha Beston

SHAN
Udaya Soundari

MIRA
Shafiqhah Efandi

KAI
Marcus Cheong

PUPPETEERS
Syaiful Hairi
Bib Mockram

ENSEMBLE
Benjamin Lye
Fiona Chua

MUSIC DIRECTOR
Joel Nah

**REHEARSAL
ACCOMPANIST**
Jonathan Shin

**PUPPETRY DESIGNER/
CONSULTANT & PROPS
DESIGNER AND MAKER**
Myra Loke

SET DESIGNER
Akbar Syadiq

COSTUME DESIGNER
Max Tan

LIGHTING DESIGNER
James Tan

SET ASSISTANT
Aida Sa'ad

SOUND OPERATOR
Jed Halisay

PRODUCER
Shridar Mani
(The Public Space)

PRODUCTION MANAGER
Cindy Yeong

TECHNICAL MANAGER
Huang Xiang Bin

STAGE MANAGER
Jeannette Irabu

**ASSISTANT STAGE
MANAGER**
Nurul Asyiqin

RECORDING MUSICIANS

PERCUSSION
Rizal Sanip

CELLO
Ryan Sim

BASS
Brandon Wong

HARP
Christabelle Sheum

VIOLIN
Christina Zhou

Artist bios

Edith Podesta

DIRECTOR

Edith Podesta is a theatremaker, choreographer and actor. In 2017, she was awarded Best Original Script and Production of the Year for her production *BITCH: The Origin of the Female Species*, commissioned by the M1 Singapore Fringe Festival. Recently, her production of *Leda and The Rage*, commissioned and produced by Esplanade, was awarded Production of the Year at the 2019 Straits Times Life! Theatre Awards. For eight years, she held the position of Programme Leader of the BA (Hons) Acting course at LASALLE College of the Arts, Singapore. Edith is currently Wild Rice's Associate Artistic Director for Young & Wild.

Edith has a picture in her head of what the whole show looks like and works with everyone to bring it to life on stage.

Julian Wong

COMPOSER

Julian is a composer, arranger and music director. His selected composing credits include Wild Rice's *Don't Call Him Mr. Mari Kita*, *Pinocchio*, *Peter Pan in Serangoon Gardens*, *The Emperor's New Clothes*, *The Amazing Celestial Race*, *Tartuffe: The Imposter*, *An Inspector Calls*, *Animal Farm*; The Theatre Practice's *Day I Met the Prince*, the wee Question mark trilogy; Esplanade's *Mari Kita Main Wayang*, *Tropicana The Musical*; Marina Bay Singapore Countdown (2014– 2016). Selected music-directing credits include Spotlight Singapore (Mexico City), Goh Lay Kuan's *Returning* (SIFA 2015), Mark Chan's *Flight of the Jade Bird* (Hong Kong), *Liao Zhai Rocks!* (Shanghai), *If There're Seasons* and *Lao Jiu the Musical* (The Theatre Practice), Hossan Leong's *Hossan-AH! 50* and Pam Oei's *Faghag*. Julian has conducted and arranged music for Joyful Strings, Metropolitan Festival Orchestra, Orchestra of the Music Makers, Bossa Celli, and many more. He thanks his beloved teachers Mr. Iskandar Ismail, Ms. Sylvia Khoo and Ms. Belinda Foo.

Julian imagined what *The Feelings Farm* would sound like and wrote all the music.

Amanda Chong

PLAYWRIGHT

Amanda is a lawyer, poet and playwright who enjoys rowing her slow boat through feelings. Her first poetry collection *Professions* was shortlisted for the Singapore Literature Prize in 2018, and her poetry is included in the Cambridge International GCSE syllabus. Her plays include the one woman show *Psychobitch* (Wild Rice, 2023), which played to sold-out audiences in an extended run and the award-winning *#WomenSupportingWomen* (T:>Works, 2022). Her work has been staged in Cambridge, UK, and at the Edinburgh Festival Fringe. She also co-founded a literacy charity and served as an adviser to the Youth Court. Amanda wrote *The Feelings Farm* in loving memory of her dearest friend Seets Chan (1992–2021), who was her Cloud of Compassion. amandachong.com

Amanda came up with the story of *The Feelings Farm* and wrote the words in Julian's songs.

Elisha Beston

CLOUD

Elisha attained her BFA in Musical Theatre in the USA and continued her theatre career for several years in San Francisco before returning to Singapore. Since returning, Elisha's performed at the Esplanade in *I Have Something To Say (March On)* and *McBeat and the Little Shake Crew (Feed Your Imagination)*. Other favourite credits include *Four Horse Road* (Theatre Practice) and *Love & Information* (Wild Rice). Elisha is the founder of Freddo Children's Theatre. www.elishaxbeston.com

Udaya Soundari

SHAN

Udaya Soundari is a versatile artist, writer and television presenter. She graduated from LASALLE College of the Arts where she performed in *Medea*, *Requiem for Change*, *A Pinter Triple Bill*, *Henry V* and *A New and Better You*, to name a few. She has worked with Edith Podesta, Elizabeth de Rosa, Adam Marple, Noor Effendy, David Glass, and Aubrey Mellor. Over her 17-year career as an actor, presenter, singer, writer, director, and choreographer, she has won the Asian Academy Creative Award (nationally) for Best Comedic performance, been a finalist for Best Actress at the New York Film and TV Awards, Straits Times Life! Theatre Awards Best Ensemble Cast 2024 and holds the distinction of being the first individual in Singapore to achieve three awards in a single year at the Pradhana Vizha festival, accumulating a total of 10 victories overall—an all-time high in Singapore's Tamil arts scene.

Shafiqhah Efandi

MIRA

Shafiqhah is a singer, actor and voiceover artist from Singapore with over nine years of performing experience. She has been in multiple theatre productions in Singapore as well as appeared on local television. In 2022 she starred as Zihan in NETFLIX's *Mr Midnight: Beware the Monsters*. She is currently based in Berlin, Germany.

Marcus Cheong

KAI

Marcus is an actor who charms audiences with his sincerity, stage presence and powerful voice. His passion for acting started at age 13 when he joined his secondary school's drama club, with whom he was cast as the lead in their entry to the Singapore Youth Festival competition. Marcus was a part of Pangdemonium's Triple Threats Programme in 2017, which sparked his interest in musical theatre. He graduated with a BA (First Class Hons) in Musical Theatre at LASALLE College of the Arts and he is currently freelancing as a performer, Speech & Drama teacher, and Musical Theatre educator at Sing'Theatre Academy.

Marcus' notable performance credits include *The Three Little Pigs* and *The Cat in The Hat* (STC The Little Company), *The Addams Family and Company* (LASALLE College of The Arts), *In Pieces* (78 Musical Collective) and *Dear Evan Hansen's Virtual Choir* (Pangdemonium).

The background is a vibrant collage of abstract shapes and musical motifs. In the top left, a purple violin is depicted with orange and blue swirling lines around it. To its right is a blue wavy shape. Further right, there are two theatrical masks, one orange with a sad expression and one purple with a happy expression, connected by a purple line. Below the masks is a small orange musical note. In the bottom left, there's a purple wheel-like shape with a white star. In the bottom right, there's a blue and orange drum with purple strings. The overall color palette consists of purple, blue, orange, and teal.

THANK YOU FOR WATCHING

Help us make your next Esplanade experience even better by taking a moment to share your thoughts with us.

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