

GOOD CHANCE PRESENTS

A GRAIN OF SAND

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CARE
PACK

What is a care pack?

Throughout the creation of **A Grain of Sand**, we have carefully considered ways of supporting audience wellbeing and emotional response. However, we also recognise that everyone reacts differently to challenging themes and experiences, which is why we've put together this care pack.

This care pack is designed to help you feel informed, supported and empowered before and after attending the performance. It offers content guidance, access information and suggestions for self-care, so you can engage with the show in a way that feels right for you.

If you would like to discuss the play and the themes any further, please feel free to reach out to **Cindy, Good Chance Producer, at cindy@goodchance.org.uk**.

We look forward to welcoming you!

About the show

Renad, a young Gazan girl, embarks on a dangerous journey. Carrying only the echoes of her grandmother's tales and the spark of her own imagination, she searches for her family and the 'Anqaa' – the mythical Palestinian Phoenix.

A Grain of Sand is a one-woman show that takes an intimate look at war through the eyes of a child. At the show's heart is the power of storytelling; as the narrative unfolds, the play blends Palestinian folklore with real-life testimonies from children in contemporary Gaza.

Displacement and survival are inherent to Renad's journey. The play explores how children make sense of war and loss, and how imagination becomes a vital tool for endurance. The story draws on Palestinian cultural heritage and lived experience, offering a personal lens on a wider humanitarian crisis.

Above all, ***A Grain of Sand*** is a story of resilience, hope and the right of children to be children.

This show runs for approx. 1 hour with no interval.

Content guidance

***A Grain of Sand* is a one-woman show that takes an intimate look at war through the eyes of a child.**

We recommend this play for audiences aged 14+ due to mature content, which includes:

- References to war
- References to trauma
- Sound effects of firearms and explosives
- The names of children who have been murdered in Gaza

We encourage all audience members to engage at their own pace and take space if needed. Further information can be found in the following pages of this document.

Support is available via the front-of-house team throughout the evening.

Self-care

Self-care is the act of taking care of yourself mentally and physically after seeing something that could be triggering due to the themes and subject matter of the play.

A few suggestions:

- Attend the play with someone, so you can talk about the themes after you have seen the show.
- Take time to process what you have seen. The Arcola Bar and foyer spaces are open for you to sit in after the show, so you are welcome to stay and chat to other audience members or the 'A Grain of Sand' team.
- You can also talk to the following organisations for support:



Mind – mental health support
mind.org.uk/about-us/contact-us

SAMARITANS

Samaritans – 24/7 listening service
samaritans.org/how-we-can-help/contact-samaritan

Grounding exercises

Grounding exercises:

- Breathe in deeply and out gently – repeat.
- List your favourite things.
- 5-4-3-2-1: Name five things you can see, four things you can feel, three things you can hear, two things you can smell, and one thing you can taste.
- Listen to music that calms you down.
- If you feel you're having a body reaction, sit down and make sure you're safe.

Take action

A Grain of Sand is inspired by real testimonies from children in Gaza and draws on Palestinian cultural heritage and lived experience. Many audience members may wish to channel the emotions and reflections raised by the play into meaningful action.

Good Chance have created a **‘Take Action’ resource page** to support audiences who want to learn more, donate, advocate or engage with organisations working in solidarity with Palestinian communities.

These resources include trusted charities, educational materials and suggested actions that range from small individual steps to broader community engagement. You are invited to explore them at your own pace.

Visit: goodchance.org.uk/agrainofsand#act

There is no obligation to take action, caring for yourself comes first. If and when you feel ready, this page offers a place to begin.



If you require any additional information about the show, do not hesitate to contact Good Chance via our Producer **Cindy** [**cindy@goodchance.org.uk**](mailto:cindy@goodchance.org.uk)

Thank you for joining us for *A Grain of Sand*. We hope you feel supported during your visit.