

## EDUCATION PACK

# TINY DOCTORS

AN INTERACTIVE MUSICAL FOR KIDS AND FAMILIES

CURRICULUM ALIGNED  
WRITTEN BY TEACHERS  
RESEARCH BACKED!



### WHAT IS TINY DOCTORS?

**Tiny Doctors is a joyful, hands-on theatre experience for children aged three to seven, where feelings are explored, friendships are celebrated, and happiness is brewed - literally!**

This **two-part program** begins with a live musical performance inside a transformed theatre space: the **Tiny Doctors Research Centre**. Upon arrival, each child receives their very own lab coat, instantly becoming Tiny Doctors, ready to investigate what makes us feel good inside.

Inside the lab, the Tiny Doctors meet Doctor Smiley and her energetic musical sidekick, Roger the Rat. They are on the mission to save the world ONE SMILE AT A TIME with the help of their "SEROTONIN POTION", magical mood-boosting formula that makes you feel good inside.

The Tiny Doctors help Dr Smiley and Roger find the ingredients like "the Belonging Balloon," "Cape of Courage," and "Kindness Krocs." Together, they discover how to talk about feelings, support friends and spread kindness.

### **But the adventure doesn't end there!**

In Part Two, the Tiny Doctors move into the **Wonderful Workshop**, a creative craft activity where they make their own 'Serotonin Potion'. Using play based learning, drawings, words, and pictures, they reflect on what brings them joy, and they even get to take their potions home!

**Tiny Doctors is designed to promote emotional wellbeing, self-expression, and social connection in a way that's fun, memorable, and accessible. Perfect for families, schools, and little scientists with big hearts.**

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### THE MISSION

#### **TW: Discussions of Suicide and Self-Harm**

One in five Victorians experience a mental health condition each year. Over their lifetime, that number rises to 45%. In 2024, the Coroners Court of Victoria reported the highest number of suicide deaths among young people (aged 18–24) the state has ever recorded. These heartbreaking statistics make one thing clear: we must act now.

The stigma around mental health still prevents many from seeking help or finding the words to express what they're going through. We believe it's time to change that, through intervention and support strategies.

**Tiny Doctors** is a joyful, engaging, and vital intervention for our young people. Rooted in the therapeutic power of music and play, the program offers an accessible language for emotional wellbeing, helping children explore and express their feelings in a safe, imaginative space. Research shows that music can reduce stress and anxiety, improve cognitive function, and foster connection and belonging, all critical factors in early mental health support.

But this show is more than just fun, It responds directly to the real and urgent needs of our community. It empowers children with the tools to understand themselves and others, creating a foundation for resilience and empathy.

**Tiny Doctors also aligns with the ACARA'S Personal, Social and Community Health Curriculum, supporting schools in delivering essential social-emotional learning through an artistic, evidence-based approach.**

### CURRICULUM

Tiny Doctors has direct links to Personal and Social ability curriculum for Reception–Year 6. Content descriptors related are mentioned below.

- investigate who they are and the people in their world (AC9HPFP01)
- express and describe emotions they experience (AC9HPFP03)
- identify and explore skills and strategies to develop respectful relationships (AC9HP2P02)
- identify how different situations influence emotional responses (AC9HP2P03)
- explain how and why emotional responses can vary and practise strategies to manage their emotions (AC9HP4P06)
- explain how identities can be influenced by people and places, and how we can create positive self-identities (AC9HP6P01)
- apply strategies to manage emotions and analyse how emotional responses influence interactions (AC9HP6P06)

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HOW CAN YOUR STUDENTS SEE TINY DOCTORS?

## SCHOOL TOURING

We are available for touring to your school or community group. We have our own sound equipment and instruments, so the show can be moulded to fit your space!

Show length: 50mins (incl. in class activity - can be extended or reduced)

We would love to bring our show to your Tiny Doctors!

## TOURING CONTACT:

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