



**Esplanade  
Presents**

**March On**

An Esplanade Production

# The Feelings Farm



12 - 14 Mar 2021, Fri - Sun

Fri: 10.30am | Sat & Sun: 10.30am & 3pm

# About Esplanade – Theatres on the Bay

Esplanade is Singapore's national performing arts centre and one of the busiest arts centres in the world. Since its opening in 2002, the centre has presented more than 49,000 performances and activities, drawing an audience of 32 million patrons and 112 million visitors. This architectural icon, with its distinctive twin shells, houses world-class performance spaces complemented by a comprehensive range of professional support services.

Esplanade's vision is to be a performing arts centre for everyone and its programming is guided by its social mission—to entertain, engage, educate and inspire. It seeks to enrich everyone's lives, including seniors, youth, children and underserved communities, through the arts. The centre's year-long calendar of about 3,500 arts performances and activities span different cultures, languages and genres including dance, music, theatre, and more. Of these, more than 70% are presented free for all to enjoy. Esplanade's visual arts programmes at its public spaces also allow visitors to view and explore art works for free.

Esplanade also brings the arts virtually to audiences in Singapore and beyond, through its diverse range of digital programmes on *Esplanade Offstage*, an all-access backstage pass to the performing arts and guide to Singapore and Asian arts and culture, with videos, podcasts, articles, quizzes and resources.

Esplanade regularly presents world-renowned companies and artists that attract international attention and add to Singapore's cultural vibrancy. The centre is also a popular performance home for arts groups and commercial presenters who hire its venues to stage a wide range of programmes. These carefully curated presentations complement Esplanade's own diverse offerings for audiences.

Esplanade works in close partnership with local, regional and international artists to develop artistic capabilities, push artistic boundaries and engage audiences. The centre supports the creation of artistic content by commissioning and producing new Singapore and Asian work for the international stage. As an Approved Training Organisation (ATO) of the SkillsFuture Singapore (SSG), Esplanade conducts a range of courses that develops technical capabilities for the industry nationally.

To bring even more of the arts to a wider audience and provide more platforms to support Singapore's next generation of artists, Esplanade is building a new theatre along its busy waterfront. Named Singtel Waterfront Theatre, the 550-seat venue will open in 2022.

Esplanade – Theatres on the Bay is operated by The Esplanade Co Ltd (TECL), which is a not-for-profit organisation, a registered Charity and an Institution of a Public Character. The Charity Council awarded TECL the Charity Governance Award – Special Commendation for Clarity of Strategy in 2016, and the Charity Transparency Award for four consecutive years since 2016.

TECL receives funding support from Ministry of Culture, Community and Youth and its Community Programmes are supported by Tote Board Family, comprising Tote Board, Singapore Pools and Singapore Turf Club.

Visit [Esplanade.com](http://Esplanade.com) for more information.

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## Festival Message

We are excited to launch *March On*, Esplanade – Theatres on the Bay's brand new annual festival for children.

The programmes at *March On* delve into relevant issues facing the young of today and place children at the centre of the creative process. This children-centric festival not only adds to the range of programmes at Esplanade for young audiences, it is also committed to collaborations and the sharing of thought leadership. The festival will bring together arts practitioners to create new works for young audiences, and in panel discussions and talks.

While conceptualising the inaugural edition of the multi-disciplinary, participatory festival, we asked ourselves: How is the pandemic transforming childhood? How do we engage with our young audiences meaningfully while masked up and safe-distanced? How can we share the beauty of being in a theatre space with one's peers? To uncover the answers to these questions, we sought to actively involve children and young adults in the process of planning and creating live, digital and hybrid works for the festival.

The young will take the driver's seat in our first-ever children-led programme – *SEEDLINGS*. Facilitated by arts practitioners Chong Gua Khee and Faye Lim, a panel made up of children aged seven to 12 years old will watch and participate in selected programmes and workshops at the festival. They will have exclusive behind the scenes access and this will culminate in a final presentation where they will share their unique perspectives on topics close to their hearts. In *The Feelings Farm*, we invite children to navigate the shifting planes of their emotions, both big and small. Led by director, Edith Podesta and written by Amanda Chong with music composed by Julian Wong, this multi-disciplinary production features works informed by children of diverse needs and backgrounds over the course of six workshops.

We are thrilled to work with artists and creatives to design critical, thought-provoking and reflective works for children. An Esplanade Commission, *The Rattle King*, created by Danny Yeo, Phang Kok Jun and Oliver Chong, is a giant puppet performance that explores the awareness of sound in our environment. *Alice's Topsy Turvy Tea Party*, a co-production with The Kueh Tutus, gets families to explore how they interact and bond through the language of dance.

Children and families can also look forward to immersing themselves in the arts through the line-up of workshops and free programmes. Step into a costume designer's shoes and learn character devising and costume design with Anthony Tan and Max Tan, noted Singapore designers, as they lead *Re-imagine a Character Costume Making Workshop*. Internationally acclaimed DJ Kid Koala will join us remotely via Zoom from Canada in *Robot House Party*, in a family-friendly craft and dance party. Three young artists between the ages of 13 and 16, will also lead workshops for children as they grow to be leaders in their area of practice. Students from Nanyang Academy of Fine Arts' Arts Management programme have also helped to curate a series of free performances for the young.

In these challenging times when so much of what was once familiar is now new and not yet quite normal, the festival offers new ways for children, families and artists to be inspired and to engage in meaningful conversations. And for the future, in the years to come, we hope that the festival is a source of strength for children to steer through the challenges that life has in store, through the arts.

Let's March On!

Yours sincerely,  
**Rachel Lim**  
March On  
Producer



## 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.

We created this show so that both children and grown-ups can talk honestly about our 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.

As a kid, Amanda wrote poems and plays which she performed in her living room to get her head around her feelings. She still finds comfort in getting lost in daydreams. Little Julian would sing his heart out when no one was around. When things got too much, he always found a friend or grown-up to confide in and cry to. Edith loved moving her body to music. She would shake her worries out, or do a happy dance. Stomping felt particularly good when she was angry!

*The Feelings Farm* explores feelings in lots of different ways – through music, movement, poetry, and multimedia. Many of these ideas are from children who participated in workshops with us. 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?”

Thank you also to the children who sent us their drawings, videos and writing as part of the Esplanade's Open Call. We couldn't put everything in the show, but everything you sent us was super helpful. It was important to us that *The Feelings Farm* reflected the real life experiences of children in Singapore, and we couldn't have done that without all your help.

In this book, you will find:

- ✧ A Special Sketchbook filled with fun ways for you to get to know your feelings
- ✧ A Letter to the Grown-ups on how to care for their own feelings and help little ones with theirs, starting with ideas for discussing this show
- ✧ Information about the artists who helped realise *The Feelings Farm*

We hope that *The Feelings Farm* helps you to know your own 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.

Love,  
Amanda, Edith and Julian  
Creators of *The Feelings Farm*



Hey friend!

Thank you for following us on our journey in *The Feelings Farm*. Remember Kai and his sketchbook? The sketchbook 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. You can write, draw, colour, doodle, and try the activities inside! Use 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

*P.S. Try and spot Cloud and her messages!*

**This Feelings Farm Sketchbook  
belongs to**

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## The Feelings Farm Theme Song

Welcome to the Feelings Farm  
where feelings bloom and grow.  
Pay attention to their whispers,  
they'll show you where to go.

Nothing lasts forever  
though sometimes it might seem so.  
Whatever happens here,  
remember feelings come and go.  
Feelings come and go.

Some feelings start as tiny seeds,  
you barely notice them taking root.  
You keep them watered with your  
thoughts  
till they burst forth with fruit.

Some feelings are big, they take us over,  
and bowl us to the ground.  
But some help us to get up again.  
Some spin us round and round.

Welcome to The Feelings Farm  
where feelings bloom and grow.  
Pay attention to their whispers,  
they'll show you where to go.



Nothing lasts forever  
though sometimes it might seem so.  
Whatever happens here,  
remember feelings come and go.  
Feelings come and go.

Some feelings shift and morph so much,  
they're dreadfully hard to tame!  
But it always helps for us to start  
by giving each of them a name.

So listen to your body well.  
Take a moment. Breathe. Be still.  
Knowing why and how and what  
you're feeling is a very special skill.

What will you find in The Feelings Farm?  
There are countless shades and tones,  
magical beasts, uncharted corners,  
you might find yourself alone...

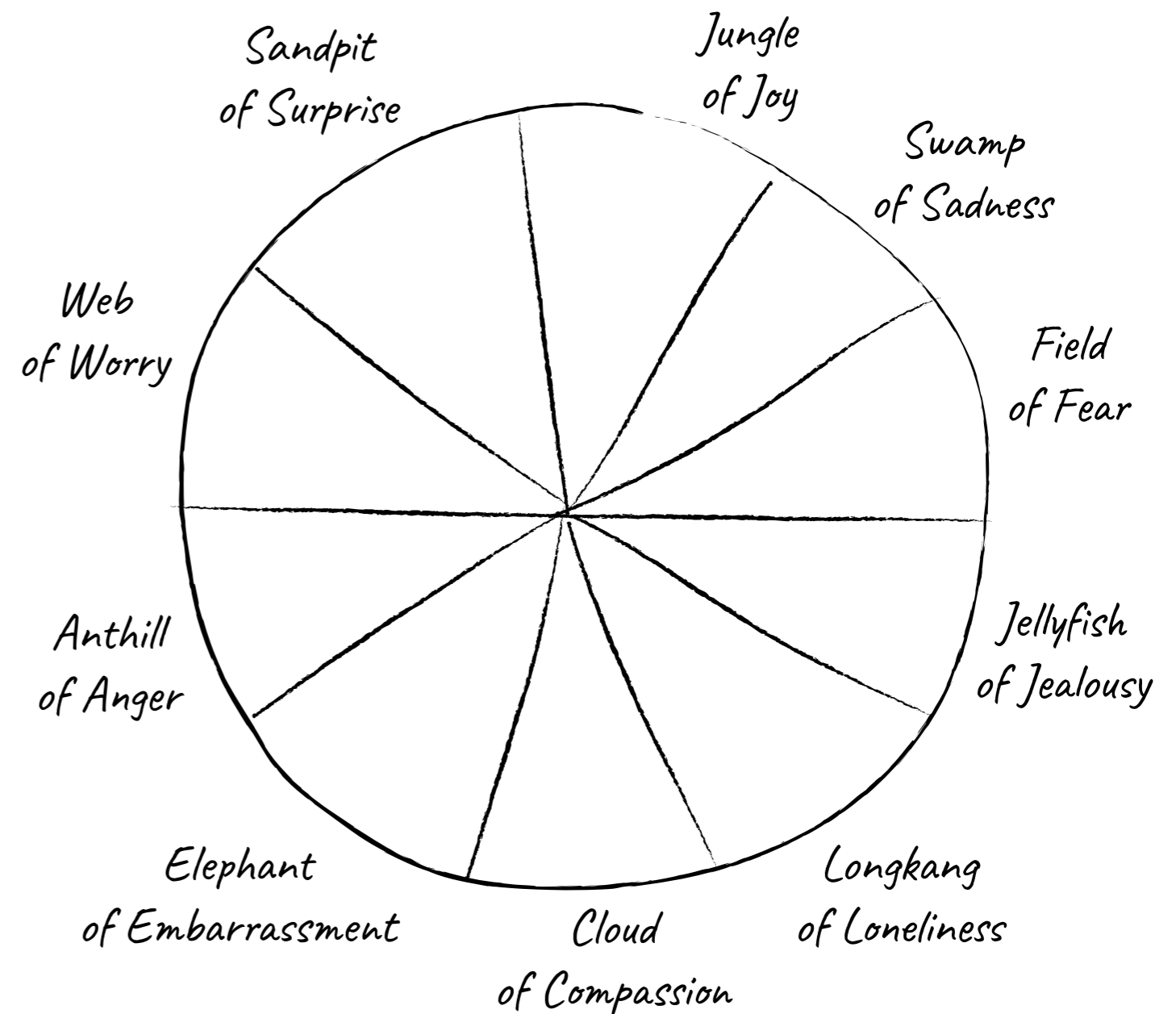
But nothing lasts forever  
though sometimes it might seem so.  
Whatever happens here,  
remember feelings come and go.  
Feelings come and go.

## 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!

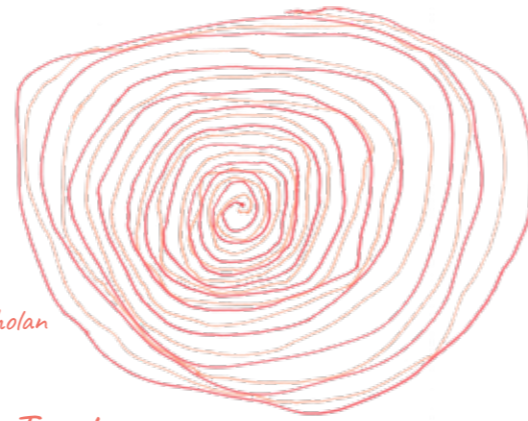
Choose a different colour for each feeling you've discovered with Mira, Kai, and Shan  
in *The Feelings Farm*. Then use your favourite crayons, colour pencils, or markers to colour  
each slice of the wheel!



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

Sometimes, to get out of a feeling,  
we must first know its name.  
Do you know this feeling?  
Have you felt this way before?

Artwork by Cholan



Wow! You have found the Feelings Tracker.

This Feelings Tracker tells us all about our feelings that we experience  
over a one-week period.

## MY FEELINGS TRACKER

Fill in the dates and colour in the feeling (or feelings!) that you notice in you on that day. You can use the same colours you chose for the feelings on your Feelings Wheel. Very often, we feel many different feelings in a day, so feel free to mix in more than one colour in the feelings box!

You can choose to write what made you feel this way in the box below that.

Go ahead and create your own Feelings Tracker. Notice what your top three feelings are at the end of the week!

Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
My feelings today							
If a feeling shows up, it is because it has something to tell us.							
What is this feeling or feelings trying to tell me?							
Why do I feel this way?							

Listen to your body well.  
Take a moment.  
Breathe. Be still.

**OUR BODY IS A TREASURE  
BECAUSE IT HOLDS ALL OF  
OUR THOUGHTS AND FEELINGS  
TOGETHER TO PROTECT US.**

Our body gives us the first clues when a feeling shows up. If we listen carefully, our body tells us even more 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, my face turned glowing red."

### 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?

is so heavy it is sinking?

is warm and expanding softly?

### WE MAY NOTICE SENSATIONS IN OTHER PARTS OF OUR BODY

Can you guess the feelings behind these body sensations?

Your chest and head feel hot and itchy

Your belly feels like there are butterflies inside

Your stomach feels like a tight knot

Your palms get really sweaty and wet

You cry and your shoulders shake

Your footsteps become light



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

We can practice listening by noticing our thoughts, our  
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!

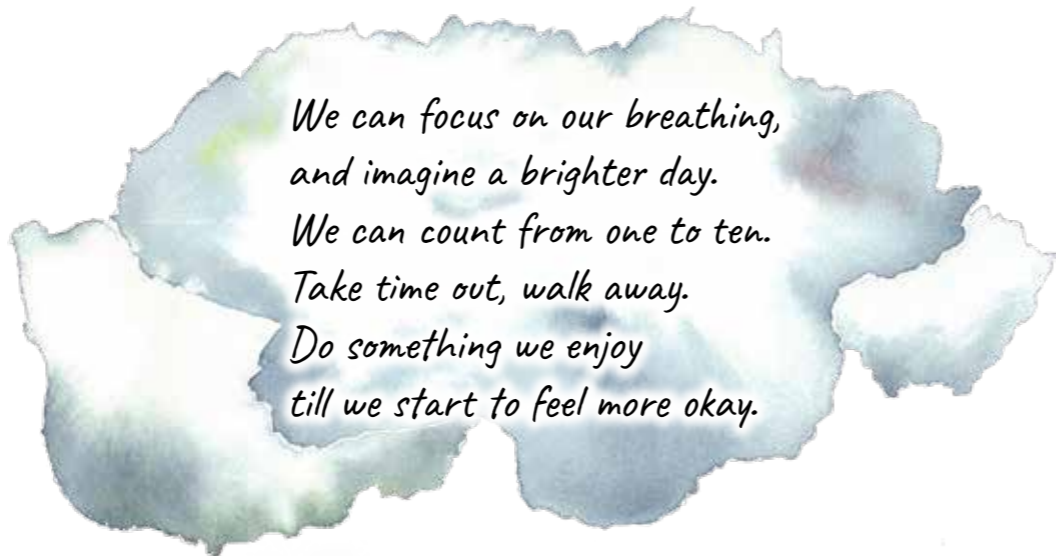
# FEELINGS ARE OUR FRIENDS.

✧ Feelings give us clues about our current situation. Sometimes they remind us of what we need to feel safe. Sometimes they tell us what we need to do in order to grow. Feelings tell us what the important things and who the important people in our lives are—they help us understand what really matters to us.

And there will be times when feelings become really **big**. They become so big that it is difficult to befriend them. These big feelings may have power over us and control us. But that doesn't mean we can never befriend them! The next time any feeling becomes bigger and bigger, try these activities to make friends with them!



*Activity 1:  
My Breathing Star  
Begin here!*



*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.*



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

✧ Sharing our feelings with people we trust helps us befriend our feelings—sometimes it releases the power the 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.

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



*Artwork by Bryan*



*Artwork by Selina*

**Activity 3:**  
What would my own  
Cloud of Compassion  
say?



Whenever your feelings become bigger, place your hands on your heart and pause. Then take a breath in through your nose and listen to your Cloud of Compassion. What would your own Cloud say about being kind to yourself and being patient with your feelings?

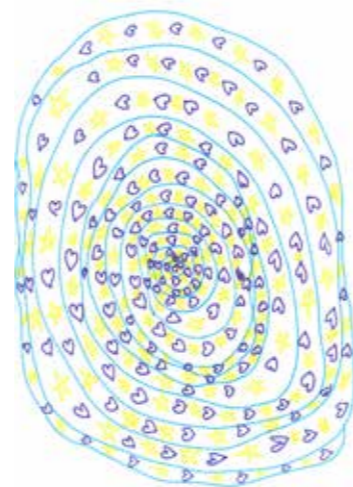
Draw the shape of your Cloud of Compassion in the space below. Draw as many as you like because the shape of our Cloud of Compassion changes every day, just like the clouds in the sky!

*I'm the Cloud of Compassion—Friend of all feelings, Companion to fellow feelers on their journeys.*

*Like all feelings, I live inside you, right here in your heart. And you'll see me more clearly each time you choose to love—when you're kind to the people around you, or patient with yourself.*

**Activity 4:**  
Journalling with  
words or art

✧ Writing or drawing about our feelings can help us understand our feelings better. We learn to be friends with our feelings when we know them better. Whenever you would like to, use the space below to journal about your feelings with words, drawings, or doodles—you decide!



Artwork by Chiao En



Artwork by Kai Lun



Artwork by Sharmaine

I drew a fire in my creature because I feel when people get jealous, they will feel frustrated and angry easily. Have you ever felt this three feeling before? I have. My friend and I were playing a game and my friend kept winning and I felt jealous of her. The more jealous I get the more I wanted to win but I kept losing so I got frustrated and I let out my anger by insulting my friend which is not nice. I told my friend why I felt so angry and she understood and encouraged me by telling me that she had lost a lot of times and that made me feel better and I decided to try again and played another game that I was better at.

**Activity 5:**  
Turn on your favourite music and dance like Mira, Kai, and Shan!

Whether you prefer a slow waltz, a jazzy number, or a funny shake, let's move our bodies to the music!



Artwork by Jessie



Artwork by Kai Lun



# A LETTER TO THE GROWN-UPS

Dear Grown-up,

Thank you for choosing to take your little one(s) to *The Feelings Farm*. While our children are immersed in their journey of feelings, what about you?

What were some discoveries you had about feelings, that you wished someone had told you when you were a child?



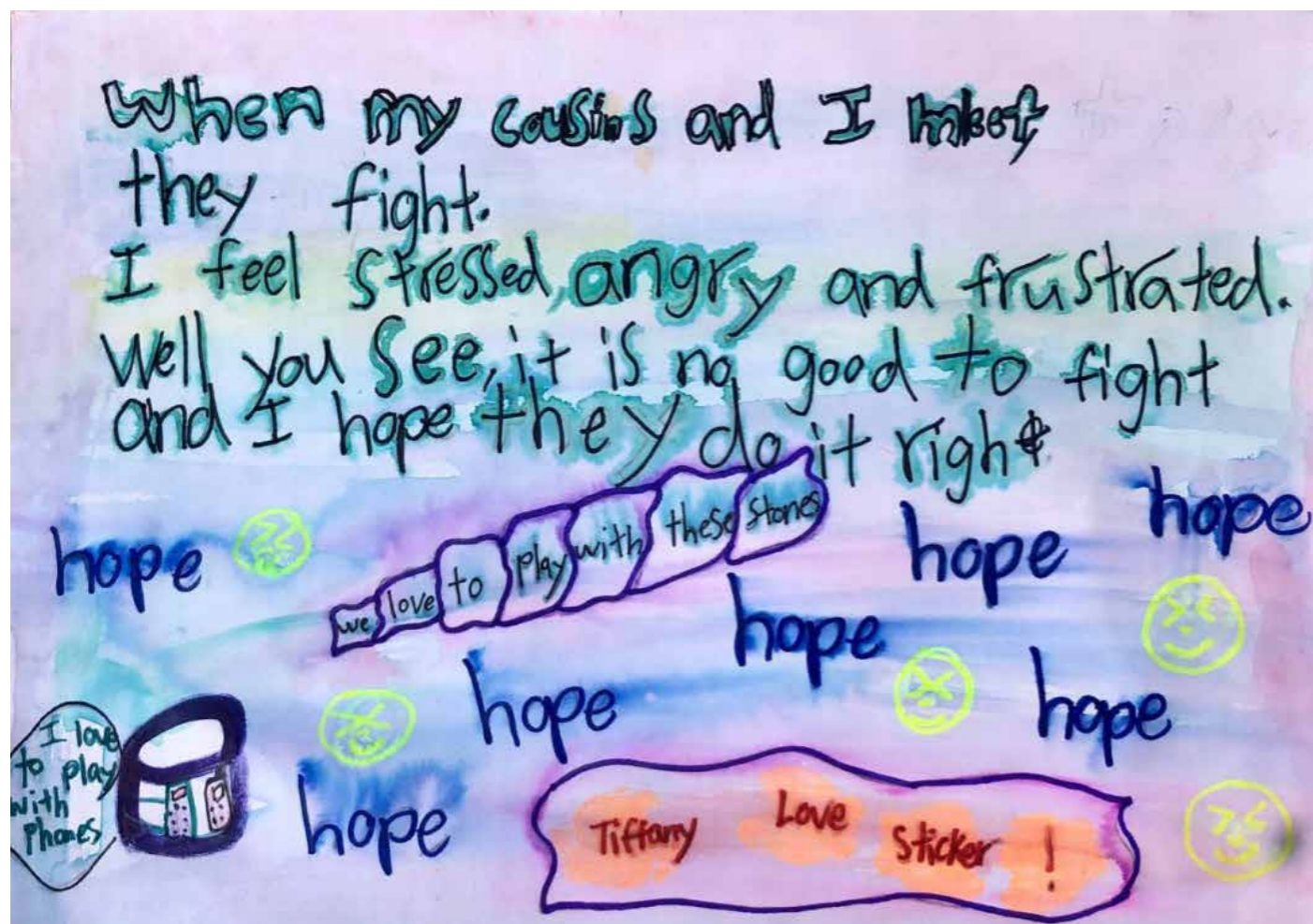
Artwork by Aura

Oftentimes you find your child behaving in challenging ways that you may conclude as 'throwing tantrums', 'having melt-downs', or 'pushing my buttons'.

More often than not, they were experiencing frustration, fear, anxiety, disappointment, excitement, or perhaps, a mix of all of that!

*It is also likely that they find it hard to understand, unpack, and share these feelings with you.*

Artwork by Julia



*This represents happiness and anger in embarrassment. The bumble is the after-effect. You might be happy about being embarrassed - if it is funny for example.*

**Fight, Flight, or Freeze**

Our body reacts whenever it does not feel safe. This can happen when we find it hard to understand or unpack our feelings. Our body enters into a state of fight, flight or freeze to protect us. It is the same with our children. They may try to cope with their own overwhelming feelings by...

- ✦ Fight – hitting you, throwing toys around, kicking, spitting at others, pushing, glaring, or...
- ✦ Flight – running in a distracted way, hiding, excessive fidgeting, doing anything to get away from answering your questions, or...
- ✦ Freeze – crying hysterically, holding their breath, feeling like they are unable to move, or even daydreaming.

## How can we support our children with their big feelings?

All of us experience and express our feelings differently. This difference is even more pronounced between adults and children. As adults, we have the benefit of language and prior experiences to help us understand **and** verbalise our emotional shifts to ourselves and others.

Our children do not have that advantage yet. Emotions emerge in our children in ways that can sometimes be overwhelming to them. If they are experiencing an emotion for the first time, the foreign quality of this experience can sometimes create confusion and distress within them.

There are no positive and negative emotions. All of our emotions serve to protect us. Our emotions may also signal to us that we need something.

For children, that often means attention—**undivided, active attention**. Our children need our presence and attention to guide them in naming their feelings and uncovering the meaning behind them. *The Feelings Farm* is a great starting point to uncover the stories behind our feelings. The prompts below can support you and your child to reflect on takeaways from the show and learn about each other's feelings. Feel free to adjust the language and phrasing to suit your child's age.

There are no right or wrong answers. What's important is to allow our children the safety and freedom to explore their feelings in different ways. If your child responds with "I don't know" or "I don't feel anything" to any of the prompts below, that's okay too. There are other activities from page 5 to 13 that they can engage in.

### Prompts to discuss *The Feelings Farm* with your child

Try taking turns to 'interview' each other on your post-show reflections using the questions below!



*In class when I am called on,  
I freeze and forget how to speak.  
Everybody thinks I'm clever,  
and now they'll find out I am weak.*

*Life can be unpredictable,  
it's normal to feel afraid,  
But all of us have the power  
to stop the thoughts racing in our heads.*

*The Field of Fear is just a warning,  
reminding us of what we need to feel safe.*

### ON FEELING SAFE IN THE FIELD OF FEAR

- ✧ What were some of the things that made Kai feel afraid?
- ✧ Why do you think Kai was afraid to be asked questions in class? Have you ever experienced something similar, or noticed a friend experience it? What was it like for you to experience it or to notice it in your friend?
- ✧ What are some other things that make you feel afraid? How do you know when you feel afraid?
- ✧ What can I do to help you feel safe the next time fear shows up?

### ON BEFRIENDING A HARD-TO-ADMIT FEELING LIKE THE ELEPHANT OF EMBARRASSMENT

*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!*

- ✧ What makes embarrassment so hard to admit for Mira?
- ✧ Could it be because embarrassment makes us feel as if we are missing or lacking something or perhaps a part of us feels like we are not good enough? What do you think?
- ✧ What might be other feelings that are hard to admit? What might be a feeling that was hard for Shan to admit?
- ✧ Who can you share these hard-to-admit feelings with to help take their powers away?

*When I fell on the floor in my school playground  
and everyone was looking at me. I  
feel so embarrassed that I run off.  
and I was playing catching with my  
friend and  
I talk to my friend accidentally push me.  
my friend bring me to the general office to get a  
plaster and I really feel better after that  
I feel supported and love too!*

*Cecilia*

*playing catching...*



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

Artwork by Cecilia

## ON LEARNING LESSONS FROM THE SWAMP OF SADNESS

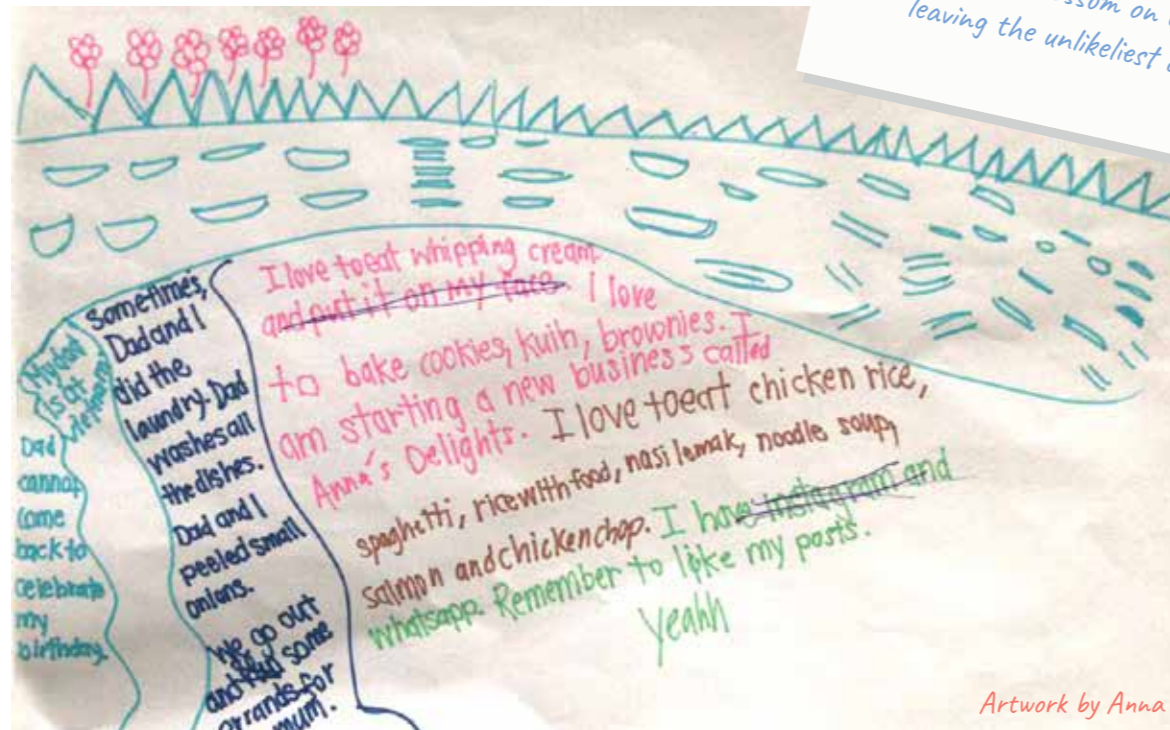
- ✧ Have you ever felt like your own sadness was going to last forever? I'd love to listen to that story if you'd like to share.
- ✧ Sometimes, sadness teaches us about things we have lost and how important they were in our lives. Do you think Kai lost something that was important to him? What might that be?
- ✧ What lessons do you think Kai's sadness taught us?
- ✧ What helped Mira, Kai, and Shan move through their own feelings of sadness?
- ✧ What can you do the next time you find yourself stuck in the *Swamp of Sadness*?
- ✧ What can you do the next time you find your friend stuck in the *Swamp of Sadness*?



Artwork by Stacie

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.



Artwork by Anna



Here are other ideas that you can try to create spaces for your child the next time big feelings show up.

Artwork by Stacie

**Notice their behaviour** – Be curious about challenging behaviours exhibited by your child.

**Recognise the emotions** – Pay attention not just to their words but the emotions behind the words.

**Validate those emotions** – Let your child know that you notice those feelings and that they are okay.

**Name the emotions** – Help your child find words to name the emotions aloud. (You can use the Feelings Wheel on page 5.)

**Offer an activity** – Suggest an activity that you could do with your child to help them navigate the feelings (There are suggested activities on pages 8 to 13.)

**You modelling a calm response is the best way to help your child learn how to:**

1. ride through their emotional storms, and
2. soothe themselves during stressful periods as they grow older.

Artwork by Gleb

- If your child cries or screams louder when their feelings are named, it might be because they are feeling vulnerable and desire to be seen, heard, and validated. We invite you to stay patient and compassionate with yourself and your child in these moments.

Know that your child is overwhelmed. Sometimes, **our gentleness and quiet may be more helpful.** Keep questions and comments to a minimum. Offer to hold or be with your child in a way that your child feels most comfortable. That could be offering a hug, holding their little fingers, or sitting quietly beside them.

Over time and with practice, your child would learn to feel more confident to ride through this storm independently.

If animals go extinct, a very important part of the ecosystem will be lost

Harry Potter books make me feel better

"I'm right here, Shan.  
You are safe.  
You are allowed to have this feeling."

If I lose my friends, I will be sooooo lonely!..

If my parents get killed in an accident, how will I take care of my brother and me?

Artwork by Hau Wing

## Calling on your Cloud of Compassion

- ☆ You are the best guide for your child. But this work of supporting and guiding your child through big feelings is hard work. You may find yourself getting triggered. You may find yourself stuck in big feelings too. In these moments, we invite you to call on your own *Cloud of Compassion*.
- ☆ Whenever you find yourself getting triggered or overwhelmed by your child's big feelings in the moment, perhaps try this:

Name your emotion.

"Mummy or (daddy) is feeling angry. I am stepping away to calm down because I do not want to shout. I will come back and be with you when I am ready."

Model ways we can take care of our big emotions.

Assure your child that you are not leaving them.

You finding your calm when your child is caught in overwhelming emotions is crucial in the modelling.  
Some ways could be:

- Drink some water, notice your breath, or take a walk.
- Ensure that your child will be safe as you step away—either keep them in your view or if another adult is present, ask for their support to stay with your child.
- Offer yourself compassion, acknowledge that this is hard work. If useful, talk to someone you trust about the big emotions that you experience in these challenging moments.

Creating this supportive space for your child to explore their emotions does not mean an end to discipline.

It actually helps with discipline because an emotional bond between you and your child will be nurtured over time.

When your child experiences this safe and compassionate space, they will grow to treasure this relationship with you. They will care about you, what you think, and how you feel when they make a mistake or do something that hurts you.

# ABOUT THE ARTISTS

## CREATIVE AND PRODUCTION TEAM

**Edith Podesta,**  
Director



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.

Edith Podesta is a director, writer, and choreographer. She studied Acting and Movement Studies at the National Institute of Dramatic Arts (NIDA), and holds a Master of Arts in Fine Arts from LASALLE College of the Arts. In 2017 she was awarded Best Original Script and Production of the Year for *The Origin of the Female Species*, and 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. Edith is currently Associate Artistic Director of Young & W!LD, a division of W!LD RICE.

**Amanda Chong,**  
Playwright



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

Amanda is a lawyer and writer who enjoys rowing a slow boat through feelings. Her first poetry collection, *Professions*, was shortlisted for the Singapore Literature Prize in 2018. Her poetry has been engraved on the Marina Bay Helix Bridge and included in the Cambridge International GCSE syllabus. She co-founded ReadAble, a non-profit which aims to improve social mobility by empowering children and migrant women with literacy. She wrote *The Feelings Farm* in loving memory of her dearest friend Seets Chan (1992 – 2021), who was her Cloud of Compassion. [amandachong.com](http://amandachong.com)

**Julian Wong,**  
Composer



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

Julian is a composer, arranger, and music director. Music has always been the language of his heart. *The Feelings Farm* is Julian's last project as a composer before he goes on hiatus, and he can't think of a better story for which to compose music. Julian is grateful for everybody in *The Feelings Farm* and all the children from Hougang Sheng Hong Family Service Centre, Down Syndrome Association (Singapore), Hopscotch Student Care, ReadAble, CDAC@ Sengkang and CDAC@ Jurong who gave him wonderful musical ideas at the workshops!

Artwork by Rafael

When a new year come I was very happy because my sister is gonna have the same school as me. It is because we got to play with other, play game, tag. everyone does not want to play the game that I want to play but my sister likes my games. I like rainbow because its so colorful.



Rafael

When I am angry, I smash the ~~pen~~ marker pen on the floors. Tomorrow I feel I need to sleep better.



Artwork by Aura

Nothing lasts forever though sometimes it might seem so. Whatever happens here, remember feelings come and go. Feelings come and go.

When I was in Primary 1, nobody wanted to be my friend because I didn't know Math and English. It made me feel lonely.



One boy named Ryan said ~~he~~ I looked sad. He helped me by teaching me.

Artwork by Selina

Artwork by Amelia



**Joel Nah,  
Music Director & Musician (Pianist)**

Joel has been involved in the Singapore theatre scene since 2005. He is a music director, composer, arranger, educator, and a recipient of the National Arts Council Overseas Scholarship in 2014. Selected musical theatre credits include *Forbidden City-Portrait of an Empress*, *Peter and the Starcatcher*, *WICKED*, and *Little Shop of Horrors*. He enjoys making all manner of musical noises (mostly joyful, sometimes barely tolerable) with his wife and two kids, and is looking forward to the end of social distancing. Joel is thrilled once again to be working with Julian, and hopes he will not be on hiatus for too long.

Joel brings Julian's music to life with the musicians and actors. He also plays the piano.



**Shah Tahir,  
Sound Designer & Operator**

Shah Tahir has been involved in various aspects of the audio and music industry for more than 25 years. Currently, Shah is very much involved with live performances, and has been the Audio Consultant/Sound Designer for National Day Parade 2009–2020, live TV broadcasts, and other corporate events. He has also been designing and mixing audio for many major theatre and musical productions such as WILD RICE's pantomimes, *Hossan Leong Show*, Dream Academy productions, and Checkpoint Theatre productions.

Shah makes the music and everyone's voices sound good.



**Sandra Tay,  
Playback Operator**

Sandra is a home-grown freelance audio professional. After leaving her job as an IT systems programmer in 2000, she has been involved technically and creatively for corporate events, school shows, local musicals and international touring productions.

Some of her credits include sound operating for *Peter Pan in Serangoon Gardens* (WILD RICE, 2019), *7 Sages of the Bamboo Grove* (Toy Factory Productions, 2020), replay engineering for SEA Games Opening & Closing Ceremony (2015), National Day Parade (2009 to 2020), sound designing for *Four Horse Road* (The Theatre Practice, 2020), *All The World Is One's Stage* (Toy Factory Productions, 2021).

Sandra works alongside Shah so that we can hear all the actors' voices, the music, and the sound effects at the right time.



**Mervin Wong,  
Multimedia Designer & Operator**

Mervin Wong is a composer, new media artist, and multimedia designer who embraces the realms between the sonic and the visual. With an interest in experiential qualities of multidisciplinary work, his practice involves the exploration of light, sound, and visuals in a performative manner. His output has been featured in Singapore as well as overseas. His work as a new media artist and multimedia designer has involved a variety of collaborations across the arts scene ranging from production design to audiovisual integration and synergy. His studio Theemptybluesky Productions centres on creating remarkable live experiences that are immersive and enchanting. [theemptyblueskyproductions.com](http://theemptyblueskyproductions.com)

Mervin takes us all to *The Feelings Farm* by shining pictures on stage.



**Steve Kwek,  
Lighting Designer**

Steve is a Singapore based technical creative who is part of ARTFACTORY. Steve takes on works ranging from lighting and technical design for art installations and theatrical performances, to finding creative technical solutions for multimedia art installations. Recent works include *The Mysterious Lai Teck - Ho Tzu Nyen* (Melbourne, AsiaTOPA), *N.O.W Festival of Women 2020 - T:>Works*, *Candide - Young & WILD*, and *Escape Velocity V - Zai Teng* (Singapore ART Week).

Steve paints the stage with light.



**Joyce Gan,  
Props Designer**

A props designer and art director for stage and screen, Joyce enjoys building objects into characters. Recent career highlights include designing masks and props for WILD RICE's *The Amazing Celestial Race*, the short film *The Pitch*, and serving as co-art director for the upcoming series *The Night Watchers* and *This Land Is Mine*.

Joyce made the puppets and costumes that help the actors tell the story.



*Isabelle Desjeux,  
Illustrator*

A French artist living in Singapore, Isabelle Desjeux has a PhD in Molecular Biology and a MA in Fine Arts, merging the two in her practice. Recipient of the French Singapore New Generation artists in 2011, she has since exhibited her work widely (Singapore Art Museum, ArtScience Museum, Kenpoku Art 2016). Isabelle has been working with children since 2000. Her artistic practice and educational practice have combined, and many subsequent artworks have been collaborative and participative. She was the Creative Director of Playeum (Children's Centre for Creativity) in 2015. She runs l'Observatoire, an art and science residency space in a preschool.

*Isabelle drew the pictures in The Feelings Farm.*



*Lee Yoke Wen,  
Resource Writer*

Yoke Wen has journeyed with vulnerable children and families over the past decade as a trauma-informed practitioner. She founded SOMAYOKE in 2019 to facilitate safe spaces for trauma healing for children, teens, adults, and communities. SOMAYOKE offers therapeutic services, trauma training, and consultation using body-based perspectives and tools to explore safety and healing in mind, body, and breath. Yoke Wen is the author of the photo journalbook, *Lessons from the Himalayas*. [www.somayoke.com](http://www.somayoke.com)

*Yoke Wen wrote the activities in this book to help us understand our feelings.*



*Tennie Su,  
Production Manager*

Tennie's experiences with performing arts are varied—Chinese traditional music, modern dance, and contemporary theatre. She works as both Production and Stage Manager, and feels privileged to witness the process from page to stage and the development of performers. She is currently an Associate Production Manager with Nine Years Theatre (NYT). Her selected production management credits include *PheNoumenon* by T.H.E Dance Company, *First Fleet & Art Studio* by NYT, M1 Contact Contemporary Dance Festival 2019, *Cut Kafka* by NYT & T.H.E Dance Company, *Both Sides, Now: Wind Came Home* and *Exit* by Drama Box.

*Tennie works with Edith and the designers so that everything you see on stage comes together on time and on budget.*



*Woo Hsia Ling,  
Stage Manager*

Ling is an independent Producer and Stage Manager with over 19 years of stage management experience working on small to large-scale productions and live events locally and internationally. While extending her horizons in producing for the past seven years, she was one of the two selected participants on the inaugural Singapore Producers Platform, a professional development and exchange program by the National Arts Council, delivered by Performing Lines Australia in 2018-2019. Ling holds a Master of Creative Industries degree from Queensland University of Technology (QUT, Australia), and a Bachelor of Fine Arts degree in Technical Production & Management from QUT.

*Ling calls the shots backstage and makes sure everything happens on time.*



*Sheryl Woo,  
Assistant Stage Manager*

Sheryl graduated from LASALLE with a diploma in Technical and Production Management. Upon graduation, she has worked on various shows such as *Dim Sum Dollies: History of Singapore Part 1* (Dream Academy), Singapore Theatre Festival 2016, and *Forbidden City* in 2017. She then decided to pursue a Bachelor's Degree in Prop Making at The Royal Central School of Speech and Drama (RCSSD) in London and has since graduated from the course. Her most recent work pre-pandemic: Window displays with Harvey Nichols (UK), Themetraders (UK) a prop event company as well as Stagedoor Manor (New York) for 2 years during the summer.

*Sheryl and Sean help Ling.*



*Sean Teng,  
Assistant Stage Manager*

Sean began his theatre career in LASALLE. He pursued his Bachelor's Degree in the UK and graduated from LAMDA's Stage Management & Technical Theatre course. He worked professionally in the West End and various touring productions such as *Nativity*, *Annie*, and *Everybody's Talking About Jamie* during his studies. Before the pandemic he was set to tour the productions of *Love Never Dies* and *School of Rock* internationally. Having returned home, he has worked with various companies such as Sight Lines Entertainment, Double Confirm Productions, Andsoforth as well as Rishi Report Live.

## CAST

The Cast is made up of actors who you see on stage!



*Pam Oei as Cloud*

Pam has been in over a hundred theatre, television, and film productions over the past 26 years, and is equally known for being a dramatic and comedic actor. She is also a third of the popular cabaret trio, the *Dim Sum Dollies*. This multi-hyphenate is also a producer and director for theatre, and in 2019 produced her first feature film. Pam is currently the lead singer for her rock band, Ugly in the Morning, and she is also bottling garlic chilli to make ends meet during this pandemic.

IG: @pam\_oei



*Shafiqhah Efandi as Mira*

Shafiqhah Efandi is an actor/singer who graduated from LASALLE College of the Arts with a BA (Hons) in Acting. Professionally, she has worked with Singaporean theatre directors Noor Effendy Ibrahim (akulah BIMBO SAKTI), Natalie Hennedige, Aidli 'Alin' Mosbit, Zizi Azah and many more. She recently played the role of 'Sharon' in a new TV series called *My Buddy Bonemasher* with Beach House Pictures. During her time at LASALLE, she studied under Edith Podesta, Stefanos Rassios, Adam Marple, Elizabeth De Roza, and others. Besides theatre and television, Shafiqhah enjoys singing, cooking, traveling, and learning languages.



*Ryan Ang as Kai*

Ryan, an ex-artiste of the SAF Music and Drama Company, is a freelance actor and performer. He was also part of the 2020 batch for W!LD RICE's Young & W!LD acting programme. He is a professional dancer and choreographer, having performed with Agnes Monica, *Asia's Got Talent*, and Da Mouth (Taiwan). Having a passion for Musical Theatre, he has been acting and singing in ensembles too. Theatre credits include *The Gingerbreadman*, *7 Sages of The Bamboo Grove*, *Liao Zhai Rocks!*, *La Cage Aux Folles*, *Dim Sum Dollies*, while his film credits include *Wonderboy* by MM2.

IG: @ryanangzh



*Mehr Dudeja as Shan*

Mehr Dudeja is an actor and voiceover artist. Some of her select theatre credits include *A Doll's House* presented at the Yale Cabaret, *Nimita's Place* directed by Edith Podesta, *This Is Not SITI* Company directed by SITI Company and *Temple* directed by Natalie Hennedige. Mehr holds a BA (Hons) in Acting from LASALLE College of the Arts. Mehr furthered her training in the Suzuki Method and Viewpoints under SITI Company in New York, as a member of their 2018-2019 conservatory ensemble.

## MUSICIANS



*Rizal Sanip, Percussionist*

Rizal Sanip served in the Singapore Armed Forces Central Band for 13 years. His passion for music propelled him to the stage, with his first musical being *Honk!* in 2002. Since then, he has performed for theatre productions including *Into the Woods*, *Crazy Christmas*, *Broadway Beng*, *Little Shop of Horrors*, *Rocky Horror Picture Show*, *LKY The Musical*, *Rent*, *Peter Pan in Serangoon Gardens*, and *The Lion King*. A BA (Mus) graduate of LASALLE College of the Arts, he feels blessed to have a career in music and is thrilled to be part of *The Feelings Farm*.

Rizal plays anything that can be hit, shaken, scraped, rubbed, and clicked, such as the tambourine, triangle, windchimes, bells, cymbals, and many types of drums!



*Ryan Sim, Cellist*

Ryan is a graduate of the Yong Siew Toh Conservatory of Music, having studied under full scholarship with Ng Pei-Sian, Principal Cellist of the Singapore Symphony Orchestra. He went on to further his studies with a Master's degree at the Robert Schumann Hochschule Dusseldorf in Germany, graduating with top marks under the guidance of Professor Claus Reichardt. An avid musician and teacher, Ryan often performs and freelances with local ensembles such as Re: Sound, the Metropolitan Festival Orchestra, the Singapore Lyric Opera Orchestra and the Singapore Symphony Orchestra. Ryan is also the leader and a founding member of Singapore's premier cello quartet Bossa Celli.

Ryan plays the cello. Just like the violin, the cello has four strings and is played with a bow.





*Brandon Wong,  
Bassist*

*Brandon plays the low notes on double bass and bass guitar. The double bass looks like the daddy of a cello.*

Brandon Wong is synonymous with the classical, jazz, pop and musical theatre scene in Singapore. A brilliantly versatile musician, Brandon has collaborated with major ensembles including the Singapore Armed Forces Bands, Singapore Symphony Orchestra, Singapore Chinese Orchestra, Metropolitan Festival Orchestra, and Asian Cultural Society Orchestra. Brandon graduated from Singapore Polytechnic with a Diploma in Electronics, Computer, and Telecommunications in 1998. A full scholarship recipient, Brandon graduated in 2017 with a B.Mus Honours (Distinction) - Double Bass Performance from the Yong Siew Toh Conservatory of Music, NUS and was also recipient of the prestigious Steven Baxter Memorial Award for outstanding performance and achievements.



*Christabelle Sheum,  
Harpist*

*Christabelle plays the harp. There are 47 strings that she has to pluck with her bare fingers to make beautiful music!*

Christabelle Sheum is an aspiring harpist. Her musical journey started with the piano when she was five, and a year later with the harp, under Ms Katryna Tan's tutelage. She is currently a member of the Singapore National Youth Chinese Orchestra as vice president and treasurer. As a harpist, she has won competitions and frequently performs locally and overseas, including the ChildAid concert in Singapore and performances at Carnegie Hall in New York. This year, she has been offered to further her harp studies at the Royal College of Music in London.



*Christina Zhou,  
Violinist*

*Christina plays the violin. Although the violin has four strings and it is played with a bow, it is much, much smaller than the cello. It also sounds much higher!*

A highly sought-after educator and freelance violinist, Christina Zhou is currently the Principal and Director of Coronation Music School. She strives to empower others through music. Christina has vast experience playing chamber and orchestral music, recording for commercial projects, and performing different genres of music both in the United States and Singapore. She is a coach in chamber and orchestral works and has been invited to speak at the Careers forum at NAFA. Most recently, she has shared her expertise with over 100 teachers in the region at the Southeast Asia Music Academy Online Music Teachers' Conference.

*Special thanks to: Joel Sim Shao Chong (Music Copyist), Daisy Irani as Shan's Mum and Subin Subaiah as Shan's Dad (Voiceovers), Yuan Sng (Make-up Artist), Gwendolen Gwee (Radio Frequency Crew) and Mahmud Taufiq Bin Harris (Follow-spot Crew).*

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