



**KEEPING CONNECTED  
WHILE STAYING APART**



Temple University  
**Collaborative**

On Community Inclusion of Individuals with Psychiatric Disabilities

# Theatre Without Theater

**Area of community participation:** leisure and recreation, performing arts

**Description of activity:** Theatre Without Theater is an Instagram account described as “a nightly theatrical broadcast aiming to fill the current artistic void at curtain time.” The account was made on March 12th in response to the isolation recommendations for the coronavirus and the numerous canceled theatrical productions. Theatre Without Theater allows us to view live-streamed theatrical performances and is also recording and preserving the videos in their Instagram feed. A great bonus to this format is that followers can connect with each other in real time and share their thoughts about the production! You can also see professional actors whose shows have been canceled or postponed sharing raw performances from their homes and sharing their experiences of moving forward with their work and connecting with others, while serving their community by practicing physical distancing. If you feel at home with a theatre community, this account can offer you meaningful connection and hope. Tune in at 7:30 pm each evening (except Monday-the theatre is always dark on Monday) to live stream a theatre performance!

**Resources/Materials needed:** Computer, tablet, or smartphone

## **Potential Benefits:**

**Social:** Theatre is recognized by many people as a great unifier, and a way of bringing people together. If your plans to see live theatre with friends have changed due to COVID-19, you can still plan to view performances in real time through this account. This activity can be made more social after the performances by connecting with friends virtually to talk about what you thought of the play!

**Cultural:** Participating in cultural activities or events, like theatre, has many benefits, such as increasing social cohesion and community inclusion and even increasing well-being and quality of life. Even while distancing, we can still find ways to participate in cultural activities!

**Link:** <https://www.instagram.com/theatrewithouttheater/>

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