

A GATEWAY ARTS PRODUCTION

SCAREDY KAT PRESENTS

BY JANINE SOBECK KNIGHTON
DIRECTED BY YVAN KARLSSON

21 - 31 MAY 2026
BLACK BOX, GATEWAY THEATRE

Produced by special
arrangement with YouthPLAYS
(www.YouthPLAYS.com)



SYNOPSIS

Have you ever had a panic attack? They can cripple you on the spot. Meet Kathryn. She's dealt with these attacks since she was a child. Desperate not to allow them to take over, she focuses on her favourite thing in life: making movies. A young aspiring stop-motion filmmaker with big ideas and even bigger dreams, she's determined to make them all come true. Problem is, the figurines she's building for her movie project keep falling apart—just like her confidence. A world-class overthinker, she's a "scaredy Kat" who keeps the world at a distance in order to protect herself.

Until new schoolmate and neighbour Nadia comes into frame. Nadia is bold, artsy, and everything Kathryn is seemingly not. Together, they might just be able to make the film work—if only Kathryn can work up the courage to give this friendship a chance.

From the producers of *12 Going On 13*, *Brainstorm* and *Third Man Syndrome*, *Scaredy Kat Presents* is a big-hearted story about taking risks, making art, and learning to fly even when you're afraid of falling.

Including elements of puppetry and stop-motion animation, Gateway Arts brings you a wonderfully imaginative and emotionally honest play that invites young audiences and families—and anyone who's ever been afraid—to embrace fear, celebrate mistakes, and find the confidence to spread their wings.



EXECUTIVE PRODUCER'S MESSAGE



“I want to fly.”

There is a moment in *Scaredy Kat Presents* where a dragon repeats these words.

It is a simple line, but it captures something deeply human. Many of us want to fly—to try something new, to share a part of ourselves, to make a difference. Many of us want to pursue a dream. Often, these dreams begin quietly. They appear as a small idea, a curiosity, or a spark of imagination. But between that first dream and the courage it takes to pursue it, something stands in the way: a tiny voice that asks, *What if I fail? What if people laugh? What if I am not good enough?*

Fear prevents our dreams from growing.

In *Scaredy Kat Presents*, we meet Kathryn, a young girl with a vivid imagination and a dream of becoming a filmmaker. Yet, like many of us, she struggles with anxiety and the fear of being seen or judged.

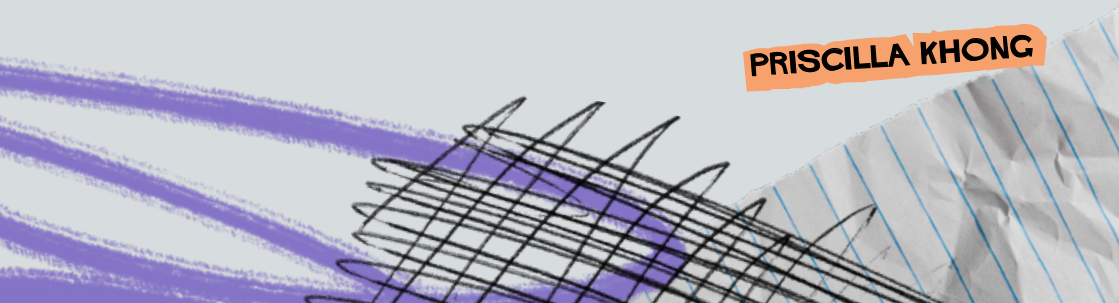
As a parent, I often think about the world our children are growing up in. It is a world where young people are constantly watching and being watched. They compare themselves, and wonder if they measure up. In such a world, one of the most important gifts we can give our children is the language of emotions—the ability to recognise what they are feeling, name it, and know that it is safe to talk about. To me, anxiety, fear, and courage are vital emotions to understand.

Stories like *Scaredy Kat Presents* remind us that courage does not mean the absence of fear. Sometimes courage simply means taking one small step forward, even when our hearts are racing.

My hope is that families watching this show will laugh, recognise a little bit of themselves in Kathryn, and perhaps continue the conversation long after the curtain falls.

Because sometimes the bravest thing we can do is simply try.

PRISCILLA KHONG



DIRECTOR'S MESSAGE

We're all scared of something.

Kathryn may have social anxiety and a larger hurdle to get over than others, but her struggle is something we can all relate to.

Even a director, who may currently be writing his director's message, might be scared of what you will think of his work. Will you like it? Hate it? I have no idea what you're thinking. Which can be totally scary!

So why don't we just call it quits? Go home because it's all too much?

Well, much like Kathryn and her movies, a teenage Yvan, at 14, started making shows in his bedroom. And if we're being honest, many... awful! But I kept trying, kept practising again and again, making many mistakes along the way. All of those attempts eventually led me to directing this show for you now.

There's a rising trend among the next generation called 'cringe culture', and to me this is what is truly terrifying. With the globalisation of the social internet,

many young people have stopped trying, because to be seen trying is to be 'cringe'. The internet tells you that you must be perfect, but even further than that, that you must now be perfect without trying. It's a paradox! No one is perfect to begin with, but certainly not without trying.

So my simple hope is that this show inspires you, whatever your struggles may be, to be a little like Kathryn. The odds are stacked against her, but with the support of her family, perhaps a new friend, and with tools to manage her mental health, she finds a way to push through, put herself out there, and be unashamedly creative.

Today, in the audience, perhaps right next to you, may be a future theatre director, a filmmaker, an animator, a painter, a world record holder, or a change maker. But not if we let fear stop us from trying.

A huge thank you to all the collaborators on this project, for trusting in the vision and bringing so much of themselves to the work. Theatre is a team game and I had an excellent one!

YVAN KARLSSON







A CLOSER LOOK AT WHAT WE FEEL

Ever find yourself having the “WHAT IF” Syndrome? And then your mind starts going through all the things that haven’t even happened yet?

Many of us experience moments like this – when our thoughts start racing, or when we imagine all the things that might go wrong. Sometimes, these “what if” thoughts can feel loud and overwhelming, making it hard to stay present or feel at ease. It is normal to feel anxious, yet also important to recognise when these feelings of anxiety are getting overwhelming.

In *Scaredy Kat Presents*, we meet a character who navigates some of these anxious thoughts. While everyone’s experience is unique, you might recognize moments where worries spiral, or where situations feel more difficult than they appear on the outside.

Anxiety isn’t about being weak or “overreacting”. It’s our mind and body trying to protect us, even if it doesn’t always feel helpful. The good news is that we can learn ways to understand these feelings and respond with kindness and support. Sometimes, that looks like taking a small step forward, challenging an unhelpful thought, or reaching out to someone we trust.

WHAT IS OVERTHINKING?

Overthinking is when your mind keeps analysing, replaying, or picking apart a situation, often without reaching a solution.

It might sound like:

“What if I made the wrong decision?”

“Maybe I should have said something else.”

“What if this goes wrong?”

It can feel like your brain is trying to solve a problem that doesn't actually have an answer right now.

WHAT IS ANXIETY?

Anxiety is more than just “thinking too much”. It's a mental and physical response to perceived danger—sometimes the danger is real, and sometimes our mind overestimates it.

Some common signs include:

Racing
heartbeat

Sweaty
palms

Restlessness

Tight
chest

ANXIETY AND OVERTHINKING HOW THEY CONNECT



Here's where it gets tricky. Overthinking can trigger anxiety, and anxious feelings can also lead to more overthinking. They can feed into each other, creating a cycle that's hard to break.

When anxiety feelings shows up, something interesting happens. Our attention zooms in on what feels dangerous—a thought, a



feeling, or a “what if.” Then our mind tries to solve it by thinking harder.

But sometimes, this keeps the cycle going instead of calming it down. The goal isn't to make anxiety disappear right away. It's to take a small step back from it, so it doesn't feel like it's in charge.

WAYS TO MANAGE ANXIETY

- 1 Slow down your breathing** 
Try a simple breathing exercise.
- 2 Label your thoughts**
Say to yourself: “*This is anxiety. It will pass.*”
- 3 Ground yourself** 
Use a grounding exercise to bring your focus back to the present moment.
- 4 Move your body**
Even a short walk can help reset your system and release tension.

BREAKING THE OVERTHINKING LOOP

- 1 Ask if this thought is helpful** 
If not, try switching it to a more helpful one.
- 2 Write it down**
Journaling can help clear mental clutter.
- 3 Focus on what you can control** 
Let go of what is outside your control.
- 4 Take one small action**
Action can help quiet overthinking, because overthinking often grows when we feel stuck.

These strategies don't always make anxiety go away immediately—but they can help you feel more steady over time.

If you need support beyond these strategies, don't hesitate to reach out. CREST-Youth by TOUCH Community Services offers fully funded mental-health support for Singapore youths aged 12–25. Learn more [here](#).

HOW DO WE BUILD A SUPPORT SYSTEM?

In life, we all have people around us who supports us in different ways – even if we don't always notice it. And often, we are someone else's support too.

Being a good support for someone means helping to create a safe space where they feel comfortable to share. Sometimes, it's not that people don't want to open up, it's that they are not sure if it's safe to.

How we respond when someone shares something personal is crucial. Our words and reactions can either build trust, or slowly break it down. And trust is the foundation of any strong support system.

Let's look at something small, but powerful – the words we use.

INVALIDATION

VALIDATION

“At least it's not...”

“Your struggle is hard.”

“Look at the bright side!”

“This is painful.”

“It could be worse.”

“This really sucks.”

“You're overreacting.”

“That makes sense because...”

“You're too sensitive.”



“Your feelings matter.”

“Emotional responses won't help.”

“Your emotions are important.”

“It will get better.”

“This hurts right now.”



Validation doesn't mean you agree with everything someone says – it means you acknowledge how they feel. Sometimes, people don't need solutions or advice. What they need most is to feel heard, understood, and not judged.

SO HOW CAN WE BE A BETTER SUPPORT?

Listen without interrupting

Acknowledge their feelings before offering advice

Avoid comparing their experience to others

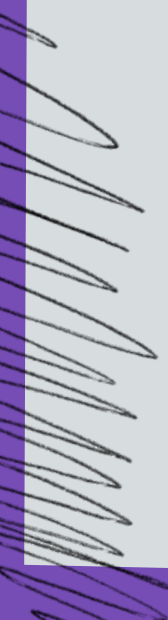


Ask what they need instead of assuming

Remind them they are not alone

Small responses can make a big difference. By choosing our words carefully, we help create spaces where people feel safe to share – and that's how strong support systems are built.

As you watch *Scaredy Kat Presents*, you might notice moments that feel familiar – times when thoughts race, worries grow, or things feel overwhelming. If that happens, remember that these experiences are part of being human, and you are not alone. There are people around you who care and want to support you, whether it's a friend, family member, or someone you trust.

And just like in the story, support doesn't always come in big gestures – it can be found in small, everyday moments of care, understanding, and connection.





MEET THE CAST



CHEANG YING ER

KATHRYN

Ying Er is an enjoyer of music, a player of games, but most importantly: a performer with a love of storytelling. She finds joy in the arts and has boundless enthusiasm for play. Her performances are a testament to her love for sharing stories on stage, and she hopes the audience feels the same joy she does. For you reading this, life will keep moving forward, so it is important that we take it in stride and keep growing.

ASHIE SINGH

NADIA

Ashie is an artiste and educator with a BA (Hons) in Theatre Studies and Performance from NUS. Trained at the Lee Strasberg Theatre and Film Institute, she is passionate about stories that resonate, inspire, and reflect diverse voices. Ashie has performed in *Dream of the Red Chamber* (The Finger Players), *Happy Indian Women* (The Necessary Stage), *Train to Pakistan* (HuM Theatre), and *The Tan Tock Seng Musical*. In her free time, she loves reading, sketching, travelling, watching movies, and playing with dogs!





ISABELLA CHIAM

MUM, DAPHNE

Isabella Chiam is a Singapore-based actor and theatre-maker. Trained at RADA with a Master's in Theatre, her recent acting credits include *The Fourth Trimester* (Checkpoint Theatre), *Titoudao* (Toy Factory), *Laojiu: The Musical* (The Theatre Practice) and *Oo-woo* (The Necessary Stage). Isabella has performed internationally across Asia and Europe, and won Best Ensemble at the Life! Theatre Awards. Isabella is an associate artist with The Theatre Practice, a founding member of Five Stones Theatre, and is passionate about collaborative work and theatre for young audiences.



JANINE NG

SWING (KATHRYN, NADIA)

Janine is a Singaporean performer with a Diploma in Performance (Distinction) from LASALLE College of the Arts. Passionate about local stories, she hopes to create work where young Singaporeans can see themselves reflected on stage. Her notable roles include Arissa in *Hard Mode* (Checkpoint Theatre), Shan in *12 Going On 13* (Gateway Arts), Penguin in *Beautiful Oops* (Freddo Children's Theatre), Cobweb in *A Midsummer Night's Dream* (Singapore Repertory Theatre), and Chloe in *Crack the Case: Mindhunter* (Sight Lines Productions).



ELIZABETH LOH

SWING (MUM, DAPHNE)

Elizabeth was trained under DramaPlus Art's Youtheatre and Wild Rice's Young & Wild. Pursuing her interest in performing for young audiences, she co-founded the collective Zip Zap Zoom to create works that would aspire and intrigue both children and adults. Elizabeth has performed in local and overseas festivals in Malaysia, Hong Kong, Thailand, South Korea, and Australia. She is also involved in numerous school shows, community outreach shows, and productions with various companies.

MEET THE DIRECTOR



YVAN KARLSSON

DIRECTOR

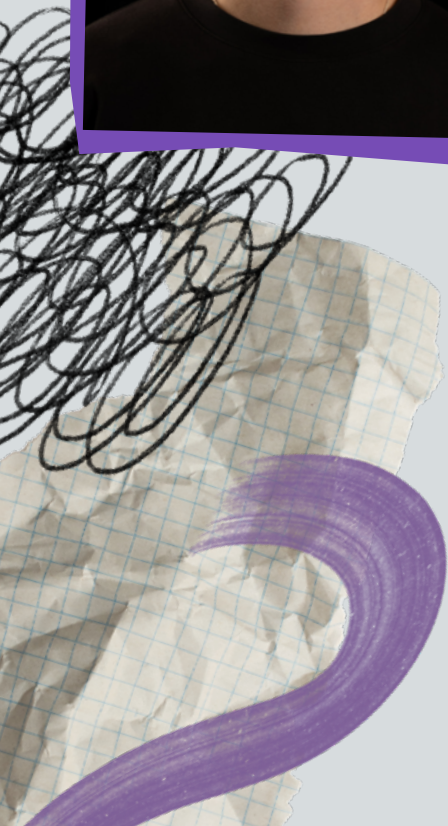
Yvan Karlsson is an award-winning director, movement director, puppetry director, and performer. Originally from Boorloo/Perth, Western Australia, he is currently based in Singapore. He is the founder of physical and visual theatre company Monkey Brain, and an associate artist with Spare Parts Puppet Theatre.

His recent works include:

As director: *Level Up!* (Spare Parts Puppet Theatre), *See, Hear, Touch* (The Finger Players), *MONSTRESS* (ART:DIS & Claire Teo), *Hell Is Other People* (Monkey Brain and *The Blue Room Theatre*, Winner of 2023 PAWA award for 'Best New Theatre Work' and 'Best Independent Theatre Production', and *Dreams of a Lonely Planet* (Flying Bicycle Collective).

As puppetry or movement director: *Scenes from the Climate Era* (Esplanade), *Wizard of Oz* (Wild Rice), *Lipstuck* (Daley Rang), *Confirmation* (X+CO), and *EAST* (Atticist & The Kings Head Theatre).

As performer: 'Sven' in Disney's *Frozen - The Musical* (Australia, Singapore and Germany), *Leviathan* (Circa and Perth Festival), and *CATCH!* (Maxima Circus).



MEET THE CREATIVE TEAM



PETRINA DAWN TAN

SET DESIGNER

Petrina Dawn Tan holds a Master of Art in Collaborative Theatre Production and Design from Guildhall School of Music and Drama in London. She practises scenography across theatre, music festivals, circus acts, and participatory installations. She won Best Set for *The Truth* (Singapore Repertory Theatre) at the 2020 Straits Times Life Theatre Awards, and has received multiple nominations, including for *Hard Mode* (Checkpoint Theatre), *A Dream Under The Southern Bough: Existence* (Toy Factory), and *Manifesto* (Drama Box and The Necessary Stage). Her work has toured internationally, including *Recalling Mother* (Checkpoint Theatre).



GENEVIEVE PECK

LIGHTING DESIGNER

Genevieve graduated from The Royal Central School of Speech and Drama, London in 2012 with a BA (Hons) in Theatre Practice, specialising in Lighting and Projection/Video Design. She has designed for various companies including Pangdemonium, Singapore Repertory Theatre, Wild Rice, The Theatre Practice, Nine Years Theatre, Drama Box, The Necessary Stage, Sight Lines, Gateway Arts, Esplanade Theatres on the Bay, The Finger Players, Sing Theatre, Siong Leng Musical Association, Ding Yi Music Company, Frontier Danceland and Dance Ensemble Singapore.



DANIEL WONG

SOUND DESIGNER

Daniel Wong is a sound designer, composer and music producer. He graduated from Yong Siew Toh Conservatory of Music with a B.Mus (Hons) in Recording Arts and Science. Sound design credits include *Singapore, Michigan; Doubt: A Parable; People Places & Things; Muswell Hill (Pangdemonium), Disgraced; 2:22 - A Ghost Story; The Almighty Sometimes; Tuesdays with Morrie* (Singapore Repertory Theatre), *Brainstorm; Every Brilliant Thing; I And You; The Monster in the Mirror* (Gateway Arts), *G*d is a Woman; and Cafe* (Wild Rice).



FRANKIE MALACHI

(MASCOTS AND PUPPETS SPECIALISTS)

MASTER PUPPETEER / PUPPET DESIGNER

Frankie Malachi is a Singapore-based puppeteer and founder of Mascots and Puppets Specialists, specialising in puppet design, fabrication, and performance for theatre, festivals and broadcast media. An internationally recognised artist, he has represented Singapore at global festivals and earned top awards such as the Gold Award for Best Artist at the Hanoi Marionette Festival. His creations have featured in national events such as the Youth Olympics and SEA Games. Frankie also champions arts education, mentorship, and inclusive community arts projects.



CINEGANGSG

STOP-MOTION FILM AND TRAILER PRODUCER

Rainier (@justispao) founded CineGangSG with the vision of bringing storytellers together to create meaningful, audience-driven content. With over nine years of experience in Singapore's media industry, he has led and contributed to high-performing and viral campaigns for local audiences. Working both behind the camera in production and creative direction and in front of the camera as a content creator, Rainier bridges creative storytelling with audience insight. His work emphasises authenticity, cinematic visuals, and experimentation, helping brands communicate clearly across digital platforms.

CREDITS

CAST

Kathryn	Cheang Ying Er
Nadia	Ashie Singh
Mum, Daphne	Isabella Chiam
Swing (Kathryn, Nadia)	Janine Ng
Swing (Mum, Daphne)	Elizabeth Loh

CREATIVE TEAM

Director	Yvan Karlsson
Playwright	Janine Sobeck Knighton
Set Designer	Petrina Dawn Tan
Lighting Designer	Genevieve Peck
Sound Designer	Daniel Wong
Assistant Sound Designer	Yatee
Master Puppeteer / Puppet Designer	Frankie Malachi (Mascots and Puppets Specialists)
Stop-Motion Film and Trailer Producer	CineGangSG

PRODUCTION TEAM

Executive Producer	Priscilla Khong
Production Manager	Juraidah bte Rahman
Technical Manager	Yeo Hon Beng
Production Coordinator & Stage Manager	Joshua Gareth Seow
Assistant Stage Manager & Props Master	Shawne Kho Yzelman
Production Coordinator (Intern) & Props Assistant	Ann Yeo
Multimedia & Learning and Engagement Operator	Aqilah Iffah
Wardrobe	The Costume Pte Ltd
Post-show Facilitators	Alvin Ang, Liew Jia Yi



SPECIAL THANKS

Bodhi Fabrics Pte Ltd.

Nur Hawani

Muhammad Luth Hyder and family

We would like to thank the team below from CineGangSG for producing the stop motion and trailer videos.

Chua Li Ying Jessalyn

Shimizu Dominic Sean

Roy Fong Jing Long

Ashton Lim Tze Chao

GATEWAY ARTS TEAM

MANAGEMENT AND ARTISTIC

Executive Director

Priscilla Khong

Artistic Director

Samantha Scott-Blackhall

PRODUCTION

Production Manager

Juraidah bte Rahman

Production Manager (Contract)

Abel Koh

Production Executive

Joshua Gareth Seow

Production Coordinator (Intern)

Ann Yeo

PROGRAMMING

Senior Programme Executive

Toh Wen Fang

Programme Coordinator

Trixie Teo

SALES AND MARKETING

Sales and Marketing Executive

Nadia Affendey

Sales and Marketing Executive

Tan Zi Qin

Sales and Marketing Executive (Contract)

Jesslyn Lye

Marketing Designer (Intern)

Sharon Quek

Marketing Designer (Intern)

Elizabeth Samosir

ADMINISTRATION

Company Manager

Doris Lee

Administrator

Lee Ai Leen

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With the help of our Guardians, we continue to nurture the next generation of artists and audiences through the performing arts in Singapore.

Protector

Jonathan & June Ow

Gold Knight

Cadence Culture

White Knight

Nurture With Love Suzuki Music School

FRIENDS

With the help of our Friends, we continue to develop meaningful programmes that champion social causes.

Cassandra Goh

Stephanie Goh

HengGH

Don Lim



WE'D LOVE TO HEAR FROM YOU



TELL US WHAT YOU
THOUGHT ABOUT
THE SHOW!



ABOUT GATEWAY ARTS

Gateway Arts is a not-for-profit Singapore-registered charity and an Institution of a Public Character (IPC), with IPC status from 25 March 2026 to 24 March 2027. As a theatre company for young people, our mission is to provoke thought, encourage conversations, and inspire change through productions that tackle current social issues amongst children and youth. We believe in nurturing emerging artists, attracting new audiences, and providing underserved communities with meaningful arts programmes.

GATEWAY HEARTS 2026

At Gateway Arts, we believe theatre is more than performance—it is a powerful catalyst for positive change. Through stories that reflect the challenges faced by children, youth, and young adults, we create space for conversation, reflection, and growth. Each production is thoughtfully curated to spark dialogue around pressing social issues while nurturing emotional resilience.

This year, Gateway Hearts 2026 fundraising gala shines a spotlight on **The 5 Cs of Mental Wellness**—five essential building blocks for lifelong well-being: **Character, Coping, Confidence, Connection, and Caring.**

More than a fundraiser, it is an invitation to invest in hope, resilience, and the next generation. Together, we can shape a future where every young person has the tools to thrive.

Your support goes towards funding our thoughtfully curated productions, post-show conversations and engagement initiatives that spotlight issues that matter to children and youth—nurturing empathy, connection, and emotional resilience beyond the theatre, while equipping them with language and tools to support their mental well-being in their schools and homes.

Find out more about the heart behind our work below.

[Gateway Arts 2025
Year-in-Review](#)

[Holding Space:
Changing Lives](#)



NEW: We're Now an IPC! **Make Your Support Go Further**

Gateway Arts is now an Institution of a Public Character (IPC). With IPC status, all **eligible donations of \$50 and above enjoy a 250% tax deduction.** This means that your giving goes further in supporting theatre that builds resilience and sparks meaningful conversations for children, youth, and young adults.

If our work has moved you, we invite you to be a part of what comes next. **Donate \$50 and above, or host a table (\$10,000 each),** to support our programmes. Limited tables available—so secure yours early and make a difference that lasts beyond the stage.

Donate Now!



Early bird ticket sales now on till 29 May 2026 at 10am

COSMOPOLITAN POLO

2026

29 AUG

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General Admission: \$68 nett per person (U.P \$78 nett)

2 bottles of drinking water | 1 exclusive SPC branded Memento
Exclusive access to After-Party

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