

It Takes Courage

BRIGHT STAR CHILDREN'S THEATRE, LLC * BRIGHT STAR TOURING THEATRE

About the Show!

America is filled with amazing figures who overcame great obstacles. From being bullied to facing incredible physical challenges, this production teaches young people the power of the individual. Loaded with anti-bullying messages and tools, this show celebrates a variety of famous Americans from Helen Keller and Franklin Roosevelt to Justin Timberlake and Bill Gates. We hope to inspire young audiences while giving them practical tools to overcome their own obstacles.

OUR ANTI-BULLYING MISSION

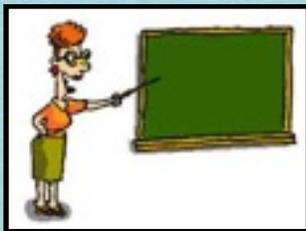
All of us here at Bright Star Theatre feel very passionately about helping to put an end to bullying through our interactive plays. Our anti-bullying programs are designed to promote respect & kindness as vital character traits and teach a variety of techniques to help students deal with a bully in their school, home or in life.



Meet John.

As the main character in our story, John is experiencing a lot of changes in his life, none of which are easy. He has moved in with his grandparents after a family hardship, started at a new school and he can't quite seem to find anyone with the same interests he has. After being bullied at school and online, he finds a book written by his grandmother. When it magically comes to life, he is

introduced to a thrilling cast of great leaders and influential people from throughout history. By the end of the story, he is more secure and confident. Also, the person who was the bully at school learns a very important & valuable lesson; it is never okay to be mean to someone else because you never know where they have come from, what they've overcome or where they will go in the future.



WHAT IS A ROLE MODEL? A role model is someone who others look up to. In our story, John's Grandma is a great role model. Have your students write a letter or draw a picture of a great role model in their lives and give it to that person.



THE KEY TO A GOOD FRIENDSHIP:

Have students make key cutouts and write words on them that are vital to a good & healthy friendship. Use words such as, kindness, forgiveness, etc. Post the keys in the classroom as an everyday reminder.



LEARNING LITERARY TERMS:

PROTAGONIST is the main character in a story, usually the one the audience likes and wants to succeed. An **ANTAGONIST** is the character that causes conflict for the main character.

CLASSROOM ACTIVITIES!



FAMOUS FACES FACING BULLIES Research a celebrity or a great leader who has overcome being bullied, or who overcame great odds to be successful. Then present that person to the class, or create your own *It Takes Courage* book as a group.

EMPATHY IN THE CLASSROOM For older students, consider having everyone in the room anonymously write down one name they have been called or something they have been criticized or made fun of for. The teacher can then read some of them aloud. The students will be surprised to find that everyone experiences unfair treatment at some point.

CLASS EXPECTATIONS Have everyone in the class work together to create a list of class expectations for respect and fair treatment amongst one another. Have everyone sign the final product stating that they agree with the rules they set in place. Its always a good reference if they ever need a reminder.

WRITE YOUR OWN PLAY Have your students create their own play about a character overcoming great odds. The challenge of the main character can be anything from being bullied to having something standing in their way. Have the main character defeat the problem against all odds and come out victorious in the end.

Discussion Points

1. Why is it important to accept people who are different than us?

2. Why is it important to be true to yourself and to be unique?

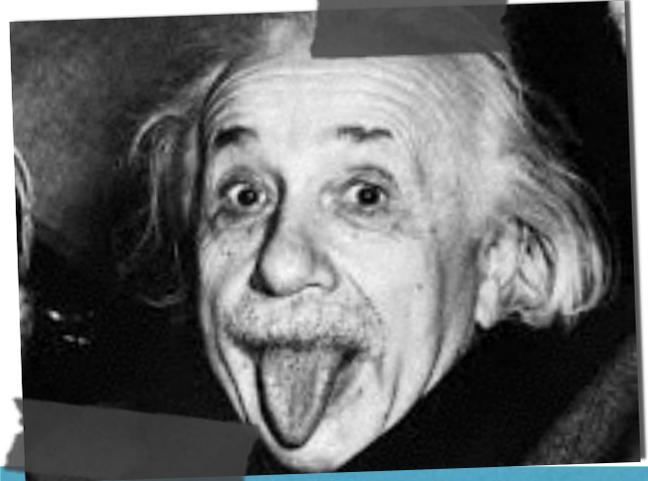
3. Brainstorm ways to support each other in the classroom.

4. Who's your favorite hero and why?

5. Many of the characters in *It Takes Courage* risked everything to help others. Would you risk your comfort or safety to help another person?

6. If you could be remembered for anything in the world, what would you want to be remembered for?

You Were Bullied, Too?



ALBERT EINSTEIN!

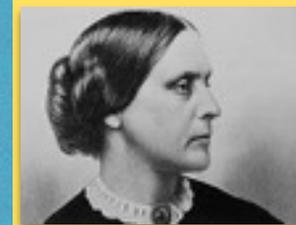
Noble prize winning physicist who also dedicated much of his life to writing about peace and the quality of the human spirit. He was told by his family and teachers that his way of thinking was too odd. Little did they know his quirky imagination is what would make him such a brilliant scientist!

Bill Gates!

Growing up, he was no stranger to being called a nerd. Now he is the millionaire behind Microsoft computers. One of his most famous quotes is, "Be nice to nerds. Chances are you'll end up working for one".



SUSAN B. ANTHONY!



She dedicated her life to making sure women had the right to vote. For her efforts, she was criticized, threatened, arrested, and fined, but she never gave up. She has been honored with her very own coin: the Susan B. Anthony dollar.

Justin Timberlake!

This famous singer and songwriter opened up about what life was like for him in high school. Everyone said he was weird for being involved in the arts instead of sports. He was called all sorts of terrible names, but he didn't let it stop him. He is now credited for having an "unparalleled positioning in the entertainment world". Good thing he never gave up.



CYBERBULLYING

Cyberbullying means using communication technology such as texting, emailing and social media to be mean, hurtful or threatening to others. Young people who are being cyberbullied are often bullied in school; therefore, those students have an even harder time getting away from the behavior. Cyberbullying is also especially awful because it can happen 24 hours a day, 7 days a week and follow anyone into the privacy of their own home. In the play, John mentions that someone sent him a mean message on Facebook. Today, cyberbullying is a major issue which affects 50% of students.

TIPS FOR DEALING WITH A CYBERBULLY:

- **Block Them.** Block the bully from your social media pages, email account and/or phone.
- **Tell Someone.** Let the adults in your life know what is happening. You can also report any inappropriate content to any social media site.

BIG DREAMS + BIG GOALS = BIG RESULTS



You're the President! Pretend you're the President of the United States. Write down how you'd run the country and things you'd make happen. Post them up in the class for everyone to read.

* **Write Your Dream!** Pick your biggest dreams, research how to make those dreams come true and make a timeline of when you plan to reach them. See them in writing & make them happen!



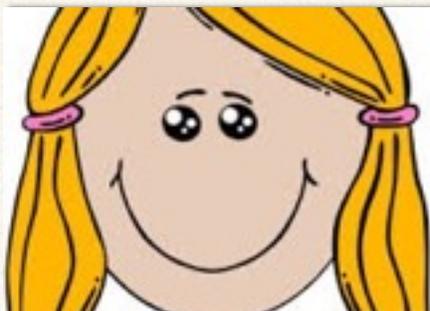
- **Never Delete.** Do not delete messages; keep them as proof to show adults that you're being bullied.
- **It Isn't Your Fault.** Remember that you are not the problem. Bullies only bully because they can't deal with their own problems they have inside. Everyone deserves to be treated with kindness and respect, including YOU.
- **Don't Respond.** Do not respond to negative messages, texts, posts or emails. This encourages the bully even more. Whatever you do, don't reply to the mean messages. This will only make the problem worse and continue the cycle of abusive messages. Bullies use your anger as fuel to continue bullying. You do not have to acknowledge them at all.

WHAT MAKES A GOOD LEADER?

First, have your group make a list of the world's best leaders. Consider some of the following people: Martin Luther King, Jr., Abraham Lincoln, Gandhi.

Next, have students decide what traits these leaders have in common.

Lastly, have the class imagine themselves as a leader. Let them journal or draw a picture of what that leader looks like or means to them. What good things would they accomplish as a leader? Who would follow their example? What would people remember them for? What matters most to them?



ANONYMOUS KINDNESS

Have everyone take out a piece of paper and a pencil and write their own name across the top. Then have everyone pass the paper to another desk. When a paper arrives, each person writes something they like about the person who's name is at the top of the page. The paper goes through everyone in the room until finally reaching the original owner, full of sweet words.

Be proud of your strengths, understand your weaknesses.

Consider asking your class to respond to the following:

What is something you're great at doing?

What is something you'd like to be better at?

What has been your greatest accomplishment so far?



YOU CAN BE AN ACTOR, TOO!

Where to start: All of our actors started out playing and telling stories when they were young -then they decided to study acting in school. Now they are pros! Here are some ways you can start doing theatre right away!

In School! Does your school have plays or musical performances? This is a great place to start.

In Your Community! Many towns have community theaters or local acting groups. See if you can try out!

Start Something! If your school doesn't have a drama club or a theatre club, talk to your favorite teacher about how you might be able to start one.

At Home! Get together with friends, cousins, brothers, sisters and make your own play. You can make up plays based on your favorite books and stories. Invite family and friends to see your performance.

Try your best at new things! There are lots of jobs in the theatre besides acting. Painters, set builders costumers, playwrights and more!

Before, During and After the Play...



BEFORE YOU SEE THE PLAY...

Attending the theatre is very different from watching TV or going to the movies. For one thing, the actors are real people who are performing right then and there. They can see and hear everything that happens in the audience. Because of this, YOU are an important part of the play and its important to do your job as an audience member well. Here are some tips before you see the play.

1. Please be quiet and respectful so everyone else around you can hear what's happening and so the actors can do their job.
2. The actors may ask you to participate. Don't be afraid to respond, ask a question or volunteer!
3. Keep your hands to yourself and your eyes up front.
4. If you like the play, be sure to clap at the end.
5. Have fun and enjoy!

FUN FACTS ABOUT THEATRE!

After a play is over and everyone goes home, there is always a light left on backstage. It's called a ghost light!

The oldest play that is still around was written by an Ancient Greek named Aeschylus. It's almost 2500 years old!

The longest performance on stage ever was over 23 hours long! It happened in New Jersey in 2010.

William Shakespeare is a famous playwright, actor and poet. He wrote 37 plays like Romeo & Juliet, Macbeth and Hamlet and is still quoted by many people. There are 157 million google pages that mention him--the most of any famous person ever!

After Seeing the Play...

Write your own review of the play!

A review is a way of telling your thoughts about a play, movie or book. Consider the following when you are writing your review.

What was your favorite part? Who was your favorite character? Can you summarize the play in your own words? If you had written this play, would you have done anything different? Would you recommend this play to a friend? Name one new thing you learned from watching this play!



In theatre, it is considered bad luck to tell an actor, "Good luck" before a performance. Instead, you're supposed to say, "Break a leg!" No one really knows why, but actors say it anyway!

Everything about the Theatre!



A mini-van is our hip and favored mode of transportation for touring the country!

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THEATRE VOCABULARY!

Actor: The people on-stage performing the play.

Backdrop: The background for the play.

Props: Anything that an actor holds while on-stage--a cane, book or rubber chicken.

Downstage: the area closest to the audience a long time ago stage were built at angles.



Upstage: The area away from the audience, like the back wall of the a stage.

Director: The person who told the actors where to go while they

Facts about us!

1. Did you know we're owned by an Emmy winning actor?
2. Our actors average 1,000 miles a week traveling the country to entertain young audiences.
3. Our programs have been seen in almost every corner of the country and even around the world.
4. We watch over 1200 actors audition before we cast our season.
5. We offer dozens of different shows a season from Black History & anti-bullying to literary classics, science and more!
6. We tour to Moscow & St. Petersburg, Russia each year with performances.
7. We're based in Asheville, NC.

ABOUT US!

Founded in 2003, Bright Star Theatre tours the nation offering high quality, affordable programs to every imaginable venue. We've had countless engagements at the National Theatre, toured to Moscow and are so grateful to be in your very school today!

were on-stage and helped them create the characters they played.

Costumes: The wigs, clothing and glasses that the actors wore to help flush out their characters .



Auditions: How an actor gets a role is by auditioning. They may have to interview, pretend to be a character from the play or read something from it.

Set Designer: The person who decided what should be on the background and who painted or created it.

The Process of a Play:

1. Actors audition
2. Directors cast the show (that means they choose actors)
3. The directors and actors rehearse the play (that means they practice it).
4. A team of people works on building the set, costumes and props.
5. The play opens (that means it is performed for the first time)!

Were there other terms that came from the experience of seeing the live play that you'd like to learn more about?

BRIGHT STAR THEATRE

Bright Star Touring Theatre performs across the country from Boston to Burbank and many schools, museums theaters and community events in between. Each season our shows run the gamut from Black History to anti-bullying, from literary classics to biographical shows. Our shows are available throughout the year for any event in any part of the world.

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Learn more about this show, this company & our whole Season:

www.brightstartheatre.com

IT TAKES COURAGE

Made its debuts in 2015
National Tour

We want every show to be special and remarkable for our audience. Please feel free to connect with us at anytime to tell us about your experience:

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