Prime Stage Theatre Activity Guide





I Know Why the Caged Bird Sings PST 2018-2019 Season

2020 Spring and Summer

Activities to build empathy and kindness during the coronavirus (COVID-19) pandemic and beyond.

These activities are for students, teachers and families.

The mission of Prime Stage is to entertain, inspire and enrich through professional theatre by bringing literature to life.

Welcome to Prime Stage Theatre

Dear Families and Educators,

We are pleased to bring you a collection and activities and resources that students, teachers and families can do at home or in remote learning classrooms. The activities are designed to strengthen empathy and kindness during the 2020 coronavirus (COVID-19) pandemic and beyond.

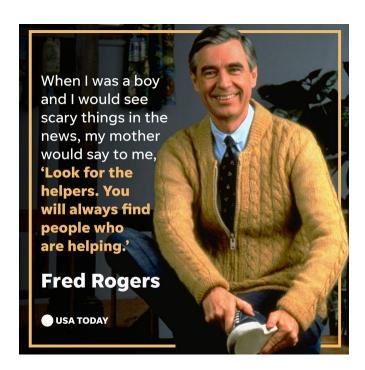
The coronavirus (COVID-19) pandemic has led to many changes and disruptions in nearly every aspect of daily life. During this difficult time, we believe that practicing kindness and empathy, not only for others but for ourselves as well, can help us feel more connected and find joy. In addition, it is our hope that these activities increase helpful behavior in homes and communities.

If you have any questions about the information or activities in this guide, please contact us and we will be happy to assist you, *and* we welcome your suggestions and comments!

Your friends at Prime Stage Theatre Company

Please send questions, comments or suggestions to Monica Stephenson, Education Coordinator. mstephenson@primestage.com

The activities in this guide are intended to engage young people and families in kindness and empathy building during this difficult time. They may be adjusted for any age or grade level.



OUR EDUCATION PROGRAMMING -

Literacy In ACTion Program (LACT)

Student Matinee Field Trips

Global Learning

Young Women's Collaborative

Technical Theatre Interns

Professional Development

OUR EDUCATION PROGRAMMING IS FUNDED IN PART BY THE FOLLOWING FOUNDATIONS

American Eagle Outfitters

Bank of America / Nora Roberts Foundation

Jack Buncher Foundation

Philip Chosky Charitable Education Fund

Edith L. Trees Charitable Trust

The Fine Foundation

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Kindness

Kindness is defined as the quality of being friendly, generous, and considerate. Affection, gentleness, warmth, concern, and care are words that are associated with **kindness**. While kindness has a connotation of meaning someone is naive or weak, that is not the case. Being kind often requires courage and strength.

Building kind citizens by integrating activities into your routine

Building kind citizens may not be in our schools' curriculum, but it is an important goal of both educators and parents. Studies show that kind people are not only happier, they are healthier. Kindness is like a muscle. For some it may be naturally stronger, but every person can build that muscle with practice. Practicing kindness can be simple if we build it into our routine. Be kind to each other each and every day. Say hello, good morning, and goodbye! This may mean reminding yourself to take a break from preparing so you can greet kids and their parents as they arrive to school. Take this a step further and ask them a question about their day and listen actively. Build community. Give children opportunities to get to know each other and learn to work together. One fun way to do this is to regularly provide opportunities to answer check-in questions or participating in icebreakers and/or cooperative games.

For more on this, go to the source. https://www.playworks.org/resource/twelve-activities-to-develop-kindness-in-children/

Empathy

Empathy is defined as the ability to understand the thoughts feelings or emotions of someone else. Emotion researchers generally define empathy as the ability to sense other people's emotions, coupled with the ability to imagine what someone else might be thinking or feeling.

How to Build Empathy and Strengthen Your School Community

Empathy is a key part of being a responsible and helpful community member at school and elsewhere. For example, young people who show empathy are less likely to bully. Empathy can also be a route to academic and career success, because it helps people understand and work with others. They are peaceful, productive, and positive places where all teachers can teach and all students can learn.

Children and teenagers naturally have the capacity for empathy, but that doesn't mean they develop it on their own. They learn how to notice, listen, and care by watching and listening to adults and peers, and they take cues from these people about why empathy is important.

One role school adults can play is helping students expand their circle of concern. People are inclined to feel more empathy for those who are similar to them or in close proximity to them. But when it comes to building a community and developing caring students, that's not enough. When educators and parents show that they care about everyone in the community and expect students to do the same, it can help students open their eyes and ears to others, including those who are sometimes treated as invisible.

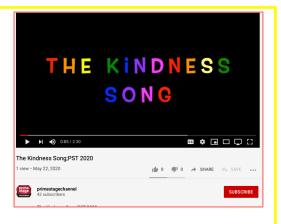
For more on this, go to the source. https://mcc.gse.harvard.edu/resources-for-educators/how-build-empathy-strengthen-school-community

Activities for Families and Children

THE KINDNESS SONG

Created exclusively for Prime Stage Theatre !!!

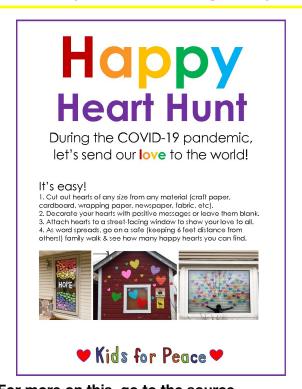
Get your daily dose of inspiration! Watch and Listen to THE KINDNESS SONG. Written and performed by PST Education Coordinator, Monica Stephenson, THE KINDNESS SONG features family members and young friends in the Greater Pittsburgh Community. Get some great ideas and groove out to this premiere song for the entire family!



LINK HERE:

https://www.youtube.com/watch?v=TRJfD5P2ER0&feature=youtu.be

Perform the song together!
Sheet Music for The Kindness Song can be found on age 13 of this guide!



For more on this, go to the source. https://kidsforpeaceglobal.org/happyhearthunt/

Print Your Summer 2020 Kindness Calendars Brought to you by random Acts of Kindness Foundation. JUNE 2020 AUGUST 2020 A

The Toothpaste Experiment

Try combining a science lesson with a kindness lesson. Give child a small tube of toothpaste, a paper plate, and a plastic spoon. Then, tell them to squeeze the entire tube of toothpaste out onto the plate. (Fun!) When they're done, tell them to try to get the toothpaste back into the tube using the spoon (they won't be able to). Once they've found it's fruitless, explain to them about how toothpaste tubes work and describe what a vacuum is. Then, explain to them that mean words are similar to toothpaste. Once you put them out into the world, you can't take them back no matter how hard you try, so it's important to think hard about what you say and do.

Activities for Elementary School

Writing: Ways I Can Help at Home	
How can you help at home? Write a sentence or more telling your family how you can help out at home. Draw a picture to go with your sentence (s).	
Sentence prompt I help at home by	CHECKLIST! Did you include the following? -Capital letter to start a sentenceFinger space between wordsWrite the sounds you hear in each wordPunctuation at the end of the sentence.
BONUS Complete 3 of these activities this week. Your families will be so proud of you!	
Complete 3 of these activities this week. Tour families will be so proud of you:	
• • • • • • • • • • • • • • • • • • • •	Setting the table
, , , , , , , , , , , , , , , , , , ,	Loading the dishwasher
· · · · · · · · · · · · · · · · · · ·	Unloading the dishwasher
	Preparing meals with an adult

Fairness and Inclusiveness

How do you feel when you are left out? Have you ever asked to join a game and the other children said no, or worse, they laughed at you? Fairness is treating others in a way that does not favor some over others. Every time we use kind words and fairness to include others, it makes them feel good inside. Treating others fairly is a choice you make everyday!

Horace and Morris, But Mostly Dolores by James Howe

https://www.youtube.com/watch?v=AJwdurPEShw

Read this story about fairness and inclusiveness (or watch the video using the link above). After the story, ask the following questions:

- How did the friends leave each other out? Does this show fairness? Why or why not? Does this show inclusiveness? Why not?
- How do the friends fix their problem?
- How are they able to show fairness and inclusiveness?
- Has this ever happened to you? What did you do to solve the problem?

Showing fairness to everyone in class can be hard when you have made good friends and enjoy spending time with them. However, we want to create a kind classroom where everyone feels safe and special. Let's work together to practice inclusiveness throughout our day. When you see someone left out, invite them to join you! When you find yourself all alone, seek out other friends to play with or email a friend or call a friend and see how they are doing.

Activities for Elementary School Students







Kids for Peace invites youth to make new friends through some good old fashioned letter writing! Parents or legal guardians may sign their child up to take part in our new Peaceful Pen Pal project. We will match each child with one other child of a similar age.

The Peaceful Pen Pal project is open to everyone, everywhere. For now, we request for all letters to be written in English. Please also note that the postage fees for international letters will be more expensive and it may take longer to exchange letters between friends around the world. During the online sign up you can indicate if you prefer to be matched with a domestic (USA) Peaceful Pen Pal or an international one.

With parents' permission, all youth ages 2-17, are encouraged to join the fun! © https://kidsforpeaceglobal.org/peacefulpenpals/

Coor A Smile In the last 25 years, Color A Smile has given out over 1 million drawings...That's a lot of smiles!

Color A Smile is a nonprofit organization that distributes cheerful drawings to Senior Citizens, Our Troops Overseas, and anyone in need of a smile. Every month we mail thousands of new drawings to all the people on our mailing

list. We have put smiles on millions of faces... You can help. https://colorasmile.org

Secret Handshake!

Creating secret handshakes taps students' creativity and builds community.

- 1. Find a partner! (Can be a sibling or parent)
- 2. Take a few moments to create and practice a secret handshake and greeting.
- 3. Share your handshake!!!!

Variations!

Invite a new partner to make a new secret handshake.

Challenge yourselves to create the biggest, smallest, fastest, slowest, or most complicated handshake.

Loving Letters For Grandfriends

Would you like to uplift the spirits of seniors (lovingly referred to a grandfriends) who could use some extra love during these trying times? If so, you can sign up to participate in the Loving Letters for Grandfriends project.

Sign up here: https:// kidsforpeaceglobal.org/lovingletters/

Activities for Middle and High School Students

Journal Writing

There is much benefit in keeping a journal for well being.
Putting pen to paper can provide a breathing space and a clarity of thought.
This isn't the only benefit, journaling is now being backed by countless studies to have a multitude of other benefits, with a particularly interesting knock-on effect in the area of personal growth.



Check out some of these awesome articles on the benefits of journaling.

https://elementaltreatment.com/3reasonsteensshouldjournal2/

https://www.verywellfamily.com/the-benefits-of-journaling-for-kids-2086712

Historic Moment in History

We are living during an historic moment. If you haven't already, ask your middle or high school student to keep a journal of their experiences during the coronavirus (COVID-19) pandemic. Set aside a few minutes per weekday to write a personal journal. Each entry may include daily activities, news stories or feelings they may have. In years to come, your student/child/teen will appreciate having a piece of history that tells their story!

The following journal prompts focus on kindness, empowerment and self-reflection!

Perfect Day: Describe an absolutely perfect day. What do you do? What do you eat? What is the weather like and who do you spend it with (if anyone)?

Think about some of your negative self-talk and turn it around: It's pretty easy to let our negative self-talk get out of control. In the space below, write some of your negative self-talk and then turn it around using "I am" and "I can" statements.

Adding Kindness: In your journal, list five things you do each day that are part of your normal daily routine. For example: drive to work, make breakfast, check social media. Then, write how you can add an element of kindness to each task.

Grateful: In your journal, record five things you are grateful for. You can do this exercise daily!

Dream Big: What would you do if you knew you could not fail?



Activities for Middle and High School Students

THE RESPECT EMOJI

Respect for yourself and others can lead to a happier, more productive, creative and collaborative space. (This activity may be done with family or remotely with peers.)

- 1.Define and Discuss Respect. Write down 5 actions that we can all do to show respect.
- 2. Find a partner, share and write 3 things that you respect about them.
- 3. Ask yourself, "How can I show more respect to others?" Identify three people you interact with daily and at least one thing you can do to show more respect to that person. Try it immediately and journal about their reaction.
- 4. Design an emoji that represents respect. Draw it out and share it!



Bonus Reflection

Journal about a time you saw someone being disrespectful to another person online. You may choose to journal about someone you know or someone you don't know. What was your response? If the answer is "nothing", what could you have done to reinsert respect or to show the person being disrespected that you care?

Compassion Haiku

Compassion is an important trait in leadership and often leads to act of kindness. Create a simple Haiku to inspire more compassion! In our homes and community. (This activity may be done with family or remotely with peers.)

- 1.Define and Discuss Compassion. Write down 3 ways that we can show compassion for each other.
- 2. Write and Discuss how you can do a better job of showing compassion.
- 3. With your partner or on your own, create a compassion haiku. Reminder: A haiku is a 3 line poem with 5 syllables on the 1st and 3rd lines and 7 syllables on the second line. Make sure your poem connects to the feeling you receive when you give or receive compassion.

4. Share your Haiku!

"Haiku" is a traditional form of Japanese poetry. Haiku poems consist of 3 lines. The first and last lines of a Haiku have 5 syllables and the middle line has 7 syllables. The lines rarely rhyme.

(Compassion Haiku Example: Listen to others, I am here for you always, Spoken from the heart.)

Feelings Collage

A Collage can provide a great means of expressing feelings through art and can lead to more rich discussions or journal entries on self-reflection. Plus, this is a fun activity to try at home!



- 1.Gather a stack of magazines and art supplies: posterboard or construction paper, scissors, glue sticks.
- 2.Invite your students to cut pictures from the magazines of people expressing any kind of feeling, and instruct them to use these images to build a "feelings collage."
- 3. Hand out markers and ask students to label each picture in their collage with a feeling word; then, have them take turns explaining their collages and feeling labels to the group.
- *Encourage your students to elaborate on the details of what they noted regarding the person's facial expression, their body language, or the context of the photo or illustration.

Activities for Middle and High School Students

The Write Around

This writing activity gives students a chance to silently appreciate one another while building writing fluency. (This activity may be done with family or remotely with peers.)

Give student each a handout that has several sentences starters on it, with space for writing after each one or have students write these sentence starters on separate sheets of paper:

*This can also be done on a shared google drive folder or other online sharing platform.

- One idea I've gotten from you is . . .
- I really like your personality because . . .
- I know I can count on you when . . .
- I really appreciate when you . . .
- Some adjectives that describe you are . . .
- I am impressed by the way you . . .
- I look forward to seeing you because . . .
- 1. Each student writes their name at the top of their paper, and you collect them. Randomly pass them out. Ask for silence and then tell the students they have three minutes to write something about that person. They can respond to more than one sentence starter if they like, and multiple students can respond to one.
- 2. After a few minutes, ask them to pass the papers to another person. Do several rounds. Collect them and pass them back to the owners.

You won't believe the smiles you will see!

The Random Act of Kindness Challenge!

The Random Acts of Kindness Foundation has designed a fun kindness challenge to help make kindness the norm at home & in neighborhoods. Give it a try!

The challenge (if you choose to accept it) is to complete a series of kindness activities to fill in 60 'hearts'. Each act of kindness is worth one, two or three 'hearts' based on how challenging they are: one-heart activities are quick and easy, two-heart activities are more involved, and three-heart activities are challenging & will take more time.



Download your challenge by clicking the link below!

https://www.randomactsofkindness.org/kindness-at-home

Put change in a vending machine. 51. Sing songs at a nursing home. Hold the door open for someone. 52. Invite someone to play on the playground. Do a chore for someone without them knowing. 53. Tell the principal how great your teacher is. 54. Donate a toy to Toys for Tots. 5. Return someone's cart at the store. 55. Turn off the water while brushing your teeth. 6. Give candy to your bank teller. 56. Say thank you when you see service members. 7. Leave a letter in a library book. 57 Fill a kindness jar with candy for another family. 8. Feed the birds. 58. Make a thank you sign for sanitation workers. 9. Leave happy notes around town. 59. Make a busy bag for a family with young children. 10. Put a small bin in your car to collect recycling. 60. Bring cookies to the custodian. Call your grandparents and ask them about their Help make dinner. 62. Donate new pajamas for foster kids. Pick up litter. Make a get well card for someone. 13. Let someone go ahead of you in line. 64. Bring your neighbors' garbage cans up for them. 14. Compliment a friend. Take care of someone's pet while they're away. 15. Wash someone's car. 66. Leave a popcorn surprise on a DVD rental machine. Write a thank you note for your mail carrier. 67. Share a special toy with a friend. 16. 17. Plant something. 68. Clean up your room without being asked. 18. Bake dessert for a neighbor 69. Tape a video message for faraway friends. 19. Walk dogs at the animal shelter. 70. Leave kindness stones at the park. 20. Check in on an elderly neighbor. 71. Give a candy bar to the bus driver. 21. Set up a lemonade stand and donate the profits. 72. Send dessert to another family at a restaurant. Send a card to a service member. 73. 22. Give spare change to the food pantry. 23. Bury treasure at the playground. Buy extra school supplies for a teacher. 24. 75. Set the table for dinner. Make muffins for your pharmacist. Leave bubbles on someone's doorstep. Teach someone something new. 26. Put money on a stranger's layaway bill. 77. Reuse paper when you are drawing 27. Tell someone why they are special to you. Pay for someone's toll. 28. Donate outgrown clothes. 79. Give someone a hug coupon. 29. Buy a coffee for a stranger. Volunteer at a soup kitchen. 30. Pass out stickers to kids waiting in line. 81. Write a note for someone's lunch. 31. Talk to someone new at school. 82. Collect money or items for your favorite charity. 32. Write chalk messages on the sidewalk. Donate coloring books and crayons to the children's 33. Weed or shovel for a neighbor. hospital 34. Donate food to the food pantry. Write a poem for a friend. 35. Bring flowers to your teacher. 85. Ask for donations instead of birthday gifts. Tell a manager how good your service was. Help someone unload groceries at the store. 37. Tape change to a parking meter. 87. Make a candy gram for the police department. Donate socks and supplies to the homeless shelter. Collect books for the library. 39. Give a lottery ticket to a stranger. 89 Adopt an animal online. 40. Call a friend you haven't seen in a while to say hello. Decorate tissue boxes and hand sanitizer for nursing 41. Tape money for the ice cream truck to a friend's front Make a homemade gift for someone. 42. Take treats to the fire station. 92. Clean up your toys without being asked. 93. Deliver water bottles to the homeless shelter. 43. Read a book to someone. 44. Leave heads up pennies on the sidewalk. Create activity bags for families of deployed soldiers. 45. Donate a book to a doctor's office waiting room. 95 Give high fives to a friend. 46. Tell someone how much you love them. Make a thank you card for your librarian. Sav hello to everyone you see. 47. 97 Dry the slides at the park with a towel after it rains. 48. Make someone else's bed. Make play dough for a preschool class. 49. 99. Hold the door open for someone. Send a postcard to a friend. Wave at kids on school buses. Smile at everybody. It's contagious

Coffee Cups and Crayons

Suggested Resources

Here are more awesome resources and websites that provide additional ideas, activities and lessons for students, families and teachers.

WEBSITES

Cosmic Kids Yoga

Do Yoga together with your little ones! https://www.youtube.com/user/CosmicKidsYoga

Colorado Springs Fine Art Center

Resources for Parents and Teachers https://fac.coloradocollege.edu/learn/educator-resources/

Kindness: A Lesson Plan

Classroom Activities and Resources for developing a vital character trait by Rebecca Alber https://www.edutopia.org/blog/kindness-lesson-plan-rebecca-alber

Coffee Cups and Crayons

100 acts of kindness for kids that you and your family can do together! https://www.coffeecupsandcrayons.com/100-acts-kindness-kids/

Arts ED Collab

COVID-19 Resources for Educators and Learners. This site is jam packed with incredible projects, online learning links and fun!

https://artsedcollab.org/covid-19-resources/

Applied Eductional Systems

Top 7 Best Empathy Lesson Plans for Middle School

https://www.aeseducation.com/blog/top-7-best-empathy-lesson-plans-and-why-you-need-them

Stage Agent

Creative Ideas for Teaching Middle-School Drama Online.

https://blog.stageagent.com/creative-ideas-for-teaching-middle-school-drama-online/?

utm_source=StageAgent+Member+List&utm_campaign=463a2544e7-

EMAIL CAMPAIGN 2020 05 05 09 58&utm medium=email&utm term=0 0adc1af505-463a2544e7-216322421

PDF Links

Hasbro

BE FEARLESS BE KIND: AN EMPATHY TOOLKIT

https://www.hasbro.com/common/documents/7751EB3039E24EF2BC164FF0CDC1A268/

C7556742C6C242E58048AC0BBF983F6D.pdf

The Teachers Guild

Empathy in Your Classroom: TRY THESE ACTIVITIES TO BUILD EMPATHY AND COMMUNITY

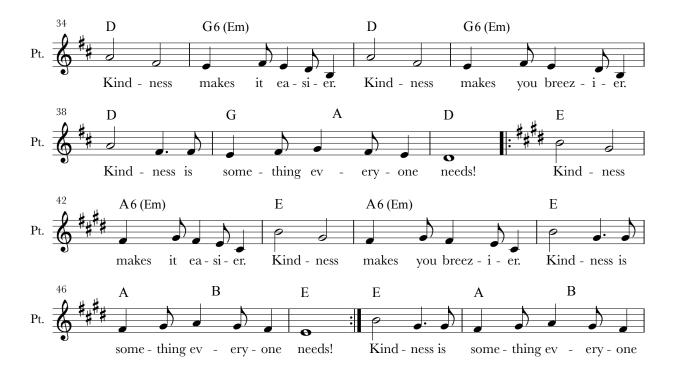
https://www.oakland.edu/Assets/Oakland/galileo/files-and-documents/

Empathy%20in%20Your%20Classroom%20Teachers%20Guild.pdf

The Kindness Song

M. Stephenson May 2020







Kindness is one of the greatest gifts you can bestow upon another. If someone is in need, lend them a helping hand. Do not wait for a thank you. True kindness lies within the act of giving without the expectation of something in return.

Katharine Hepburn

Please go to our website: <u>www.primestage.com</u> to find this form and send it back directly online! Or you can mail it to us at: Prime Stage Theatre P.O. Box 99446 Pittsburgh, PA 15233.

THE RESOURCE GUIDE TEACHER EVALUATION FORM

Prime Stage constantly assesses the work provided by our education department. Your feedback is vital to our ongoing need for funding for this program. Please fill out the following forms and mail or email them to the address given below. Thank you.

YOUR NAME
NAME OF SCHOOL
EMAIL ADDRESS
Which part(s) of this experience you find most helpful for you and your students?
Was the guide useful to you?
was the guide discribing you?
Which part(s) did you find most helpful?
How can we improve the theatrical for the future?