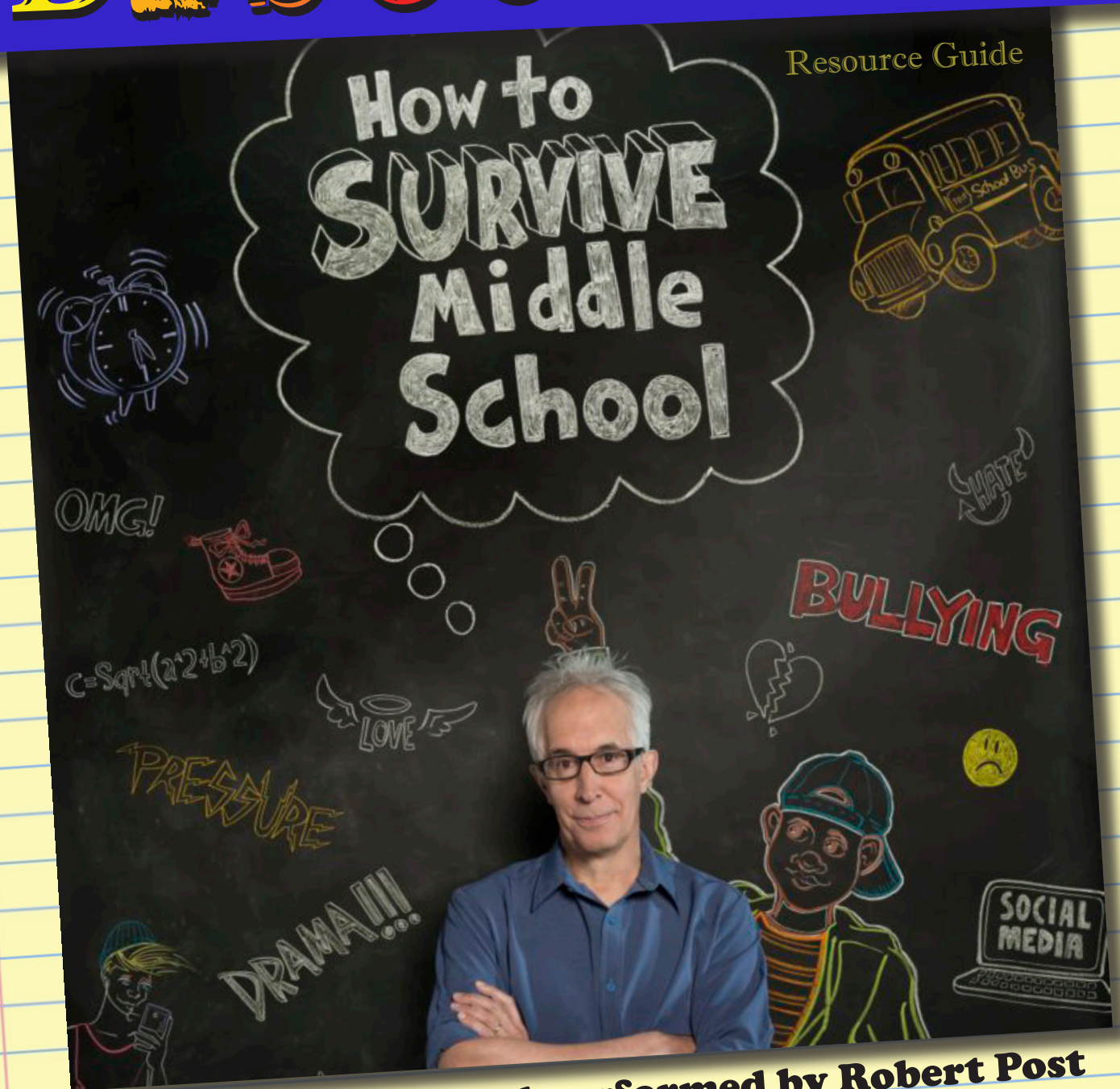


2018-2019

# DISCOVERY

Resource Guide



Created and performed by Robert Post

**Monday, February 25, 2019**

**9:30 a.m. & 11:30 a.m.**

**in the PNC Arts Annex**



VICTORIA THEATRE ASSOCIATION



Welcome to the 2018-2019 Discovery Series in the PNC Arts Annex at Victoria Theatre Association. We are very excited to be your education partner in providing professional arts experiences to you and your students!

Middle school is a challenging time for nearly every student. You want to fit in. You want to do well on tests. You want to have lots of friends. Somehow, though, any one of those desires can be put to the test due to circumstances out of your control. Or even in your control. It's so complicated! Well, comedian Robert Post is here to share his story with you and shed some light on his middle school experience today.

The information and activities in this resource guide have been carefully crafted to help you and your students explore the many ways a live theatre experience can open up learning opportunities. Grade level icons will help you determine which activities are good for students, too. And don't forget to take advantage of the local resources listed inside to extend the play-going experience and make even more curricular connections for you and your students. Thank you again and welcome!

**Gary Minyard**  
Vice President of  
Education & Engagement



# Curriculum Connection



You will find these icons listed in the resource guide next to the activities that indicate curricular connections. Teachers and parents are encouraged to adapt all of the activities included in an appropriate way for your students' age and abilities. *HOW TO SURVIVE MIDDLE SCHOOL* fulfills the following Ohio and National Education Standards and Benchmarks for third grade through eighth grade.

## Ohio's New Learning Standards for English Language Arts

**Grade 5-** RL.5.7, RL.5.10

**Grade 6-** RL.6.2, RL.6.3, RL.6.6, RL.6.7

**Grade 7-** RL.7.2, RL.7.3, RL.7.7

**Grade 8-** RL.8.2, RL.8.3, RL.8.7

## Ohio's Learning Standards for Health/Science

In grades kindergarten through six, instruction in personal safety and assault prevention.

## National Core Arts Theatre Standards

**Grade 5-** TH:Cr.1.1.5, TH:Cr2-5 TH:Re7.1.5, TH:Re8.1.5, TH:Cn10.1.5

**Grade 6-** TH:Cr2-6, TH:Cr1.1.6, TH:Re7.1.6, TH:Re8.1.6, TH:Cn10.1.6,

**Grade 7-** TH:Cr.1.1.7, TH:Cr2-7, TH:Re7.1.7, TH:Re8.1.7, TH:Cn10.1.7

**Grade 8-** TH:Cr1.1.8., TH:Cr2-8 TH:Re7.1.8, TH:Re8.1.8, TH:Cn10.1.8

This resource guide was created by Natalie Katona. All activities are available for distribution and use in the classroom or at home.

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# About the Play



Comedian Robert Post barely survived Middle School. One of Robert Post's childhood report cards in Columbus, Ohio, gave a hint as to how his future might unfold. Struggling because of various learning disabilities, he found that making people laugh saved him. Not amused by Robert's antics, his teacher created a whole new column of categories describing maladaptive behavior. The result: a dazzling performance career that continues to defy categories. In this multimedia performance, kids talk to kids in a compelling, funny and educational show. Dealing with real issues affecting students today including social media, testing, bullying and peer pressure these video testimonials by kids and their advocates (along with a generous dose of Post's signature humor) is sure to resonate with school and public audiences alike.



## Spotlight on Robert Post



Robert Post has had a successful comedy career for over forty years. He has appeared on the Today Show doing his unique tango in his red long johns. He has also had an Emmy winning PBS special called "Robert Post—In Performance". The majority of his time is spent touring with his educational programs on topics such as social media, testing, bullying, and peer pressure. He was inspired to help students due to his childhood experience of having various learning disabilities and teachers calling attention to his behavior in class. While inspiring students to talk about tough issues that arise during their middle school years he also works teaching master classes, workshops, and directs ballets, operas, and school programs. He also runs a video series called *Posts from the Road* about all the people he meets and the culture they present while he travels for his career. To learn more about Robert and his comical antics, please visit <http://robertpost.org/>.

## Ohio Spotlight



Robert Post completed his theater and dance degree at Ohio State University. The theatre department of OSU not only teaches students about the history and structure of theater, but also allows students to perform, create, and write theatrical pieces. When students are not creating their own, authentic pieces, they are producing and starring in classic, modern, and contemporary pieces written by well-known playwrights. The arts department of OSU also delves into masters programs in cinema/video, philosophy, design, and acting. Some notable productions by the program have been *Macbeth*, *Heathers: The Musical*, *City of Angels*, and many more. Some upcoming performances from the 2018/2019 schedule are *Legally Blonde the Musical*, *Twelfth Night*, and *The Curious Incident of the Dog in the Nighttime*. For more information about OSU and the many programs it offers, please visit: <https://theatre.osu.edu/>.



# Pre-Show Conversation Starters



HOW TO SURVIVE MIDDLE SCHOOL is a show that gives students a chance to use their voice to communicate their feelings about how rough it can be growing up. The themes of the show include bullying prevention, how to be positive on the internet, and everyday student pressures. Begin the conversation with your students with these following prompts:

- What are some things you are liking about middle school?
- What have been challenges you've had to get used to about middle school?
- What are activities you do when you're stressed or worried?
- How do you view bullying? What counts as bullying? What does it look like?
- What are somethings someone could find stressful about middle school?

## THINK Before You Post

Between Twitter, Instagram, Snapchat... these are social outlets where there are a lot of exciting and funny things being spread around the world. However, with this easier way to share and post information it is now more important than ever to be mindful about what it is you're sharing. Help make the World Wide Web a safer place by following the THINK rules of posting:



Answering these questions will help you determine whether the post you're writing is worth sharing. Remember, you have your own hand in creating a positive internet experience for you and your friends.

# Playing a Role



Solutions to the bullying epidemic nationwide have complex answers.

## What is bullying?

Bullying occurs when a person, or a group of people, who has more power than another decides to hurt, scare or persecute another person (or group) on purpose- usually more than once.

**bul-ly** <sup>1</sup>[boo l-ee] noun, plural bul-lies, verb, bul-ried, bul-ly-ing

1. a blustering, quarrelsome, overbearing person who habitually badgers and intimidates smaller or weaker people.



## We All Play A Role

It is hard to imagine, but everyone plays a role when bullying occurs. Some roles are easier to identify than others. Do you recognize any of these roles listed below?

### The BULLY

All of us know what this role means, whether we are the bully or not. Too often, those who have been bullied become bullies themselves. Have you played this role?

#### Common Ways That People Act as Bullies

- Shoving, punching, pushing or other ways of hurting people physically.
- Leaving someone out of your group on purpose.
- Ganging up on others. This can be done without words- like staring.
- Verbal teasing or being mean using words. The most common way is to spread rumors.
- Cyber-bullying: when kids bully others using texting, email or other technology. Some of the most common examples include sending hurtful messages, and posting pictures or untrue messages on blogs or social networking sites.

### The BULLIED

The Bullied may not always show the physical scars of an altercation, but the internal pain can be overwhelming. Have you played this role?

#### What Can You Do If You or Someone You Know Is Bullied?

- Don't ignore the situation.
- Always tell an adult you trust.
- Keep in mind that no one deserves to be bullied.
- Never fight back, but let the bully know you are not an easy target.
- Stand up to the bully if you feel "safe enough."
- Do not respond directly to the bully's teasing.

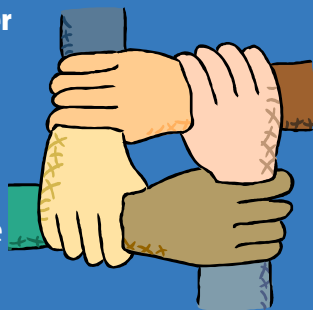


### The BYSTANDER

The Bystander in a bullying situation is someone who is observing the bullying taking place and does nothing to stop or prevent it. Have you played this role?

#### The Reasoning of The Bystander

- "I'm friends with the bully."
- "That person can take care of themselves."
- "They must have deserved it."
- "If I say something, I might become a victim!"
- "I don't like that person anyway."



### The ALLY or UPSTANDER

The Ally takes on multiple personalities such as resister, defender and witness. These different kinds of "Allies" might be played by a friend, a family member or even a complete stranger. Have you played this role?

#### Characteristics of The Ally or Upstander

- Empathetic to the victim in a bullying situation.
- Intervenes in a bullying situation.
- Listens and is a friend to a victim.
- Displays the courage to move from Bystander to Ally or Upstander.
- Reports the bullying to an adult or authority figure.

# Mediation Action Plan



**NAME:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Having trouble addressing a stressor at school? Use this template to work yourself through it. Then, communicate your plan to a trusted adult.

**Identify the problem.**

Is someone or something bothering you physically or emotionally? Is the problem affecting you or someone else?

**Express your thoughts.**

How do you feel about this problem? Do you feel alone or uncomfortable being yourself?  
Are you being bullied?

**Assess the best solution.**

Can you solve it by using your own words?  
Who can you ask for help: a parent, a teacher, a friend?

**Take action and stand up for others.**

What can you say to end the problem without becoming another bully? Who else was affected by this situation?

**Reflect on the process.**

Why was that person or group acting the way they were? What will you do different next time? Are you proud of how you handled the situation?

# Social Media Positivity Posts

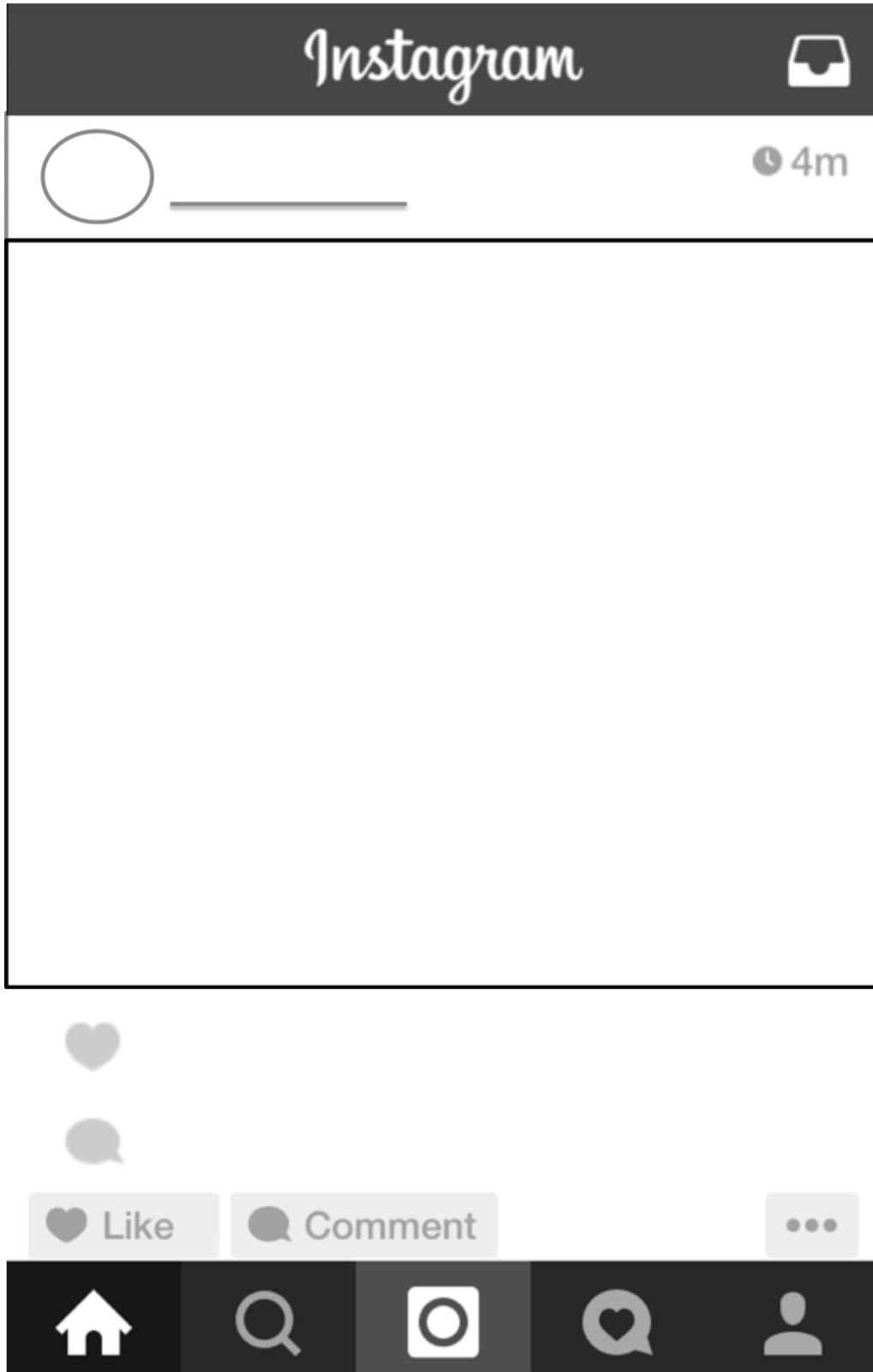


**NAME:** \_\_\_\_\_ **Date:** \_\_\_\_\_

There can sometimes be a lot of negativity online. Students can use these social media templates to create messages of positivity for one another. Some prompts could be:

- Write a positive post about someone after you got to know them during a group project
- Write a positive post about a class memory you have
- Write a positive post about something you learned during your lessons
- Write a message of support to someone who is being bullied
- Write an anti-bullying social media post







# Strong Emotions Haiku



**NAME:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Poetry is a great way to express strong feelings and emotions. Try to think of a specific middle school moment where you felt extreme excitement, disappointment, sadness, or another emotion. Now, see if you can turn this memory into art by writing a Haiku poem. In order to write a Haiku you must follow these rules:

1. Follow the line and syllable structure of a Haiku.  
     Haikus follow a strict form: three lines, with a 5-7-5 syllable structure.
2. Describe the subject with sensory detail.
3. Use concrete images and descriptions.
4. Write the poem in the present tense.
5. End with a surprising last line. Use the example to write your own Haiku!

## EXAMPLE

**Delightful Surprise**

Tears plop down my cheek  
 Hands reach greedily for plate  
 Cake is for dinner

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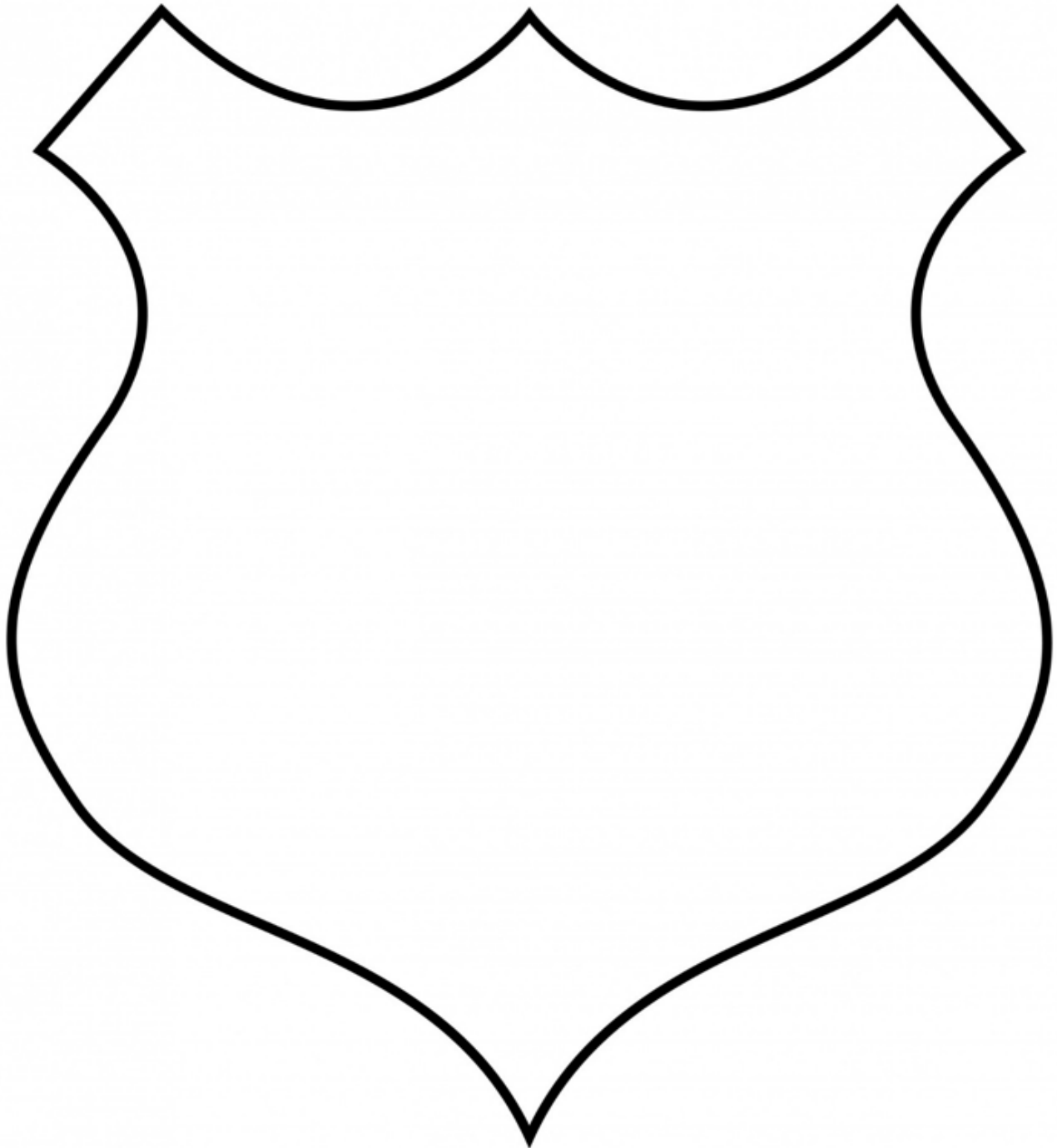
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# Middle School Shield



**NAME:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Middle school can be tough! HOW TO SURVIVE MIDDLE SCHOOL is all about learning what it takes to not let the pressures of middle school get you down. Fill in the shield with some positivity to help protect you from the perils of middle school. You can use images of things you enjoy or positive self-talk phrases you can say to yourself when you're feeling down.





**NAME:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Create a scene to present your class about a solution to a middle school stressor. Some ideas include: forming a study group, being an upstander, or making a new student feel welcome. Follow the prompts on this guide to create your characters, plot, and script.

## Cast of Characters

Create 3-4 characters with names and brief description of their role in the scene.

Character 1:

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Character 2:

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Character 3:

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Character 4:

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## Plot

Write a brief description of what your scene will be about. Identify a problem and how it will be solved.

Beginning Action:

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Problem to Solve:

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NAME: \_\_\_\_\_ Date: \_\_\_\_\_

**Bully**

**Bullied**

Use this organizer as a way to help students analyze character motives and actions in a classroom.

**Bystander**

**Ally or  
Upstander**

# Resources for Students and Adults

## Books for Students:

*Wonder*, Written by R.J. Palacio. Knopf, 2012

*Fish in a Tree*, Written by Lynda Mullaly Hunt. Nancy Paulsen Books, 2015.

*Stargirl*, Written by Jerry Spinelli. Scholastic 2002.

*Drama*, Written by Raina Telgemeir. Graphix 2012.

## Publications for Teachers and Parents:

*Bullying Hurts: Teaching Kindness Through Read Alouds and Guided Conversations*, Written by Lester L. Laminack and Reba M. Wadsworth. Heinemann 2012.

*Bullied: What Every Parent, Teacher, and Kid Needs to Know about Ending the Cycle of Fear*, Written by Carrie Goldman. HarperOne 2013.

*Middle School Makeover: Improving the Way You and Your Child Experience the Middle School Years*, Written by Michelle Icard. Routledge 2014.

## Websites for Teachers and Students:

<https://www.wikihow.com/Survive-Middle-School>- A Wikihow on how to survive your first year of middle school

<https://nypost.com/2013/09/15/how-to-survive-middle-school/>- An article about what is important when it comes to being successful in middle school

## Victoria Fuse's Local Resource Discovery

One of the best ways to forget pressures and stresses from your day is through exercise. The YMCA offers many youth classes to help melt stress away. They have youth yoga and meditation classes. They also have kids' cardio and Zumba classes for those who want to burn off a lot of energy. They provide leadership opportunities for children to build confidence through their Youth in Government and Junior Leadership Dayton programs. The YMCA provides students a safe place to join sports or take classes in order to gain some confidence and find a team where they belong. To find out more about the programs offered please visit: <https://www.daytonymca.org/programs/youth-family/junior-leadership-dayton>.



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- Background on Broadway
- Bagels & Broadway



Robert Post created HOW TO SURVIVE MIDDLE SCHOOL so students would have a safe platform to talk about tough issues. He uses videos of himself on the road to introduce himself to the audience and then switches to students and teachers talking about their authentic experiences in middle school and the challenges they see themselves and others facing. Post relates to the struggles of middle school and tells his own stories of school to help connect his theme to himself and his comedy. He uses both true anecdotal stories and sketch comedy to make children feel more comfortable with the heavy topics of anxiety, bullying, social media, and the pressures students face. He wants to leave students at the end of his show with a feeling of hope and possibility that they will survive middle school and be better people for what they have learned.

**DON'T FORGET**

All schools that receive scholarships for a show and/or transportation are asked and encouraged to create thank-you letters or cards for our sponsors. Please address your students' thank-you notes to:

DISCOVERY Sponsors  
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