

STUDY GUIDE

BE COOL BE SAFE by Rick Adam GRADES k-6

www.rickadam.info

THE PROGRAM

Be Cool, Be Safe involves a fun jam of original music, mime, hand shadows, circus stuff, and audience participation that really rocks! It is an educational, highly entertaining performance designed to leave the audience with plenty of creative tools to build and maintain harmony in our world.

PERFORMANCE FOCUS

- *Conflict Resolution
- *Solving Problems Creatively
- *Bullying
- *Positive Choices
- *Taming Tempers
- *Preventing Abuse & Violence
- *Positive Self-Imaging
- *Resisting Peer Pressure
- *Building Self-Esteem
- *Celebrating Differences

FORMAT

The performance is made up of a series of original songs and skits written and performed by Rick Adam. Audiences learn how invention, intelligence and imagination can solve any problem. An open forum is used. Audience members give input to address issues regarding bullying, taming tempers, preventing abuse and violence, resisting peer pressure and celebrating differences. Also by combining positive songs with catchy melodies, audiences walk away with tunes as tools.

PRE-SHOW CLASSROOM DISCUSSION

These are samples of questions that will be asked during the show. The questions selected will reflect audience age and sophistication as well as educational focus.

1. Without using names, describe a time in your life that you lost your temper, got angry or felt sad. How did you take control of your feelings and shift your mood to more positive feelings, such as happy or peaceful?
2. When does conflict or violent confrontation happen in your life?
3. What are some of the negative effects of fighting?
4. Name some healthy ways of expressing angry or hurt feelings that don't hurt you or hurt others.

5. What is a "Win-Win" situation? Give some examples.
6. Name some activities that are more fun to do with others than by yourself?
7. How can you create a better, more peace-filled world?

LIVING FREE GROUND RULES

Have the class read these ground rules aloud daily. Write on the board and have an open class discussion on what they mean and how to use them at school, home, and in your daily life in the world.

1. I don't hurt myself, and I don't hurt others.
2. I take care of myself, so I can help take care of others.
3. I use everything for my learning and growth.

BE COOL, BE SAFE TOOLS

When conflict starts to arise:

- STOP – Take a breath, count to 10, calm down, say to yourself "Be Cool... Be Cool..."
- LOOK – Size up the situation. If unsafe, call or go for help and find a trusted adult.
- LISTEN – Listen to the other side, talk slowly and softly. If you need help, have a trusted adult listen to both sides.

POST-SHOW CLASSROOM ACTIVITIES

Choose the activities that are most age-appropriate for you students.

1. Make a list of Dreams Come True that you would like to do, be or have. Also describe how acts of violence or anger can keep you or others from realizing your dreams.
2. Using an overhead projector or flashlight, and a movie screen or sheet, make up a play or song about solving a problem or conflict peacefully and turning a conflict into a Win-Win situation.
3. Read some of Aesop's Fables that show some peaceful ways for resolving conflict. Then create your own shadowtale.
4. Go around the room and ask why kids go along with things they know are unwise or hurtful. For example, "I went along because I didn't want to be different", "Everyone else is doing it", etc. How could you have said "No"?
5. Think of a situation where someone called you a name or you called someone else a name. Why did this happen? How did each person feel? Could this situation have been avoided? Could it

have been resolved peacefully so that everyone felt good?

6. Draw pictures of Rick Adam's *One Man Band*.
7. Make a list of some common things that you can use to make instruments, such as: using comb and wax paper to make a kazoo; using a bucket as a drum; or using an oatmeal box filled with dry beans to make a rattle.
8. Create a marching kazoo band and have a parade!

BE COOL, BE SAFE POWER CHORUSES

Have the entire class sing the choruses of the songs from "*Be Cool, Be Safe*"

EXPRESS TRAIN

Express Train!

Express yourself, Express yourself...

Express Train!

Climb on board the Express Train...

Express yourself, Express yourself...

IT'S ALL ONE

It's all one world... One life

Specks of dust among the stars

It's all one life... One dream

To awaken who we are

It's all One.