



The Golden Rule Show

A Study Guide for Grades K-3

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THE COMPANY

At Beth & Scott and Friends, we strive to educate and entertain children and adults through the writing and performance of original songs, shows and workshops. Beth and Scott Bierko, the owners and principal performers of Beth & Scott and Friends, are a husband and wife team of singer/songwriters and arts-in-education specialists. Since 1993, Beth & Scott have performed thousands of school assemblies and workshops for children. They are parents of two daughters, Helen and Stephanie.

THE GOLDEN RULE SHOW - OVERVIEW

The Golden Rule Show is an interactive concert ideal for preK-3rd graders. It is a program brimming with positive character lessons - all conveyed through original and traditional songs. Themes include: sharing, good manners, non-bullying, respecting others and following rules, as well as accepting the differences between people. The goal is to show children the importance of treating themselves and others with care and respect as well as how to handle situations when that doesn't happen. These lessons are all presented through songs, stories and humor with many opportunities for audience participation.

To help students better understand the messages and to get the most out of this event, Beth and Scott strongly recommend that the classroom teacher utilize some of the ideas listed on the following pages to prepare students for their concert or as a follow-up to the show. Numerous discussion questions and activities have been provided. Please feel free to choose those that are most appropriate for each class or make up other ideas of your own.

The Golden Rule Show - STUDY GUIDE

Discussion Topics:

Choose any of the topics below that may be relevant to your students. Songs from the concert that relate to these topics are listed in parentheses.

- Self-Esteem - ("One in a Million")
What makes someone special? Can you name some of the things that make you special? How are we all alike? How are we different?
- Appropriate/Inappropriate Behavior - ("Good Manners", "Bunny & Red Bird")
How should we treat other people? What are some good things we can do? What are things we should not do? What are some examples of good manners in your home or at school? Why is it important to have good manners? What should you do/not do if someone does not treat you well?
- Rules & Authority - ("I Don't Want To Go To Bed")
Why do we have rules? What would life be like at home, school, on the roads, etc. without rules? How should we tell someone else the rules if they are new or are not following them? (i.e. not taking turns on a swing)
- Sharing - ("Rainbow Fish", "Good Manners")
Why is sharing important? How do you feel when you share? How does the other person feel? How do you feel when someone won't share with you? When is it difficult to share? What can you do when that happens?
- Audience Behavior/Good Listening - ("Put Your Hands Up In The Air")
What makes up good audience behavior? For example, arriving on time, giving full attention to the performance, showing appreciation for the work by applauding, etc. The Golden Rule says we should treat others the way we want to be treated. How would you feel if you were on stage and the people in the audience were talking to each other and not paying attention to you? Audience members (including teachers!) have rights and responsibilities during a performance. Are these the same for a movie, television show or play? How are they different?

Activities:

1. Listening Skills are important when we are learning as well as in our relationships with others. Try some games that will test and improve students' auditory skills:

a. Simon Says

b. **Whisper Down The Lane** (a.k.a. Telephone): 4-5 students stand in a line and the first whispers a phrase into the second child's ear (e.g. "The 3 o'clock train arrived at 4:02." or "Peter told Paula that Sue swims with Sam"). The second whispers to the third and so on.

The last child says what he/she heard and then the first child says the original phrase out loud to see how well people listened.

c. Hot and Cold - In this game one student leaves the room and an object is hidden. Then the student returns to look for the object. As he/she moves closer to it, students either say "Hot" or make a loud noise (i.e. clapping). As he/she moves away from it, the other children say "cold" or make the noise softly. The student must listen to these clues until he/she finds the object.

2. Role Playing - Have children act out different scenarios - (e.g. someone having a toy that someone else wants, someone being called a name, two kids playing and a third wanting to join in.) Coach students to demonstrate both good and bad behavior in these scenes so they can see the difference. Discuss these differences.

3. Visual Arts -1. Have students draw a picture of their favorite "scene" from any of the songs in the show (i.e. the boy and his mom in "I Don't Want To Go To Bed", the Rainbow Fish sharing his scales, someone using good manners.) 2. Make rainbow scales. Have students swirl some glue on colored paper. Dip the paper in glitter and when it is dry, cover the paper with clear contact paper. Cut out different shapes and sizes. Add rolled tape to the back to make them stick to your clothes. Now you can act out the story together, too.

4. Self-esteem is a theme stressed several times during the show. Here are two great exercises to teach children that they are special and unique:

- Create a "friendship circle", where students take turns saying something positive about the person to their right until everyone has had a turn.
- Using pictures, words, phrases and drawings have students create a collage that represents who they are (what they like to do, favorite colors, foods, etc). Make sure their names appear on the collage and display them in the class or hallway.

5. Animal Stories - "The Rainbow Fish" and "Bunny and Red Bird" use animals to tell a story and teach a lesson. Read other story books as a class that do the same (There are many. Aesop's Fables and Jataka tales from India do this especially well.) You might also want to create your own using the children's ideas. If you want to be really ambitious, turn it into a puppet show or play.

6. Sign Language - Expose students to some simple signs using a book, video or audio tape. Examples include Sesame Street's [Sign Language Fun with Linda Bove](#), [More Simple Signs](#) by Cindy Wheeler (books) or "Sing'n Sign For Fun", (audio) and "Sing, Dance and Sign", (video) both by Gaia .

7. Peace - See how many ways you can learn to say peace. The following are a few from other languages to get you started: Spanish - Paz; Russian - Mir (Meer); Italian - Pace (Pah -chay); Japanese - Heiwa; Indian - Shanti; Swahili - Amani.

8. Correspondence - Encourage students to write letters to Beth and Scott. They can practice their letter-writing skills and tell us which songs they liked best and why. (Younger students can draw pictures.) Be sure that they include their name, age and school. Letters

can be addressed to: Beth and Scott Bierko, 1085 Warburton Ave. #105, Yonkers, N.Y. 10701 or e-mail us at info@bethandscott.net.