

Study Guide for Teachers

BEE TRUE TO YOU

Presented by:
Young Audiences
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ABOUT THE PROGRAM

Music is in many ways a universal language in which we as humans can connect and learn from one another. Drawing from her own experiences with bullying and hardships growing up, award-winning international singer ThatGirlTobi injects her empowering and original songs with messages about kindness, respect, and uncovering your truest self. Together with the BTTY team, she has created an interactive, virtual musical experience with the specific mission of helping kids navigate through the current global situation. There is a little of everything in this fun, energetic musical: clues to a mystery word, an energetic yoga routine, and fun mini games. In addition, students will work with characters TOBI and BTTY and discuss ways to protect others and themselves, what it means to do their part, and learn how compassion plays an essential role now and in everyday interactions.

LEARNING GOALS

Students will:

- Have a better understanding of the meaning and how the application of compassion in everyday life helps us to be better global citizens.
- Understand that what we do, no matter how small, can directly and indirectly help the people around us.
- Realize that we can care for ourselves by doing fun and healthy activities, like yoga, which can teach us to refocus our minds and help us think clearly.
- Be able to see the importance of community and doing their part to lift up and support their community.

BACKGROUND INFORMATION FOR STUDENTS

Biologists, psychologists, and sociologists alike have done extensive research about music and its cultural diversity. Interestingly they have discovered that despite differences, there still exists similar underlying basic musical structures that connects all music. Music is, and has always been, a powerful tool to help people through good times and bad times. It's important for people to remember that music often carries great messages that remind us of important things, like taking care of others or doing what's right even when the task seems impossible. It's also important to respect forms of music that are different than music of one's culture because we have to remember that it is a form of self-expression and art. Music brings people together and is even powerful enough to help inspire great changes in people and communities! It shows us that despite differences in how we look or act, music is a universal language we all speak.

BEFORE THE PROGRAM

1. Discuss why it is often difficult to be our truest selves (fear of embarrassment, lack of courage, etc). Kids can then draw what their truest self would look like and what they would be doing and can write a paragraph describing the image they drew, or even write a poem that connects back to their picture.
2. Define community and list the communities in the students' lives. Communities can be as small as the people in their home, the students in their class, their school, their neighborhood etc.

VOCABULARY WORDS

- Compassion: Compassion means we care about others, treat them with kindness, and feel a strong desire to help people in need. Compassion is empathy in action.
- Hero: a person who is admired for courage, outstanding achievements, or noble qualities
Community: A community is a group of living things sharing the same environment. They usually have shared interests. In human communities, people have some of the same beliefs and needs, and this affects the identity of the group and the people in it.
- Yoga: a system of physical postures, breathing techniques, and sometimes meditation to promote physical and emotional well-being.

AFTER THE PROGRAM

1. Discuss with students who they see as a hero in their lives.
2. Students should discuss things they learned and what they can do in their lives to directly or indirectly help and be heroes in their communities.
3. Teachers and students can further instill the program's messages by turning to and working through our extensive HIVE GUIDE ACTIVITY booklet which includes: Puzzles, Mental Health Prompts, Crafts, Activities, Stories and more.

RESOURCES

Press, C. (2018, January 25). Music really is a universal language. <https://phys.org/news/2018-01-music-universal-language.html>

May, J. H. (2013, April 7). <https://www.cosmickids.com/the-benefits-of-kids-yoga/>

ARTIST INFORMATION

Ashley Tobias ThatGirlTobi was born on an Army base in Arizona, raised in New Jersey, but found her home in Astoria, Queens. She earned her BFA from Montclair State University and made her off-Broadway debut in Freckleface The Musical, based on the New York Times bestselling book by Julianne Moore. She toured internationally in the cast of Green Day's American Idiot, and has shared the stage with Green Day, The Hives, Danzig, Die Antwoord, Flogging Molly, and Linkin Park. She has provided live backup vocals for Rachel Platten, Andy Grammer, Gogol Bordello, and Kelly Rowland. Her vocals can also be heard on the soundtrack to Fox Search Light's Motion Picture, Patti Cake\$. In 2015, ThatGirlTobi took her motto a step further and founded Bee True to You: a musical, interactive anti-bullying program that empowers kids and teens to "Take the Sting - Out of Bullying" through education and original pop/rock songs. Bee True to You has received accolades from parents and teachers alike. For her advocacy work, ThatGirlTobi was the honored recipient of Meaningful World's International Youth Peace Award at the United Nations in 2016 and in 2019 co-produced and released the program's DEBUT Music Album; now available everywhere.