

Rabbit Tales

A Tobacco Prevention Puppet Show Activities guide

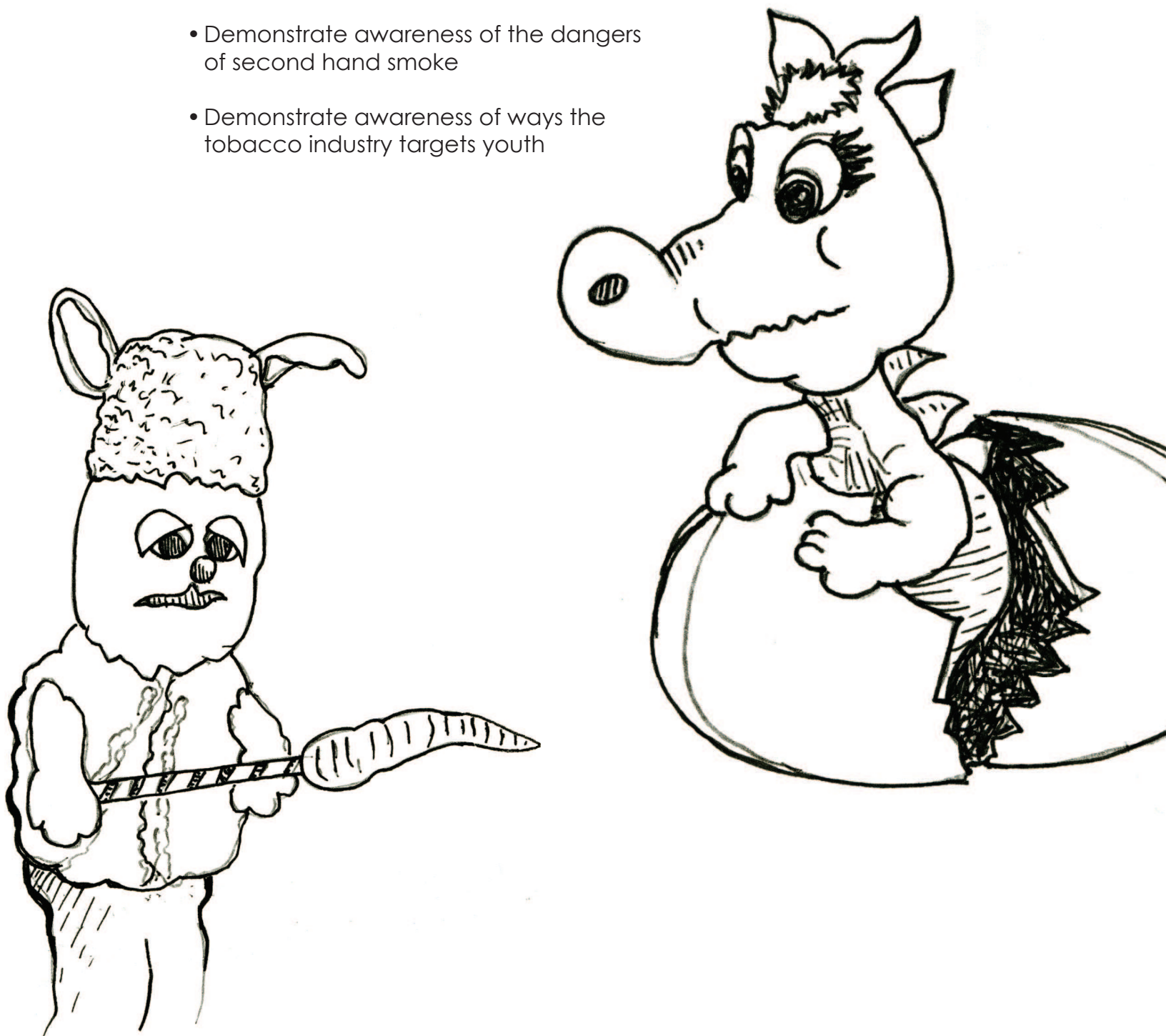


Learning Objectives for Rabbit Tales.....	2
How to write a rap with an anti-tobacco message.....	3
Writing an anti-tobacco puppet show.....	4
Discussion questions for Rabbit Tales.....	9
Links to Tobacco Prevention Websites.....	11

LEARNING OBJECTIVES

After seeing “Rabbit Tales”, the students will be able to.....

- Demonstrate reasons for not using tobacco.
- Demonstrate reasons for not chewing tobacco
- Demonstrate ways to say “no” to pressure to use tobacco
- Demonstrate awareness of the dangers of second hand smoke
- Demonstrate awareness of ways the tobacco industry targets youth



HOW TO CREATE A RAP WITH AN ANTI-TOBACCO MESSAGE:

Listen to music with a strong beat.

Try to copy the beat. You can clap to the rhythm or clap and slap the desk or borrow rhythm instruments from the music department. Keep working at it until you can really keep the beat. Try several songs.

Words: Start with a thought such as "I won't smoke. Smoking's a joke"

Write four lines that rhyme for the first verse. Example:

I won't smoke
Smoking's a joke
It makes me choke
I just won't smoke.

Then write four more lines that rhyme for the chorus. Example:

Smoking is bad
It makes me sad
Smoke everywhere makes me mad
I just won't smoke *(and maybe repeat the last line.)*
I just won't smoke
I just won't smoke

Write as many verses as you would like. Then put the rhythm and the words together. Work on making them go together. You may have to try several different rhythms until you find the one that works with the words. Try adding noise makers and drum beats.

Really get involved. Make it fun and exciting.

Links to teach raps to students:

www.ehow.com
www.wikihow.com
www.articlesbase.com

Links to teach children to write poetry:

www.teachertipstraining.suite101.com
www.42explore.com
www.ezinearticles.com

WRITING A PUPPET SHOW FOR TOBACCO PREVENTION

When you write a show for Tobacco Prevention you can use fairy tales or Aesop's Fables or tall tales and change them to get the message across or you can write a completely original show.

- The first step is to decide on your message. With Tobacco Prevention, your message can be "DON'T SMOKE" or "Tobacco is bad for your health" or "Friends don't let Friends Smoke" or whatever you decide it should be.
- If you are going to use a fairy tale, think of one you can change to get your point across. For instance in "Little Red Riding Hood", the wolf makes a perfect bad guy. He could be the one tempting Red to "just try smoking" so she would fit in with the other kids. If you are writing an original script, you can create your own story. But KEEP IT SHORT, FUNNY, FILLED WITH ACTION AND TO THE POINT!
- Work your message through the whole story. But make sure you have humor and wit there too.

FIRST THE SCRIPT:

A puppet play is the perfect way to talk about being tobacco free. Here are all the things you will need to write a show, make the puppets and put on the play. Here are some general thoughts to help you make your puppet show as entertaining and informative as possible:

In General:

- Good Puppetry is Good Entertainment.
- Good Entertainment is a situation that has a Beginning, Middle and End.
- Good Entertainment is fast-moving, to the point, and is only as long as it needs to be.

More Specific:

Good entertainment incorporates the 4 “W”:

Who? What? Where? and Wrong!

In the Beginning of your play you need to handle 3 of the 4 “W”:

WHO are the main characters? You should know about each character. Name? Loud or soft spoken? A know-it all or a smart guy? Young or Old? The more you know about the characters the better they will be in your play.

WHAT is the play about? This play will have an anti tobacco message.

WHERE does this take place? You are going to let us know where the play (and when) the play takes place.

In the Middle of your play you will deal with the Wrong:

WRONG. What's wrong? Something is making life difficult for the main character(s). In this case, that something will have to do with someone using tobacco and how to get him/her to see why they shouldn't. Only through intelligence, cleverness and humor with a few setbacks does our hero resolve the WRONG... just in time for the...

HAPPY ENDING is where whatever was wrong is fixed. Or at least there is hope it will be fixed. The end also has a KICKER. The kicker is a tag on the end that let's the audience know the play is over and everything is going to be alright.

Look through some fiction stories & identify each of the 4 “W”.

They will be there every time.

The Who, What and Where parts are the easy parts. The WRONG is the fun part... for you and your audience. And the Happy Ending is where the message comes across strongly and all live happily ever after.

When you write your own puppet plays you can use other stories and adapt them to your own ideas or you can write a completely original idea. Establish three of the four "W"s right away in the beginning-Who? What? Where? Devote the middle section of the play to the activities the puppets take to resolve the fourth "W"—the WRONG. The end comes when everything gets back to normal (happily ever after).

P.S. Remember short and sweet is the key. Be careful to avoid long winded speeches and sermons. Puppets are better at action—slapstick even!

Events & Characters

The series of EVENTS your CHARACTERS become involved in makes up your play. List them out. List out the anti smoking message you are trying to get across. Your next job is to carry the CHARACTERS through the EVENTS in the most goofily believable way possible. Remember these are puppets you are writing for....they demand to be outrageous. Humor is a great way to get your message out there to the audience.

All actors need characterization, especially those made of fabric, fluff and stuff. In other words, CHARACTERS need to be distinctive in some way: smart, dumb, superhuman, barely human, or bloomin' human. The more you know about your puppet characters the better they will be on stage.

Each EVENT encountered by the **CHARACTERS** should be dealt with within their own distinctive framework.

**So... Sneezy always sneezes the answers, Bellowin' Billy always yells out (even when he is being sweet or tender.)
Smokin' Sal... (well you get the picture).**

**The most important thing to remember is to have
FUN laughs, FUN giggles, FUN groans, FUN, FUN ,FUN!**

Puppets ought not to be preachy or boring or long winded. They are meant to faint and snort and fall over again and again. After all, Burt and Ernie didn't get where they are today by being Jerry the Janitor. (Ya, Jerry the Janitor, I can see it now. He is working late, on a darkened, rainy, starless eve (sound effect.. water...thunder), in the Betterworld Elementary School basement when the dreaded Chewing Spitting Creepy Spider climbs out of the furnace)

NEXT THE PUPPETS:

Now that you have your script done, it is time to find or create your puppets. One possibility is to gather puppets who will work for the characters in your play. You can check with your friends or around the school and/or library to see if anyone has a supply of puppets you can use. Make sure the puppets work well and can do whatever action you need them to do in your play.

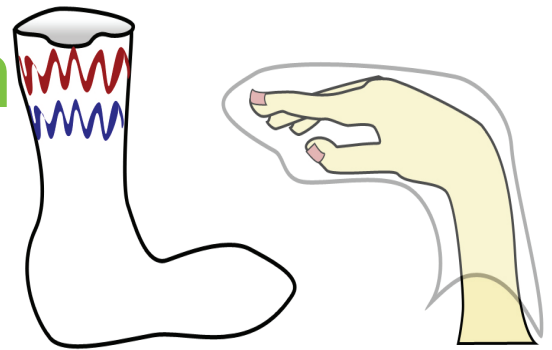
OR if you would rather—you can make your own puppets!

Sock puppets are wonderful. They can be humans or animals or aliens or monsters or rock or trees. It is up to you what your puppet will be when it is finished. Here is a simple pattern for sock puppets. Be sure to use your imagination to make your character all that he/she can be.

Sock Puppet Pattern

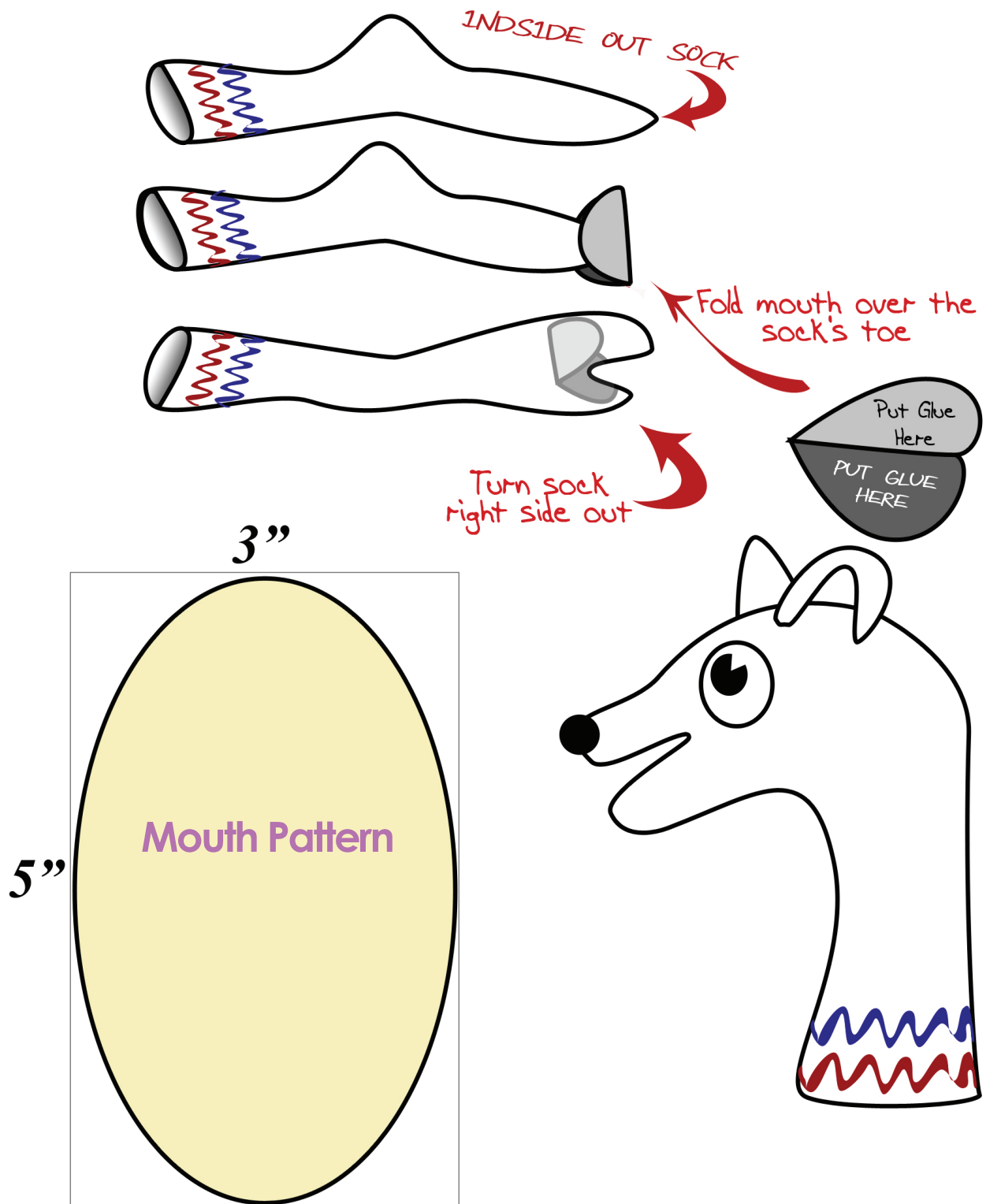
Supplies:

- A tube type sock
- Poster board or other light cardboard
- White glue
- Scissors
- Pen or Pencil
- Puppet stuff such as yarn scraps, fabric scraps, buttons, pipe cleaners, felt, pom-poms, rick rack



1. Look your sock over carefully. Decide which side you would like to be the outside. Then turn the sock inside out. (You will be working inside the puppet's head).
2. Straighten the sock out so that there are no wrinkles and the toe's stitch line is flat.
3. Cut a 3"x5" oval out of the poster board. (Milk carton works very well and is quite durable).
4. Fold the oval exactly in half.
5. Spread glue evenly over the inside of the oval.
6. Place the oval over the end of the sock, with the glue on the inside. Gently pull the edges of the toe toward the fold of the oval.
7. While you hold on to the oval (fingers on the top, thumb on the bottom), have a friend pull the sock over your arm. This will turn the puppet right side out. The folded oval inside the puppet's head is your puppet's mouth.

8. Now your puppet is ready to become someone or something. It can be a dog, a frog, a lizard, a rat, a kitty, a super hero, etc.
9. Add eyes, hair, a mustache-if you want, ears, a tongue—anything you want. But take some time before you start to decide what your puppet will be when you are finished.
10. Use craft melt glue or white craft glue to glue on the eyes, nose, etc.



THEN REHEARSAL AND STAGING

You have the script and the puppets. Now it is time to get to work. You can use anything for a stage or you don't need to have a stage at all. Check around to see if there is a puppet stage in the school. Or cover a table and duck behind it or put a pole across the door jam and cover it with a cloth or cut a "stage" out of a refrigerator box you get for the local hardware store. Just make sure it is strong enough so that it will not fall over during the show.

Once you have figured out what you will use for the stage, it is time to start rehearsing. Remember to use the stage. Do not let the puppets just stand there, have them doing something. Action is Good! You can use your puppets on either hand. Make sure they are looking with their eyes at the world around them. Make them stay alert - even if your arm is tired. Make your puppet have a voice different than your voice and every time your lips move make sure your puppet's lips move too. Practice with your puppet in front of a mirror. Watch to see if the puppet looks alive and is fun to watch. Then start rehearsing your play. Go over it and over it and over it and over it. The more you rehearse, the better the play will be.

REMEMBER--

BE OUTRAGEOUS!

HAVE FUN AND YOUR

AUDIENCE WILL TOO!



DISCUSSION GUIDE

RABBIT TALES is a tobacco prevention puppet show concentrating on the reasons why elementary students should not smoke or chew tobacco.

Honey Bunny is trying to escape from Cassandra, her evil stepmother. She ends up hiding in a cave that turns out to be the home of Skavang the dragon and the Golden Egg he is hatching. When Cassandra finds her and the Golden

Egg she realizes she can use it trick King Peter A. Rabbit into marrying her. But Cassandra smokes. Smoking has made her short of breath.

She cannot carry the egg without losing her breath and needing to rest. Her servant Gertrude who chews tobacco is in no better shape. So they must convince Honey Bunny, Cassandra's

step daughter to carry the egg back to the palace for them and fast! Meanwhile, if Skavang doesn't get the Golden Egg back before it hatches, his wife Wisteria will make scales fly! Skavang, of course, knows who has stolen the egg. He has a great nose and instantly smells smoky Cassandra and slips on Gert's spit. So the chase is on! Wizard Youngblood, King Peter (the object of Cassandra's affection) and Honey Bunny are all involved in the mix-up. Will the egg hatch or be the trick to allow Cassandra to marry the King?



DISCUSSION QUESTIONS

1. Why does Honey Bunny want to escape from Cassandra and Gert? Is second hand smoke part of the reason? What is second hand smoke and what harm does it do? How can you avoid second hand smoke in restaurants? In stores? At home?
2. What are the reasons for not chewing tobacco? List the problems that come with chewing tobacco or using snuff. Do some research on smokeless tobacco? What do tobacco companies add to smokeless tobacco?
3. What are the reasons for not smoking? List the problems with smoking. Does it affect others? How?
4. Why does smoking make teeth yellow and streaked? Why do smokers have bad breath? Why do so many smokers have a hard time running and get more colds and coughs?
5. What are some ways you can avoid using tobacco products if someone ask you to try them?
6. Is it legal for elementary students to buy cigarettes or smokeless tobacco products? Why or why not? Is this a good law? Are tobacco products expensive?
7. How many people do you think smoke or chew tobacco? Do you think most kids do or don't smoke? The truth is that most kid and adults do not smoke. Why to you think they do not smoke?
8. How are the laws changing about where people can smoke? Can they smoke in smoke in public places? Can they smoke on airplanes?
9. Make a list of ten reasons not to use tobacco. Can you think of ten more? Can you make a poster showing why students shouldn't smoke?



TOBACCO PREVENTION WEBSITES:

- [Centers for Disease Control and Prevention](#)
- [Tobacco Technical Assistance Consortium](#)
- [Campaign for Tobacco Free Kids](#)
- [Stop smoking: Quit Smoking Help and Quit Smoking Information](#)
- [American Lung Association in South Dakota](#)
- [South Dakota Tobacco Free Kids](#)
- [Be Tobacco Free South Dakota](#)