CLIMB Theatre

TEACHER RESOURCE GUIDE

CLIMB Theatre
6415 Carmen Ave E
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WHO WE ARE

CLIMB (Creative Learning Ideas for the Mind & Body) Theatre is a touring educational theatre that produces and customizes assemblies, classes, and other creative works for organizations. Since 1975 we have been empowering people to make the world a better place.

MISSION: To inspire and propel people toward actions that benefit themselves, each other, and the community through plays, classes, and other collaborative works.

VISION: A growing number of people are better stewards of their own behavior as a result of CLIMB's excellent programming.

VALUES: At CLIMB we value being creative, collaborative, and trustworthy.

Creativity. We believe creative, purposeful play is a vital component of a healthy, successful life.

Collaboration. We value our partners and seek to create a community of artists, audiences and supporters.

Trust. We recognize that trusting and being trusted are core to all we do.

We gratefully recognize the following

Hugh J. Andersen Foundation, Scott County Environmental Services, SCORE grants, Saint Paul and Minnesota Foundation, Fred C. and Katherine B. Andersen Foundation, St. Paul Jaycees, West Central Initiative, Individual Contributions, and the Minnesota State Arts Board.

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HOW WE WORK

CLIMB has two ways that we educate and entertain: assemblies and classes. Assemblies are performed for a large audience of students and teachers in gyms, auditoriums, and even cafeterias. Classes are more intimate, and our actors travel classroom to classroom leading workshops for groups of up to 30 students.

All of our programming is developed using at least one of our seven EMPOWER skills: Empathy, Manners, Perseverance, Ownership, Well-Being, Equity, and Regulation.

Empathy is the ability to understand and share the feelings of someone else.

Manners is the ability to show kindness and respect in any situation.

Perseverance is the ability to overcome challenges to achieve your goals.

Ownership is the ability to accept responsibility for ones' actions no matter the outcome.

Well-Being is the ability to support your body, brain, and feelings to make sure that they are healthy and safe.

Equity is the ability to speak up for yourself and others to make sure that everyone is treated with fairness and given the opportunity to succeed.

Regulation is the ability to manage one's actions, body, and emotions.

PROGRAMMING

What We Need From You

• Please escort your students to the performance space before the scheduled start time, so that we can begin on time.

• In spaces such as gyms, we will set up cones to indicate where your students can sit. We ask that the youngest grade sits in front and the oldest in the back.

• Our plays are very interactive, and sometimes we even call on teachers to help! We ask that you be willing to participate to really help deliver the message.

Dig Dino, Dig

Written by Caitlin Featherstone

This play EMPOWERs Perseverance and Well-Being

There are so many things Arlo wants to do, but every time he tries something new, something unexpected goes wrong and it just gets too hard. When digging in his backyard, he unearths the TRYceratops, who is back from the late Cretaceous period, full of prehistoric stories and ready to make some new ones. With the help of the TRYceratops, Arlo learns to persevere, not give up, and overcome obstacles to achieve his goals.

Educational Objectives

- To define persevere.
- To instill the importance of perseverance and trying your best.
- To identify times when it may be difficult to manage our well-being.
- To explore the acronym DIG.
- To provide students with mnemonic tools they can implement to assist in self-soothing and well-being practices.

DISCUSSION AND DESIGN

Discussion

- What did you like best about the play?
- What were you thinking about or feeling at the end of the play?
- What is your favorite dinosaur?
- This play is called “Dig Dino, Dig”. If you could give it a different title what would it be?
- What character did you like the best, and why?
- Perseverance is the ability to over come challenges to achieve your goals. Why is it a good idea to keeping going when things get hard?
- We learned the acronym DIG today? What does each letter stand for? D - Do I need help? I - I can do it! G - Go for it!
- When things get hard who are people in your life you can ask for help?

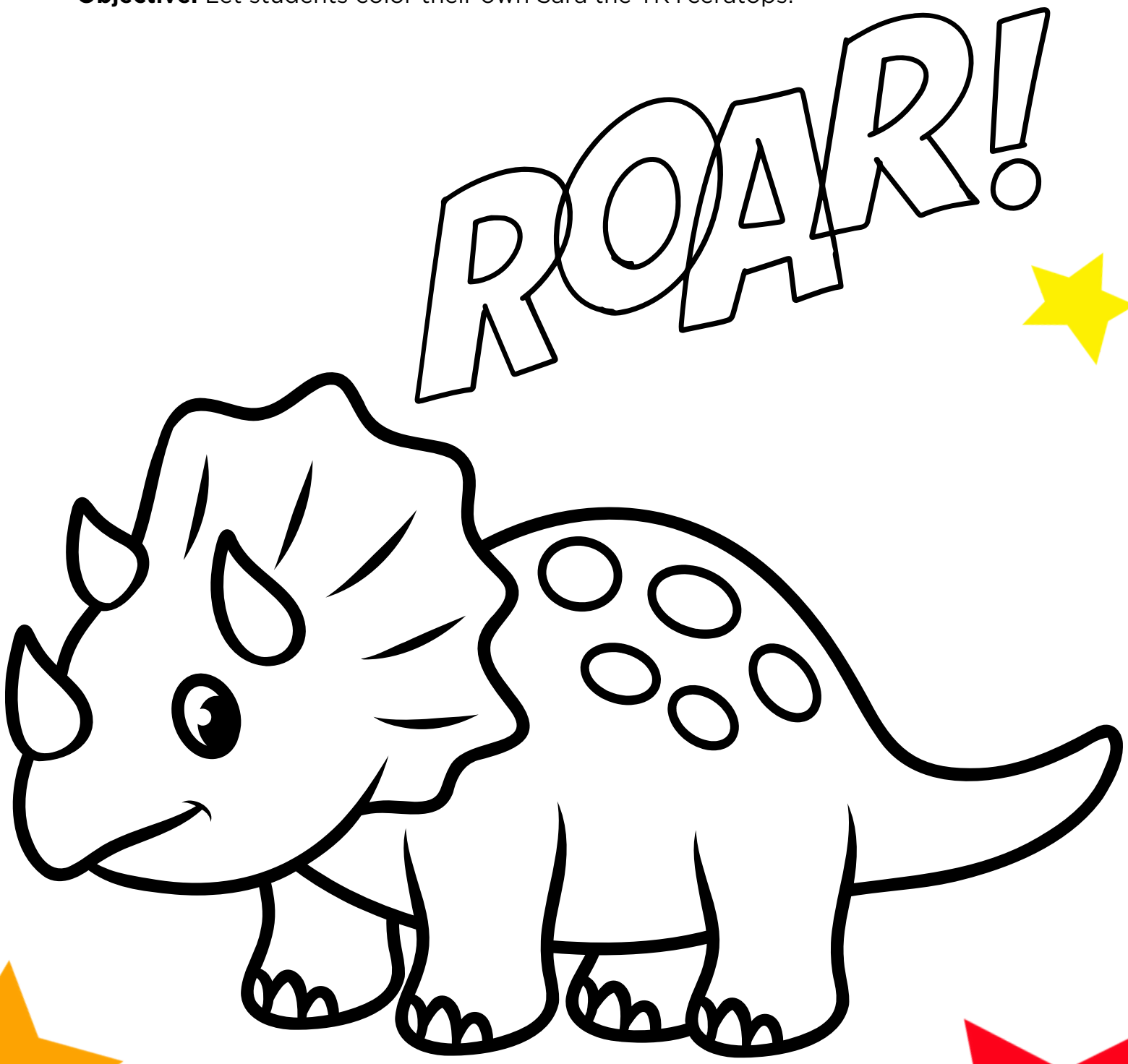
Posters

To download a poster for *Dig Dino, Dig* to post in your classroom use the QR code or visit https://climb.org/what-we-do/resources/

ACTIVITIES

Activity #1: Dinosaur Color Sheet

Objective: Let students color their own Sara the TRYceratops!



Activity #2: Dinos are Great!

Objective: To encourage students, have confidence in one's self as well as to be supportive of others.

Materials: N/A

Directions:

1. Have the group get into a circle with one person in the center.
2. The person in the center of the circle then says, "Dinos are great because _____." The _____ can be filled with any statement. There is absolutely no wrong answer. Dinos can be great because they're pink, because they're salty, or because of a reason that has nothing at all to do with Dinos. Dinos can be great because it's Monday or because it's sunny outside.
3. Once the person in the center has made their statement, the people in the circle shout "Roar!" (The group "Roar!" will follow every statement made by the person in the center.) The person in the center continues to give reasons as to why Dinos are great for as long as they can.
4. Once someone in the group sees that the person in the center is beginning to struggle to come up with reasons as to why Dinos are great, someone jumps into the center and takes their place. This new someone is anyone who feels the urge to go assist that person, and the person that has been replaced then takes a spot in the circle. The new person in the center will begin to state why Dinos are great until s/he begins to struggle, and someone else will jump into the center and take his/her place. Play until everyone in the circle has had a chance to be in the center.
5. For a final moment you can have all student give an affirmation and say why they are great.

Activity #3: Dino Teeth Breathing

Objective: Take help students take a calm down break and practice breathing.

Materials: N/A

Directions:

1. Explain to your students we are going to make T-rex teeth with our fingers. It is like making a bunch of the letter “V”. Have them practice doing it in the air.
2. Tell them we are now going to practice our breathing while we do this. When we move our finger going down we will breathe in four counts, then when we move our finger up we will breath our for four counts.
3. Make three to four teeth in a row to complete the exercise.
4. Ask students how they feel after doing this activity.
5. To add more fun to it, do another row except this time when you breath out and a light whisper “Roar” noise to it.