



**Z** PUPPETS  
ROSENSCHNOZ

STUDY GUIDE  
GRADES 1-5

# Monkey Mind Pirates

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# ABOUT THE SHOW

# SYNOPSIS

*Monkey Mind Pirates* is the musical adventure of a sea captain on the Quest for Calm. Captain Fitz recruits a crew to set sail for the Legendary Island of Calm. But, before he can begin, the Monkey Mind Pirates take over his ship.

These three unruly monkeys steer his ship off course and into chaos. A storm comes up and washes the Captain overboard.

Underwater, the Captain meets the Wise Sea Monkey. She shows him the ancient secrets of finding calm: slowing down, listening and breathing.

The Captain returns to his ship. Using the lessons of the Sea Monkey, Captain Fitz tames the Monkey Mind Pirates and turns his "Arghs" into "Oms."





# SCENES



## **Scene 1 - The Captain Recruits a Crew**

Captain Fitz introduces himself and his Quest for Calm. To recruit new sailors for his ship, the Captain sings the rousing *Argh, Mateys*. From their seats, people in the audience may sing along with the chorus and join in with the hand motions.

## **Scene 2 - The Captain Has Monkeys on His Mind**

Before the Captain can set sail, he wants to make sure there are no monkeys on the ship. The audience sees a few monkeys that have climbed aboard. The Captain can hear and smell the monkeys but-- even when people try to tell him where they are-- he can't see them.

The lights go down and shadows of monkeys appear as the Captain sings about his fear of monkeys in the spooky song, *Captain's Wail*.

### **Scene 3 - The Captain Meets the Ferret**

The Captain needs to overcome his fear of monkeys and get back on the course to Calm. He asks his crew to bring him his parrot. They tell him that it flew away so they got him a new pet - a big weaselly ferret. The Ferret sprays a stinky smell. He tells the Captain everything he's doing wrong. The Ferret sings "You'll Never Win," explaining how the three Monkey Mind Pirates will keep the Captain from finding Calm.

### **Scene 4 - The Legend of Calm**

The Crew asks the Captain to shake off the Ferret by telling the Legend of Calm. Captain Fitz sings the soothing "Legend of Calm" so he can remember what Calm looks, smells, tastes and feels like.

### **Scene 5 - Monkey Mind Pirates**

Just as the Captain is feeling good about his journey, Monkey Mind Pirates come aboard and take over. They sing a loud and boisterous song about how they will cause depression, anxiety and distraction to keep the Captain from Calm. The Monkeys take the Captain prisoner on his own ship.

### **Scene 6 - The Perfect Storm**

The Monkey Mind Pirates each take a turn steering the ship. As the ship moves further away from Calm, the Monkeys make mayhem. Finally, the Captain takes matters into his own hands and frees himself from the chains. Suddenly, with a loud clap of thunder and flashing lights, a storm blows in. The Captain goes overboard and the ship splits apart.

### **Scene 7 - Under Sea**

The Captain sinks down to the bottom of the glow-in-the-dark Sea. Captain Fitz meets the Wise Sea Monkey and has the chance to ask this ancient being one question. He asks, "What do you do when Monkey Mind Pirates come in and take over you?" The Sea Monkey leads him to the answer through song. As it ends, the Captain swims back to his ship, vowing to do as the "Sea Monkey Do."

### **Scene 8 - Change the Groove**

The Captain returns to his ship, excited about having found Calm with the Sea Monkey. But the Monkeys re-enter and remind the Captain that they can cause chaos at any moment. The Captain gives up and chains himself up again in despair. The Sea Monkey reappears and tells Captain Fitz to stay calm he must change his reaction to the Monkeys. The Captain tries out the Sea Monkey's advice, singing "Change the Groove." One by one, he tames each Monkey and shakes off the Ferret.

### **Scene 9 - Om, Mateys**

The Crew congratulates the Captain for taming the Monkey Mind Pirates. The Captain reminds them that the Monkeys may return from time to time, but if he can do as the Sea Monkey do, he can turn his "Arghs" into "Oms." To celebrate his newfound wisdom, Captain Fitz sings "Om, Mateys."

# SONGS

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## "Argh, Mateys"

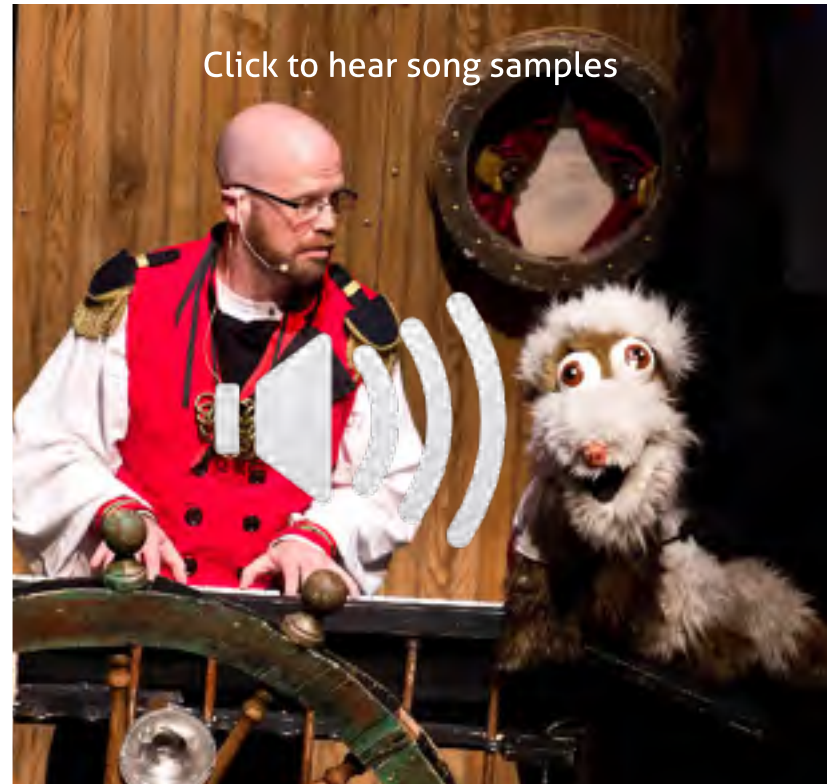
Captain Fitz recruits his crew of sailors, asking them the important questions: "What's it going to be? Will you stand on the deck in the middle of the storm, or sink to the bottom of the sea?"

## "Captain's Wail"

Captain Fitz describes his fear of Monkeys, and how they always keep him from finding Calm. He believes he hears sounds everywhere and cries out: "What's that? Who's there? They're here! I swear - I've got Monkeys on my mind."

## "You'll Never Win"

Most Captains have a parrot sitting on their shoulder. Captain Fitz, however, has a ferret who sits on his shoulder and act as his inner critic, telling him he will never amount to anything: "You'll never win! No way!"



**"Legend of Calm"**

Captain Fitz tells his crew about the Legend of Calm, and what he might see, feel, hear, taste and smell on the Island of Calm.

**"Monkey Mind Pirates"**

The Monkey Mind Pirates take over the ship, singing about all they will do to keep Captain Fitz from finding Calm: "We're Monkey Mind Pirates, and we've come to board your brain. We're not big fans of silence, and we're not big fans of sane."

**"Sea Monkey Do"**

When Captain Fitz falls overboard during a big storm, sea creatures take him to meet the wise and ancient Sea Monkey to answer his question: "First, you listen. And then you breathe. You've got to slow down, and release. Close your eyes, and count to ten. The storm might blow over if you do it again!"

**"Sea Monkey Do/Change the Groove"**

When confronted again by the Monkey Mind Pirates, Captain Fitz remembers the Sea Monkey telling him to "Change the Groove" and break the patterns of his usual reactions.

**"Om, Mateys"**

Finally, Captain Fitz realizes that he can weather the storms and turn his "Arghs" into "Oms" as he sings: "Now is where I'll be. I can stand on the deck in the middle of the storm, and let waves wash over me."



# CHARACTERS

## **Captain Fitz**

The Captain of the S.S. Cerebellum, setting sail on a quest to find the Legendary Island of Calm.

## **The Monkey Mind Pirates**

The motley group of pirates who come aboard and take over the ship, keeping Captain Fitz from finding Calm. There are three Monkey Mind Pirates: Winston, Ansel and Lady Bronte.

## **The Crew**

The musicians who accompany Captain Fitz on his quest.

## **Sailor Chorus**

The sailors who Captain Fitz recruits to join him on the quest.

## **The Ferret**

The smelly, mean-spirited pet who criticizes the Captain's every move and almost convinces Fitz that he will fail his Quest for Calm.

## **The Sea Monkey**

An ancient, all-knowing being who shares the secrets of taming the Monkeys and finding Calm.





# LADY BRONTE

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Lady Bronte is the Queen of the Monkey Mind Pirates. She is frequently overcome by fear and worry.

When she boards the ship, her anxiety builds until it explodes into panic. When she takes the wheel, she slips into a whirlpool of "what ifs," imagining the worst case scenario. Her panic paralyzes her and the ship.

She is named after the [Bronte sisters](#), Charlotte, Emily and Anne, three famous writers in the early 1800's. Each suffered from anxiety but achieved literary acclaim with their books.



Click to view video sample

# WINSTON

Winston can sink a ship into a depression with the weight of his self-doubt. When Winston takes the wheel, a ship will drop anchor and get stuck in a downward spiral.

Poor Winston believes he is nothing more than a knuckle-dragging primate of the lowest order, and has scurvy of the soul, scabies of despair.

Winston is named after the famous Prime Minister of the United Kingdom (1940 - 1955), [Winston Churchill](#), who also had depression. Calling it his "black dog" Churchill worked through extreme bouts of sadness and despair during some of the most difficult times for his country.

Click to view video sample







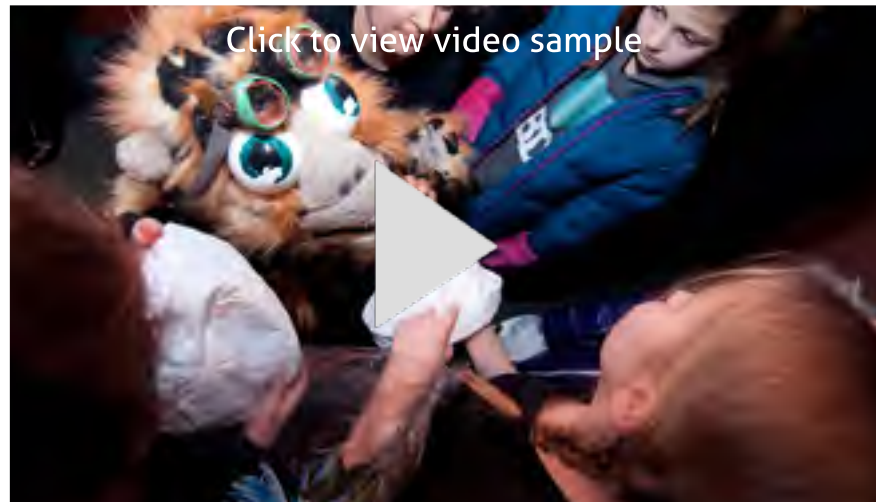
# ANSEL

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Ansel gets distracted easily and jumps from thought to thought. When Ansel attacks a ship, he sends the ship sailing in zig zags.

Ansel will try to filch your focus and pillage your progress towards finding Calm.

He is named after the famous photographer and environmentalist [Ansel Adams](#), who was kicked out of several schools for being hyperactive and inattentive. Only when he discovered Yosemite National Park did he begin to find Calm, taking the photographs that made him famous.



Click to view video sample



# ABOUT PUPPETRY



# WHAT IS PUPPETRY?

**Puppetry** is a form of theater in which actors manipulate figures or objects to create the illusion of life. You might think that puppetry is only for children, but when we look at the history and traditions of puppetry, we can see that people across all cultures and eras have used puppets to tell stories and make meaning of life's events for audiences of all ages.

Some of the earliest evidence for puppetry comes from Asia c.2500 B.C. (present-day India and Pakistan). Archaeologists found terracotta doll and animal figures with detachable heads and strings for manipulating them. There is also evidence of puppets made long ago in Indonesia, China, Japan, Africa and Europe. They used puppetry to act out religious rites, tell myths, and perform stories about everyday life. Modern puppetry draws from historic traditions to innovate new styles of artistic expression.



# WHAT IS A PUPPET?



A **puppet** is an object that a person moves to make it appear life-like.

Puppets can be complex or simple in how they are made. They can be over 20-feet tall or fit on your finger. They can take the shape of animals, humans, imaginary beings or even represent abstract concepts, such as emotions.

Puppets can do things that actors cannot do--they can fly, shrink, grow and transform into different creatures.

Over thousands of years people have created many different types of puppets.

# STYLES OF PUPPETS

Below are a few examples of the thousands of different types of puppets.

**Hand:** The puppet fits on the puppeteer's hand. One of the simplest forms of hand puppet is a classic "sock" puppet.

**Rod:** The puppet sits on top of a stick, or rod. Often, there are several rods to control different parts of the puppet.

**Hand and Rod:** Combine these two styles and you get what is also often called a "Muppet-style" puppet. The Monkey Mind Pirates are examples Hand and Rod puppets.

**Shadow:** A shadow puppet is a flat cut-out that creates a shadow when held in front of a light against a screen. We use shadow puppets to show the monkeys that haunt Captain Fitz as he sings *The Captain's Wail*.



# STYLES OF PUPPETS

**Black light:** A black light is a special florescent light bulb that causes certain materials to glow in the dark. Black light puppets use this effect to create an other-worldly feeling. We use blacklight puppets when Captain Fitz goes overboard and sinks to the bottom of the sea.

**Toy Theater:** Toy theater refers to a style of puppetry that originates from the days of cutout paper dolls. Elaborate miniature theaters can host flat images or characters that float in on sticks. We borrow from this tradition to show the miniature ship floating in the waters.

**Found Object:** Some puppets are just everyday objects that can have a personality. For instance, a hammer could become a bully, or a handkerchief a ballerina.

**Marionette:** Puppets that hang on strings and are controlled from above are called Marionettes. These can have 1,2,7 or as many as several hundred strings, depending on how complex the puppet is and what it has to do.

**Parade:** Puppets don't have to be small - often puppets are used in parades! Parade puppets are often giant versions of a stick puppet, and can be operated by 1,2,3 or a dozen or more people.

**Balloons:** The giant balloons in the Macy's Thanksgiving Day parade were invented by a puppeteer who had the idea to turn a marionette upside down and operate the strings from below.

**Finger:** Some puppets are so small they fit on the end of a finger.

# STYLES OF PUPPETS

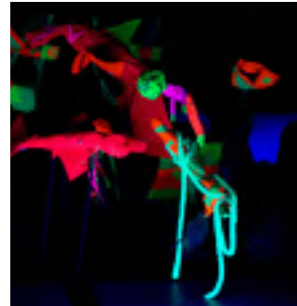
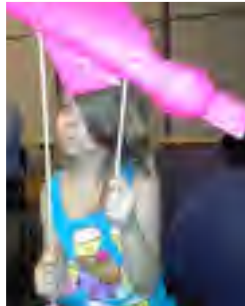
**Dragon:** Another form of puppet is a dragon like what is used to celebrate Chinese New Year. One puppeteer usually operates the head of the dragon, and a line of people behind make up the body, with a tail at the end.

**Cranky:** One style of puppetry is a long scroll of paper that has drawings on it. As the paper is rolled through a window, the drawings appear, like a hand-cranked animation.

**Digital:** modern puppeteers are exploring ways to use computers, projections, and other technology as puppets.

Look at the following samples of puppets from our different shows and workshops.

Can you name the type of puppet in each photo?





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# ABOUT SONGWRITING



## S.H.M.R.L.

Before your favorite song became a catchy hit on the radio, the musician who wrote it had to make many decisions about how the song would sound and how it would make the listener feel.

S.H.M.R.L. (rhymes with "pearl") is an acronym we created to help us remember the order of these decisions. Our 5 steps of songwriting are:

**Style**

**Harmony**

**Melody**

**Rhythm**

**Lyrics**



# STYLE

There are many different styles of music: country, rock, hip-hop, rhythm & blues, pop, metal, punk, classical, jazz, rap, polka, Dixieland, etc.

Each style has a **feeling** that often goes with it. When writing a song, it can be helpful to think about what style fits the feeling of the song.

For example, "Argh, Mateys!" was inspired by a traditional style called sea shanty, that sailors used to tell stories of their adventures on ships. "The Legend of Calm" is an example of a heart-felt, soothing ballad.

*How would you describe the style and feeling of the song "Captain's Wail?"*



# HARMONY



When several notes are played together at the same time, they create a **chord** and it is called harmony. Musicians use harmony to create a mood for a song.

For instance, some notes when played together sound pleasant and create an upbeat mood. These are called **major chords**. Other notes played together sound sad, and create a lonely or down mood. These are called **minor chords**.

Musicians will use major and minor chords to create different moods throughout a song.

*Can you tell the difference between the harmonies of "Argh, Mateys!" and "Captain's Wail?"*



# MELODY

The melody of a song is **the tune**. It is made up of many notes or tones played one after the other for different lengths of time. (Sing "Rock-a-bye, Baby." Can you tell which notes are longer and which are shorter?)

Musicians will often use a melody and then explore different **variations** on that melody.

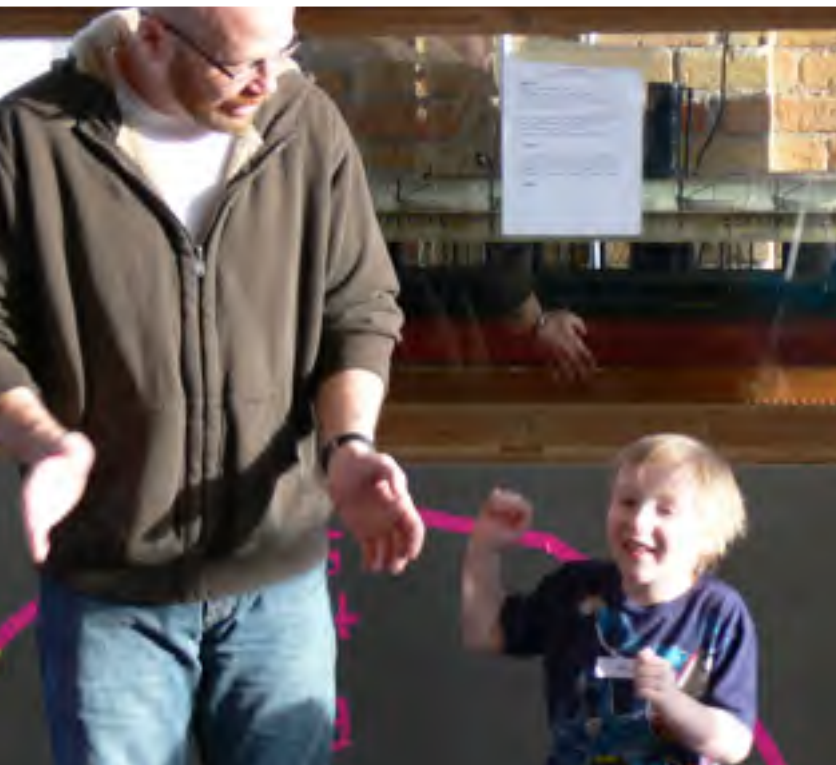
For example, in "Sea Monkey Do," the Sea Monkey and Captain Fitz repeat the melody many different times using different lyrics.

*Can you identify which two songs in Monkey Mind Pirates have the same melody?*





# RHYTHM



Rhythm is a word that musicians use to talk about **how a song moves along**. Many ingredients make up rhythm: **tempo** (how fast or slow the song is), **groove**, **accents** (which beats are loud and which are soft), and **rests** (silence; moments where no music is played.)

When creating a song, musicians will choose a rhythm to fit the song. Often, a musician will also change the rhythm during a song to create a different feeling.

For instance, "Om, Mateys" has the same melody and harmony as "Argh, Mateys!," but the rhythm and lyrics are different.

*Which song's rhythm do you think sounds more peaceful and calm?*

# LYRICS

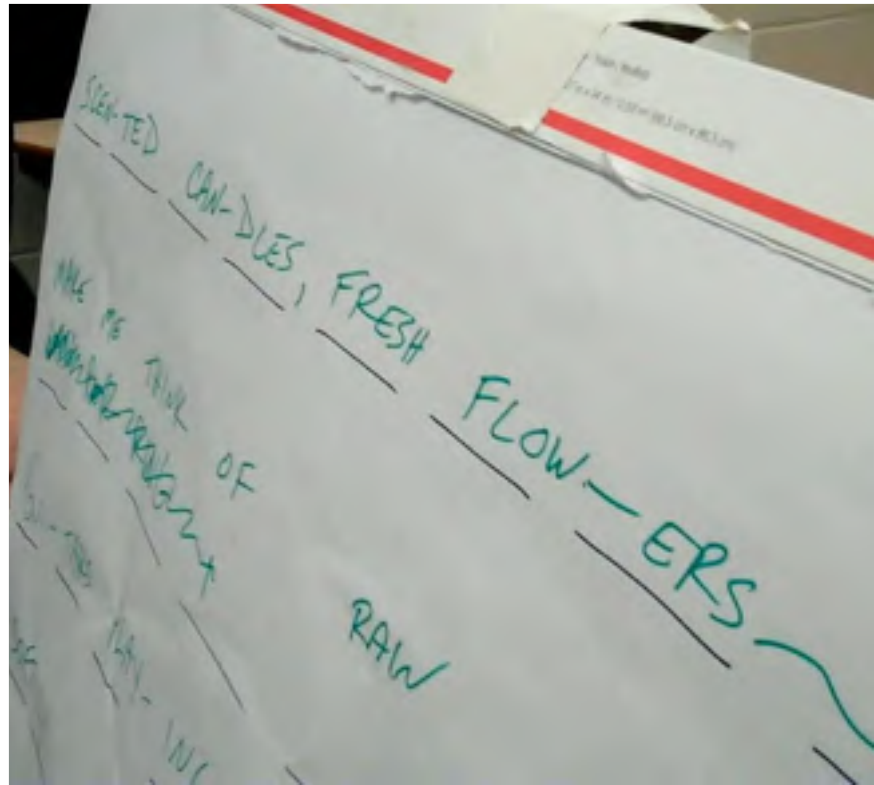
Lyrics are the **words** that make up a song. They can be divided into verses and choruses.

The **chorus** (or refrain) of a song is a set of words and music that is repeated throughout the song. It usually emphasizes the main theme of the song. The **verses** are the words and music in between each chorus. They are often used to expand on the main theme of the song. Many songs can be broken down into the structure:

verse / chorus / verse / chorus

When writing lyrics for a song, a musician also needs to consider how the words will fit into the rhythm of the song.

*Out of all the songs in Monkey Mind Pirates, which song's lyrics stick with you the most? Are they from a verse or a chorus?*



A group of children are lying on their backs on orange yoga mats on a grey carpeted floor, practicing yoga. They are in a relaxed, supine position. The text 'ABOUT YOGA & MINDFULNESS' is overlaid in large, bold, yellow capital letters across the center of the image.

# ABOUT YOGA & MINDFULNESS

# WHAT IS YOGA?

Yoga is a practice of movement, stretching, breathing and quieting the mind that started over five thousand years ago in India. The word "yoga" comes from the Sanskrit language of India and means "union," or the balance of energy between the body and mind. Many yoga poses have Sanskrit names that reflect nature and animals.

People all across the world do yoga. There are many different types of yoga and thousands of different poses. Some people do yoga to relax while others use it to build muscle strength or flexibility.

Studies show that regular practice of yoga and mindfulness reduces stress, lowers blood pressure, helps promote mental health and has a positive impact on overall wellness.



# MINDFULNESS



Mindfulness is when you bring your attention to the present instead of thinking about the past or the future. When you can focus on what is happening as it is happening, you can clear away a lot of worry and distraction.

One way to train your brain to stay present is to tune into your senses.

What details are coming to you right now through your senses of sight, sound, smell, touch, and taste?

Noticing the sensations and sounds of your breathing can also help you be mindful and find calm.



# MONKEY MIND

"Monkey mind" is a phrase from Buddhism that describes a restless mind that swings from thought to thought the way a monkey swings between trees. Monkey mind steers you away from calm and leaves you lost in your thoughts.

People for thousands of years have used yoga and mindfulness to tame monkey mind.

*Monkey Mind Pirates* provides a playful way to talk about overcoming stress and chaos through a fun story, music and characters. Z Puppets loves hearing how children and adults use the language and ideas from Monkey Mind Pirates to express and address feelings about their "stormy seas." In fact, if you find you or your students using our creative tools for calm, please tell us your story, too!



# VOCABULARY



## PUPPETRY

THE ART OF MAKING AND PERFORMING PUPPETS.

**Blacklight:** a special type of light that shines a barely visible purple. Certain materials will glow brightly, or fluoresce, when put underneath a blacklight.

**Blacklight puppet:** a type of puppet designed to glow under a blacklight.

**Metaphor:** a way to understand one thing by comparing it to something else. For example, you can understand the feeling of being worried by calling it a monkey on your back.

**Puppet:** an object that a person moves to make it appear life-like. For example, we can move a shadow of a monkey on the wall to show the monkeys approaching.

**Puppeteer:** a person who makes a puppet move.

**Shadow Puppet:** A type of puppet that uses a light to create its shadow.

## MUSIC

THE ART OF MAKING SOUND

**Chorus:** the part of a song that is repeated.

**Harmony:** when you play two or more notes at the same time.

**Lyrics:** the words of a song.

**Melody:** a series of notes that make up the main tune of a song.

**Rhythm:** the beat of a song.

**Style:** the feeling of a song.

**Tempo:** the speed of a song.

**Verse:** the part of a song that expands on the song's theme.

# MINDFULNESS

## THE ART OF PAYING ATTENTION.

**Anxiety:** anxiety happens when your mind gets carried away with worry and/or fear. One famous person who had anxiety was an author named Charlotte Bronte. Other famous people include Sir Isaac Newton, Oprah Winfrey, and Aretha Franklin.

**Depression:** depression happens when you feel hopeless, have no energy or are always sad. One famous person who had depression was a British politician named Winston Churchill. Other famous people include Vincent Van Gogh, Abraham Lincoln, and J.K. Rowling.

**Distraction:** distraction happens when you have a hard time staying focused on one thought. Everybody can get distracted, but some people have a much harder time than others. One famous person who had ADHD, a form of distraction, was a photographer named Ansel Adams. Other famous people include Albert Einstein, Beethoven, and Leonardo DaVinci.

**Focus:** the ability to concentrate your attention without distraction.

**Meditation:** a way to practice being in the present moment. Meditation

can take many forms, including sitting quietly, walking, laying down, singing, or other any other activity done with a meditative mindset.

**Monkey Mind:** describes a mind that swings from thought to thought the way a monkey swings between trees.

**Om:** a Sanskrit sound used to find calm. The “M” sound vibrates on the lips like humming.

**Yoga:** a system of exercises for gaining bodily or mental control and well-being.

A photograph of four children sitting around a table in a classroom, engaged in a hands-on activity. One girl is writing on a piece of paper, while the others are looking on. There are various materials on the table, including a large white circular object and some papers. The background shows classroom furniture like a green desk and storage bins.

# LESSON PLANS & EXTENSIONS



# PUPPETRY LESSON

## Lesson Goals:

- to explore light & shadow
- to demonstrate and explore creating a puppet character

## Student Activities:

1. Demonstration of how shadow puppets work. Pre-make a shadow screen by either hanging a sheet or shower curtain, or stapling a white piece of fabric across an empty picture frame. Show with a light source (overhead projectors are great) what happens when you put a puppet behind the screen.
  - a. Moving the puppet away from the screen (towards the light) and towards the screen makes the image on the screen bigger or smaller, and fuzzier or clearer.
  - b. Keep your head, hands and body out of the picture so the audience focuses on the puppet.
  - c. Move slowly so that the audience can see your puppet.
2. Demonstrate the steps to making a shadow puppet.

**Grades:** 3rd - 5th

**Time:** 60 min

**Create:** Shadow Puppet

**Respond:** to demonstrations of sample puppets & materials

**Perform:** simple shadow scene

## Materials Needed:

- Shadow screen (see directions)
- Light source/overhead projector
- Tagboard/posterboard/file folders
- balloon sticks or dowels
- hole punch
- duct tape
- pencils
- scissors
- x-acto knife

# PUPPETRY LESSON

- a. draw a shape on the tagboard
  - b. cut the shape out
  - c. add details (have an adult cut out with x-acto knife)
  - d. duct tape a stick on it
2. Students work on their drawings
3. Students cut out shapes
4. Students add details (adults be prepared to cut out with x-acto knife. It helps to have a cutting mat and extra blades in case they dull quickly or break.)
5. Tape a stick on. (Note - in many cases, you can strategically tape the stick on in places that need strength & reinforcement. Be careful to not cover up details with tape.)
6. Students try their puppet out behind the shadow screen.
  - a. Keep the shadow of your body out of the picture
  - b. Make a sound for your character
  - c. Find a unique way for your character to move.



# PUPPETRY LESSON

## Extensions:

### • Add Color

- Students can add colors to shadow puppets by taping colored cellophane that will show through the cutout sections of the puppet. Another option is to get colored gels used in theatrical lighting. Many high school theaters will have old gels, or theatrical lighting stores often give away sample booklets that have hundreds of usable sheets in every color.

### • Add Moving Parts

- Students can add a moving part (arm, leg, tail, etc) by drawing and cutting out the part separately and then attaching it to the main puppet with a brass fastener. Each moving part will require its own control stick, so students should carefully plan how many sticks they can manage. (Hint: one for each hand is usually the limit)



# YOGA LESSON

## Lesson Goals:

- to explore finding Calm through Yoga and Relaxation.
- to define what Calm can look like.

## Student Activities:

1. Discussion about the Island of Calm
  - a. We each have a unique island that we can find where we can find Calm.
  - b. People have been searching for Calm for thousands of years.
  - c. One way people have found Calm is through Yoga.
2. Introduction to Yoga
  - a. Yoga is an ancient form of movement that helps people find Calm by clearing their body and mind.
  - b. One of the basic building blocks of Yoga is your breath.
3. Breathing Exercise
  - a. Students practice breathing deeply, inhaling slowly to a count of 3, holding to a count of 3, and then slowly releasing to a count of 3.

**Grades:** 3rd - 5th

**Time:** 45 min

**Create:** image of Island of Calm

**Respond:** to visualizations and yoga poses

**Perform:** yoga

## Materials Needed:

- Yoga Mats (optional)
- Space for each student to lie down comfortably



# YOGA LESSON

- b. Breathing should not be forced, and students should be encouraged to think of their lungs as a balloon that expand as they breathe in and deflates as they breathe out. The breathe out especially needs to be controlled and slow, making a complete exhale.
- 4. Basic Yoga sequence
  - a. There are thousands of Yoga poses and sequences. This simple one combines the breath with movement.
  - b. Students begin sitting on their knees, backs straight, and palms together.
  - c. As they breathe in slowly, students raise their hands above their heads, opening into a "Y" as they begin to exhale, and then slowly drop their arms in a circle back to the starting position. This should be done at least three times.
  - d. A variation is for students to move the arms sideways and back, pushing their chests forward while they breathe in, and back while they breathe out, returning to the starting position.



# YOGA LESSON

## 5. Island of Calm Visualization

- a. Students lie on the backs, hands at their sides or on their bellies, eyes closed.
- b. As they focus on their breathing, students listen to the visualization below, or similar.
- c. Listen to the sound of your breath as you breathe in and breathe out. Imagine it is the sound of ocean waves, and you are floating gently on a raft, drifting towards the beach on your Island of Calm. Imagine yourself exploring your Island of Calm. What do you see on your Island of Calm? What sounds do you hear that bring you Calm? Are there any smells that you find Calming? Is there anything on your Island of Calm that tastes like Calm to you? What can you feel with your hands or feet on your Island of Calm? These are the hidden treasures of your Island. Pick one or two of these treasures to bring back with you as you open your eyes, wiggle your toes and fingers, and roll over and sit up.
- d. Share with each other the treasures you found.



A tropical beach scene with a palm tree leaning over the sand, the ocean, and a clear blue sky.

# RESOURCES

# PUPPETRY

## Books:

Griffith, Chris, ed. (1996). The Puppetry Cookbook: recipes for making puppets. In the Heart of the Beast Puppet & Mask Theatre, Minneapolis.

Baird, Bil (1966). The Art of the Puppet. Plays. ISBN10 0823800679.

Wisniewski, David (1996). Worlds of Shadow: teaching shadow puppetry. ISBN 10 1563084503

Bell, John (2000). Shadows: A Modern Puppet History. Detroit, USA: Detroit Institute of Art. ISBN0 89558 156 6.

Latshaw, George (2000). The Complete Book of Puppetry. London: Dover Publications. ISBN978-048640-952-8.

Lindsay, Hilaire (1976). The First Puppet Book. Leichardt, NSW, Australia: Ansay Pty Ltd. ISBN 0 909245.

Sinclair, Anita (1995). The Puppetry Handbook. Richmond, Victoria, Australia: Richard Lee Publishing. ISBN0 646 39063 5.

## Websites:

Puppeteers of America, national association of puppetry in US: <http://www.puppeteers.org>

Puppetry Home Page: The Puppetry Home Page is webmastered by Rose Sage and is one of the best for on-line puppetry resources: <http://www.sagecraft.com/puppetry/>



# YOGA

## **Books:**

Yoga for Children(from Global Family Yoga)

Yoga Education for Children by Swami Satyananda Saraswati. This traditional children's yoga book has pose descriptions, games and philosophy.

Yoga for Children by Swati and Rajiv Chanchani. A classic children's yoga book, it contains philosophy and mythology in simple terms. If you get only one children's yoga book this is it!

YogaKids by Marsha Wenig. Colorful photos and simple directions make this a great introduction to the basics of yoga for children.

I Love Yoga: A Guide for Kids and Teens by Ellen Schwartz. This is a great practice guide for older kids. Ellen gives it to us in straight, simple language and relates the practice to real life.

## **Websites:**

Global Family Yoga: <http://www.globalfamilyyoga.org>

Yoga Journal's web site: <http://www.yogajournal.com/>

A hand holding a pencil is positioned over a large sheet of paper. The paper features a large circular diagram with several lines radiating from the center to the circumference, creating a pie chart-like structure. The background is dark and textured.

# ACADEMIC STANDARDS

# THEATER STANDARDS

## Grades K-3:

### **Strand 4. Artistic Process: Respond or Critique**

Standard 1. Respond to or critique a variety of creations or performances using the artistic foundations.

- Benchmark 0.4.1.4.1  
--Compare and contrast the characteristics of a variety of theater performances.

## Grades 4-5:

### **Strand 1. Artistic Foundations**

Standard 1. Demonstrate knowledge of the foundations of the arts area.

- Benchmark 4.1.1.4.1  
--Describe the elements of theater including plot, theme, character, language, sound and spectacle.
- Benchmark 4.1.1.4.2  
--Describe how forms such as musical theater, opera or melodrama, and structures such as chronological or nonlinear are used in the creation, performance or response to theater.

### **Strand 4. Artistic Process: Respond or Critique**

Standard: 1. Respond to or critique a variety of creations and performances using the artistic foundations.

- Benchmark 4.4.1.4.1  
--Justify personal interpretations and reactions to a variety of works in theater.

# COMMON CORE ELA

## **K-5 College and Career Readiness Anchor Standards for Speaking and Listening, Comprehension and Collaboration**

Standard 2. Integrate and evaluate information presented in diverse media and formats, including visually, quantitatively, and orally.

Standard 3. Evaluate a speaker's point of view, reasoning, and use of evidence and rhetoric.

# NAT. HEALTH STANDARDS

## Standard 1

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Performance Indicators:

### Grades PK - 2

1.2.1 Identify that healthy behaviors impact personal health.

1.2.2 Recognize that there are multiple dimensions of health.

### Grades 3-5

1.5.1 Describe the relationship between healthy behaviors and personal health.

1.5.2 Identify examples of emotional, intellectual, physical, and social health.

## Standard 7

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Performance Indicators:

### Grades PK-2

7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.

### Grades 3-5

7.5.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.



A woman wearing a red turban and a man with a beard are looking over a colorful, stylized illustration of a city. The woman is on the left, looking directly at the camera with a serious expression. The man is on the right, looking slightly to the side. The illustration features a yellow building with a green roof, a blue building with a red roof, and a pink building with a red door. The background is dark.

# ABOUT THE ARTISTS

# Z PUPPETS ARTISTS

Z Puppets Rosenschnoz delights children and their adults with feats of imagination through puppetry, physical comedy and live music. Described as “1/2 Monty Python + 1/2 Sesame Street,” Z Puppets tours across the country.

Based in Minneapolis, their family-friendly comedies and arts education have earned national recognition, including grants from the Jim Henson Foundation, National Endowment for the Arts and Puppeteers of America. Z Puppets has also had numerous grants through the Minnesota State Arts Board and the Metropolitan Regional Arts Council.

Z Puppets Creative Directors have specialized in arts education for students from grade school through middle school for over twenty years, including serving as consultants for the Perpich Center for Arts Education and teaching residencies with the MN Academy for the Blind, Young Audiences of MN and VSA Arts of MN.



# SHARI ARONSON



Shari Aronson is a co-founder and Creative Director of Z Puppets Rosenschnoz.

With an M.A. in Drama Education, Aronson's expertise is integrating learning into fun theatrical events for young audiences. She has been commissioned by the MN History Center, Science Museum of MN, MN Cancer Coalition and MN Children's Museum to create participatory educational experiences that engage young people in meaningful content.

A yoga teacher since 1997 (certified by the YOGA for Youth Institute), Aronson finds that the most effective way to connect children with mindfulness techniques is through multi-sensory approaches that engage their imagination. This is especially true for children with attention challenges who need a higher level of stimuli in order to focus.

# CHRIS GRIFFITH

Chris Griffith is a co-founder and Creative Director of Z Puppets Rosenschnoz.

Griffith won a 2009 IVEY award for his puppet designs, and is the editor and creator of *The Puppet Cookbook: a handbook for educators on how to make puppets*, published by In the Heart of the Beast Puppet & Mask Theatre.

Also a teaching artist with the Children's Theater Company, Griffith has received an award from the National Endowment for the Arts for designing innovative arts curriculum for students with disabilities.



# DAVID DEGENNARO



David DeGennaro is the Musical Director of Z Puppets. He composed, performed and recorded original music and sound effects for *Monkey Mind Pirates*, and has been a professional musician, composer and music teacher for 20 years. He teaches individual and group piano, guitar and kit and hand drumming lessons to adults and children.

As a professional drummer, he demonstrates a remarkable versatility, spanning jazz, reggae, zydeco, funk and pop. He has played across the Midwest with bands including Bayou Hazard, Red Dot Garage, Cajun Hot Souls and Abbasolutely.

As a studio musician, he has recorded over a dozen albums at Winterland Studios, Brewhouse Records and Wild Sound studios. As a pianist, he leads The Brothers D, a Minneapolis-based trio that performs jazz originals and standards.



# THE CREW

Z Puppets also works with other musicians and artists regularly. Some of our crew includes:

**Steven DeGennaro:** an accomplished guitar player and recording artist, Steven is the mixing genius behind our *Monkey Mind Pirates* CD.

**Dan Parker:** Holding down the low end of the band is our bass player, who often gets voted best dressed.

**Ellie Fregni:** Our viola player co-founded and runs the Hopewell Music Cooperative in North Minneapolis.

**Alejandra Tobar-alatriz:** Alejandra joins us as a teaching artist and also performs in our yoga party version of *Monkey Mind Pirates*.

**Julie Boada:** Also a puppeteer and visual artist, Julie teaches and performs with us on special projects.

**Laurie Witzkowski:** Laurie is a vocalist, puppeteer and performer in the Twin Cities.

**Heidi Eckwall:** Heidi designed the lighting of *Monkey Mind Pirates* and has also worked on other Z Puppets' projects.

**Aaron Marks:** Aaron runs the sound and lights and is a recent graduate of Hamline Law School.



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[www.zpuppets.org](http://www.zpuppets.org)

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