

## STUDY GUIDE

### **SOUND CHOICES by Rick Adam** **GRADES k-6**

[www.rickadam.info](http://www.rickadam.info)

#### THE PROGRAM

With a unique combination of songs, hand shadows, circus arts, and audience participation, Rick Adam's spellbinding performance takes a caring look at growing up and believing in one's self.

#### FORMAT

The performance is made up of a series of original songs and skits written and performed by Rick Adam. Audiences learn how invention, intelligence and imagination can solve problems. An open forum is used. Audience members give input to address the issues of substance awareness, conflict resolution and self-esteem. Also by combining positive songs with catchy melodies, audiences walk away with *tunes as tools*.

#### PERFORMANCE FOCUS

- \*Substance Awareness
- \*Conflict Resolution
- \*Building Self-Esteem
- \*Mapping Personal Goals
- \*Positive Self-Imaging
- \*Making Sound Choices

#### PRE-SHOW CLASSROOM DISCUSSION:

These are sample questions that will be asked during the show. The questions selected will reflect audience age and sophistication as well as educational focus.

1. Name an example from your life when you succeeded at something that you first thought was impossible.
2. What is the difference between a mistake and a failure?
3. When in life is it a Sound Choice to say "NO"?
4. When in life is it a Sound Choice to say "YES"?
5. What are some fun things you like to say YES to instead of smoking, drinking alcohol, or using drugs?
6. When does conflict or violent confrontation happen in your life?
7. What are some of the negative effects of fighting?

#### SOUND CHOICES GROUND RULES

Have the class read these ground rules aloud daily. Write them on the board and have an open class discussion on what they mean and how to use them at school, home, and in your daily life in the world.

1. I use everything for my learning and growth.
2. I take care of myself, so I can help take care of others.
3. I don't hurt myself, and I don't hurt others.

#### POST-SHOW CLASSROOM ACTIVITIES

Choose activities that are most age-appropriate for your students.

1. Make a list of *Dreams Come True* that you would like to do, be or have.
2. Draw a picture or cut out pictures from magazines to make a Treasure Map of your *Dreams Come True* list.
3. Using an overhead projector or flashlight and a movie screen or sheet, make up a play or song about your goals and dreams and bring them to life as a shadow play, using your hands, paper cutouts and your imagination!
4. Ask the class what a Sound Choice is. Ask them to give several examples.
5. Go around the room and ask why kids go along with things they know are unwise – like smoking. For example: "I went along because I didn't want to be different", "Everyone else is doing it", etc. How could you have said "NO"?
6. George is in the fourth grade. His older friends on the school bus are daring him to smoke a cigarette. How should he handle the situation?
7. When conflict starts to arise,  
**STOP** – take a breath, count to 10, calm down.  
**LOOK** – size up the situation. If unsafe, call or go for help.  
**LISTEN** – listen to the other side, talk slowly and softly. If you need help, have an adult listen to both sides. Create a WIN/WIN situation!
8. Think of a situation where someone called you a name or you called someone a name. Why did this happen? How did each person feel? Could this situation have been avoided? Could it have been resolved peacefully so that everyone felt good?
9. Draw pictures of Rick Adam's *One Man Band*.
10. Make a list of some common things that you can use to make instruments, such as using a comb and waxpaper to make a kazoo, using a bucket as a drum, or using an oatmeal box filled with some dry beans to make a rattle.
11. Create a marching kazoo band and have a parade!

## SOUND CHOICES POWER CHORUSES

Have the entire class sing the choruses of the songs from "Sound Choices".

### **"FRIENDS"**

*I am your friend and you are mine  
It's nice to get together and share some time  
I am your friend and you are mine  
Friends 'til the end... 'til the end of time.*

### **"LEARNING"**

*I'm learning... I'm learning  
Who I really am  
I'm learning... I'm learning  
I can because I think I can!*

### **"SAY YES"**

*Say YES to life!  
YES to happiness!  
YES to good times with my friends!  
Say YES to success!  
YES to the very best!  
YES to stories that happily end!  
Say YES!*

## SOUND CHOICES SING-A-LONG TAPES

If you would like to order a **Sound Choices Sing-A-Long Tape** with 5 complete songs (the complete versions of the 3 songs listed above, plus "*Imagination Celebration*" and "*Paddy-Whack One Man Band*"), mail a check or money order to:

Rick Adam  
61 Benson Rd.  
Buckfield, ME 04220

The cost is \$16.00 per tape plus \$2.00 shipping and handling per tape.

Each tape has **Side A with words** and **Side B without words**. A word chart is also included with each tape. All tapes are ©1998 Rick Adam. All Rights Reserved. *Allow three weeks for delivery.*

## **PHONE NUMBERS AND HOTLINES**

1. National Institute on Drug Abuse: 800-662-4357 or [www.phoenixhouse.org](http://www.phoenixhouse.org)
2. National Council on Alcohol and Drug Use: 800-NCA-CALL
3. E.D.A.P. Eating Disorders Awareness & Prevention 800-931-2237 or [www.edap.org](http://www.edap.org)
4. Child Help USA - Child Abuse Hotline: 800-422-4453 or [www.childhelpusa.org](http://www.childhelpusa.org)
5. National Runaway Switchboard : 800-621-4000 or [www.nrscrisisline.org](http://www.nrscrisisline.org)
6. Cocaine Help Line : 800-262-2463 or [www.phoenixhouse.org](http://www.phoenixhouse.org)

**Study Guide information compiled by Robin Mello, PH.D**

### **Disclaimer**

*Sound Choices* is designed to provide some general substance awareness information. It is not meant to be used for diagnosis or treatment of a related condition. Drug/Alcohol abuse and eating disorders are serious issues. If left untreated they can be life threatening. If you have concerns about a substance related condition. Contact your doctor or a trained professional. The web links provided will help to put you in touch with support in your local area and more information on Drugs/Alcohol and eating disorders.