



"The Rabbit in the Moon"

& other Marvelous Tales of the Night Sky

March 2-6, 2020
The Abrams Planetarium
Study Guide & Support Materials

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"The storyteller LuAnn Adams is a bit of an alchemist herself, turning an ordinary room into a fantastical landscape as she relates her vivid tales."
— *New York Times*

LuAnn Adams

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is an awarding-winning storyteller, recording artist, actor & author. She tells stories for children & adults at schools, theaters, libraries, museums, zoos, aquariums, wildlife centers, festivals, hospitals & special-needs learning centers across the United States—as well as in Vietnam, Cambodia & Egypt. Each storytelling performance inspires young people to discover their courage, explore the healing power of dialogue for creating choices & embrace their hope-filled dreams for a peaceful world.

LuAnn has performed at & received 23 touring grants from the **Cincinnati Playhouse** to create & perform multicultural storytelling programs for children & families in schools in the Ohio & Kentucky. Her animal storytelling programs have delighted visitors at national wildlife centers, zoos & aquariums New York & New Jersey for more than 15 years. LuAnn conducted storytelling master classes at **Northwestern University** in Chicago for five years. She has performed in Elementary & Middle Schools & for the **Clark County School Librarians Association** (CCSLA) annual meetings in Las Vegas. LuAnn has created, performed & conducted storytelling residencies extensively in NYC & East Coast schools for more than 25 years. For the past 5 years she has performed Civil War stories for History Re-Enactment Festivals in Minnesota, sharing stories with more than 20,000 Middle & High School students.

LuAnn created & will be performing *“The Rabbit in the Moon & other Marvelous Tales of the Night Sky”* at the Abrams Planetarium in East Lansing Michigan in March 2020. This is her 2nd performance series for the Wharton Center, she performed *“Jaws, Paws & Claws – Animal Wisdom Tales”* at the **Pasant Theater** in January 2017.

LuAnn is a member of the National Storytelling Network, New York Storytelling Center, Actor’s Equity Association & SAG-AFTRA. She has a BA in Theater Arts & Child Psychology from Macalester College & an MFA in Acting from the Mason Gross School of the Arts at Rutgers University. Her award-winning storytelling CDs may be found in schools, libraries & homes all over the world.

“The storyteller LuAnn Adams is a bit of an alchemist herself, turning an ordinary room into a fantastical landscape as she relates her vivid tales.”

- New York Times

Watch LuAnn's Storytelling:

www.luannadamsstoryteller.com

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LuAnn's CDs are available for download & purchase at CDBaby.com, Amazon.com:

“Jaws, Paws & Claws - Animal Wisdom Tales”

Won: The National Parenting Publications (NAPPA) Gold Award

“Tipingee, Brer Rabbit & The Mouse That Barked”

Won: The National Parenting Publications (NAPPA) Gold Award

The Tricky Caterpillar & other Tales”

Won: The Parents' Choice Silver Honors Award & The National Parenting Publications (NAPPA) Honors Award

“Brave Little Red & other Tales”

Won: The Parents' Choice Recommended Seal & The National Parenting Publications (NAPPA) Gold Award

“These excellent collections of well-told tales deserve a place in every library with an audio storytelling collection.”

- School Library Journal

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Preparing your students for

“The Rabbit in the Moon & other Marvelous Tales for the Night Sky”

Vocabulary:

Storyteller –In the early days, the storyteller was the keeper of history, culture and traditions. Storytellers were the bearers of news, the historians and the entertainers. Traveling storytellers went from village to village with tales, songs anecdotes, fables and news. They often created stories to reinforce and teach important lessons not only to children but to the elders and the entire village.

Folktale – A story or tale, often with a known cultural origin, but whose authorship is not known. Folktales are stories that have traditionally been told, rather than written down, passed orally from generation to generation.

Porquoi Tale – How/Why Folktale - Folktales with a clear explanation of how some phenomena of nature was created or came to be. The stories often have a distinct Beginning, Middle and End, and have a lesson or moral reason to be learned from the telling. Often the Middle of the tale involves a ‘magical’ cause and effect that transforms/creates the result that is stated in the title of the story. All over the world people created and told these tales!

Before/After the Performance Activities:

* Read/Listen with your students a Porquoi: How/Why Explanation Folktale.

**Many reading textbooks contain Porquoi Folktales. You can also go to the 398.2 section of your local library.*

Suggestions:

1. *“Why the Sky is Far Away”* A Nigerian Folktale retold by Mary-Joan Gerson

** You can download and listen to my audio telling of*

“Why the Sky is Far Away” from my CD

“Tipingee, Brer Rabbit & The Mouse that Barked” by logging into CDBaby.com or Itunes

2. Here are 2 Porquoi Folktales explaining how the rabbit got to be on the moon:

“The Rabbit in the Moon” „A Mexican Folktale retold by Edna Ramirez

“The Rabbit in the Moon” A Japanese Folktale retold by Amy Friedman and Meredith Johnson:

<https://www.uexpress.com/tell-me-a-story/1996/8/1/the-rabbit-in-the-moon-a>

- Compare & contrast the **Beginning** of the story with the **End** of the folktale.

(Note: The Title and the End of the Porquoi Folktale contains a truth revealed at the End of the Story.)

- In the **Middle** of the folktale, there is a cause/effect experience. The main character wants something, so s/he does something, and because of this action – something happens. In the story that you read aloud discuss each of these parts of the Middle of the tale.
- What do you think the creator of this folktale, wanted the audience to think about after hearing this story? Is there a lesson to be learned in the tale?
Why do you think that this story is still told/read today?
- As a class, (or in small groups) choose an element in the night sky and a physical characteristic. Then, create, write and illustrate your own Night Sky Porquoi Folktale!

“All things share the same breath – the beast, the tree, the man. The air shares its spirit with all the life it supports.” - Chief Seattle

About “The Rabbit in the Moon” Stories....

The Storytelling Star

Seneca Folktale

How the Children Got the Sun in the Sky

Khosian (Bushman) Folktale

The Rabbit in the Moon

Folktale from India

Bright Little Star

Story by LuAnn Adams

Her Seven Brothers

Cheyenne Folktale

Tour of the Universe

Story by LuAnn Adams, Music composed by Matthew Dean Marsh

The Storytelling Star

A young boy becomes separated from his family in a terrible storm. He must survive in the forest with the skills that his father taught him. One night a star starts to tell him stories. He loves listening to the stories and it makes him feel less lonely. The star tells him that one day he will share these stories with his new family and many others. One day, he meets a boy who is lost in forest and comforts him with the stories he has learned from the star. When he brings the boy home, the boy's parents ask him to stay and he becomes a beloved member of the family. Gradually he shares the stories he has heard from the star, with his new family and tribe.

“*The Storytelling Star*” is a story told by the Seneca people in North America. My version is based on “*The Origin of Stories*” in Ella Elizabeth Clark’s book, “*Indian Legends of Canada*”.

The Seneca People are a group of indigenous Iroquoian-speaking people native to North America who historically lived south of Lake Ontario. They were the nation located farthest to the west within the Six Nations of Iroquois League (Haudenosaunee) in New York before the American Revolution.

How the Children Got the Sun Up in the Sky

...A Khosian (Bushman) Porquoi Folktale from Africa. The world is dark. A boy is born with circles of light under his arms. Whenever he raises his arms up there is light, when his arms are down, it is dark. The Sunman lights up the world for many years and then asks the children to throw him up into the sky. It is the story of children seeing a need in their community and working together to make the world a better place for everyone.

“*How the Children Got the Sun Up in the Sky*” is a story I read about 25 years ago. About 10 years ago, I performed in Africa and met a Storyteller who told a version of this story and she gave me permission to share her adaptation of this tale. She told me that this story is one of the first stories ever told in the world.

Other sources and adaptations of this tale:

- “*The Sun and the Children*” from in Paul Radin and Elinore Marvel’s “*African Folktales and Sculpture*”.
- “*The Sun*” A Bushman Legend, South African Folktale.

https://www.worldoftales.com/African_Folktale_16.html

- II. *Sun and Moon* from *"The Children are Sent to Throw the Sleeping Sun into the Sky"*. *"Specimens of the Bushman Folklore"* by W.H.I. Bleek and L. C. Lloyd.
www.sacred-texts.com/afr/sbf/sbf06.htm

The Khosian People refers to 2 groups of people found in Southern Africa, the San, and the Khoi. Both groups share linguistic and physical characteristics distinct from the Bantus, who are the majority in the region. The San are popularly known as the Bushmen. The Bushmen are indigenous hunter-gatherer groups that are the first nations of Southern Africa and whose territories span Botswana, Namibia, Angola Zambia, Zimbabwe, Lesotho and South Africa.

The Rabbit in the Moon

Four dear friends, the Rabbit, Otter, Fox & Monkey live in the most beautiful forest. They love each other dearly. But most of all they love the Rabbit, who is beloved as a healer, storyteller and friend of all the creatures in the forest. One night the Rabbit inspired by a human holiday, suggests that they find food the next and fast and if a hungry creature comes by the next day, that they give all their food to them. The Great God Indra (this is the same God Shakra, the name that is used in some Indian texts of the story) overhears and decides to test the animals' promise. The God disguises himself as a beggar and asks the animals for food. The animals quickly bring their offerings to him. The Rabbit has decided that since the beggar does not eat grass that he will offer his own body and builds a big fire. As he leaps into the fire the God grabs him and transforms himself into his true self. He is so moved by the selfless generosity of the Rabbit that he decides to place him on view in the moon, so that anyone who looks at the moon will see him and be inspired to be generous and share their best self with others, too.

There are many versions of this beautiful tale! My version of *"The Rabbit in the Moon"* is combined from the Indian, Japanese & Southeast Asian versions of the Folktale *"The Rabbit in the Moon"*. There are many versions of this folktale:

- *"The Rabbit in the Moon"* A Mexican Folktale retold by Edna Rameriz
- *"The Hare in the Moon"* A Jataka Tale. www.wordpress.com/.../the-hare-in-the-moon
- *"The Hare in the Moon"* A Tale from India from *"Tales of the Shimmering Sky -Ten Global Folktales with Activities"* retold by Susan Milford
- *"The Rabbit in the Moon"* A Japanese Folktale retold by Amy Friedman and Meredith Johnson:
<https://www.uexpress.com/tell-me-a-story/1996/8/1/the-rabbit-in-the-moon-a>

Indra (Shakra) is a guardian deity in Hinduism. He is the God of Lightning, Thunder, Rains and River flows. He is the King of Heaven and sometimes referred to as Shakra. Indra not unlike other powerful European deities like the Greek God, Zeus, Norse God, Thor, Roman God, Jupiter.

Believe it or not, the moon rabbit - as well as the moon goddess Chang'e - were topics of discussion between the Apollo 11 astronaut Buzz Aldrin and the mission controllers in Houston just before the space capsule landed on the moon! Here is an excerpt from the Apollo 11 transcripts of their conversation:

Houston: Among the large headlines concerning Apollo this morning, there's one asking that you watch for a lovely girl with a big rabbit. An ancient legend says a beautiful Chinese girl called Chang-o has been living there for 4000 years. It seems she was banished to the Moon because she stole the pill of immortality from her husband. You might also look for her companion, a large Chinese rabbit, who is easy to spot since he is always standing on his hind feet in the shade of a cinnamon tree. The name of the rabbit is not reported.

Edwin "Buzz" Aldrin: "Okay. We'll keep a close eye out for the bunny."

If you'd like to see a photo of the Rabbit on the Moon:

"You might be a tiny creature but from this day on everyone in the world will remember you as the mighty rabbit in the moon"

<https://latinfolktales.wordpress.com/tag/the-rabbit-in-the-moon/>

The rabbit shape in the Moon

Bright Little Star

An original story I wrote and researched with Shannon Schmoll at the Abrams Planetarium. In the story, a Bright Little Star lights up in the sky of the Planetarium and starts to ask questions. Her questions about Night Sky Phenomena are answered by the Constellations that light up on the Planetarium ceiling and take turns lighting up & happily share their wisdom and insight!

I will accompany myself on a **djembe**.

A **djembe** is a skin covered goblet drum played with bare hands, originally from West Africa. According to the Bambara people in Mali, the name of the djembe comes from the saying "Anke dje, anke be" which translates to "everyone gather together in peace" and defines the drum's purpose. In the Bambara language, "dje" is the verb for "gather" and "be" translates as "peace."

- Vocabulary is highlighted on the right side of each verse.
- Here is a sample, verses 1-3 of the 7 verses of **Bright Little Star** and the ending Coda:

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Bright Little Star

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Narrator/Storyteller:

"Once upon a time, way up in the sky

There was a bright little star who was always asking "Why?"

Little Star

Verse 1:

Star:

"Why does Saturn have those rings?

Saturn

What are they made of particles and things?"

Gemini Twins:

"You are right!" said the Twins of Gemini,

Gemini

"There made of dust and ice and they circle by.

They're held together, not with glue, but gravity –

A celestial circumference, rotating gracefully!"

Verse 2:

Star:

"Why is the Milky Way called the Milky Way?"

Milky Way

<i>Taurus:</i>	<i>Did the Hey Diddle Cow, who jumped over the moon, Spill her milk, did she jump too soon?"</i> <i>"I'm Taurus the Bull, I can tell you how! The milk in the Milky Way is not from a cow! The teeny tiny droplets that look white like liquid splatter, Are really stars so far away – dense balls of gas & matter!</i>	Taurus
Verse 3:		
<i>Star:</i>	<i>"What is a Black Hole? Did someone pull the plug? Did a giant with a shovel break a hole, was it dug?"</i>	Black Hole
<i>Orion:</i>	<i>"I am Orion, the Great Hunter, with the belt I chased the Rabbit Lupus with my Dogs through darkest veldt I was bitten by a Scorpion, that is how I died, BUT, I did not fall or dig a hole of that enormous size!"</i>	Orion
<i>Dog #1: Canis Major:</i>	<i>"A Black hole has a vortex, that warps space and time in night!"</i>	
<i>Dog #2 Canis Minor</i>	<i>"It's invisible, it can't be seen -it sucks up all the light!"</i>	
<i>Rabbit/Lupus:</i>	<i>"Do not get to close! Do not hop inside!"</i> <i>"You'll get skinny like a noodle – you'll be spaghetti-fied!"</i>	Lupus
.....		
Coda:		
	Narrator/Storyteller: <i>"So, if you see a twinkling star way high up in the sky Ask her all your questions and she can tell you why Perhaps she'll share a story or whisper in your ear A bit of Star-e-ology and from the Mystic Stratosphere!"</i> <i>A bit of Star-e-ology and from the Mystic Stratosphere!"</i> <i>.....A bit of Star-e-ology and from the Mystic Stratosphere!"</i>	Bright Little Star

Fun Space Vocabulary to look up and explore in **Bright Little Star:**

Comet, Asteroid, Meteor, Pleiades, Oort Cloud, Ursa Major, Ursa Minor, Venus, Pluto, Neptune, Uranus, Earth, Hercules, Jupiter, Great Red Spot, Draco, Bootes, Aquila, Ganymede Pegasus

Her Seven Brothers

There are many folktales from all over the world explaining the origin of the Big Dipper. I will share a beautiful Native American version, a story from the Cheyenne. **Her Seven Brothers** is a story of courage, kindness and never giving up in the face of extreme challenges.

In many versions of the story, young girl is orphaned and an older woman with no children of her own takes her in and teaches her the art of quillwork and sewing. The young girl's work is exquisite, and in a dream, she learns she has 7 brothers who live far away from where she is currently living. 7
She starts sewing 7 outfits for boys and when she has completed them, tells her guardian that she is going to find her brothers, that they need her. She finds her brothers, and she and the littlest brother take care of the tipi each day as the older brothers go hunting. One day, the youngest brother follows a most unusual bird and while he is away a monster buffalo kidnaps the young girl. When her brothers realize what has happened, they each use their magic capabilities to free her from the Monster Buffalo and bring her home. The Great Buffalo and the herd chase them and despite the multiple barricades they set up, the buffalo breakthrough every wall. Finally, the youngest brother uses his remaining magic arrows to grow a great tree and with his arrows it reaches up into the sky. The brothers and sister climb it and jump into the sky, just as the Great Buffalo knocks down the tree. The girl and her brothers become the stars of the Big Dipper.

My version of the tale combines several Native American folktales including:

"The Quillworker" written and adapted by Terri Cohlene

"The Quillworker and her Seven Brothers" <https://www.firstpeople.us/FP-Html-Legends/TheQuill-WorkGirlAndHerSevenBrothers-Cheyenne.html>

"Her Seven Brothers" retold by Paul Goble

"The Sister and Her Seven Brothers" collected by Grace Jackson Penney in "Tales of the Cheyenne"

"The Seven Stars" told by John Stands With Timbers in "Cheyenne Memories"

The Cheyenne People are North Plains Indians who spoke an Algonquian language and inhabited the regions around the Platte and Arkansas rivers, during the 19th century. Before 1700, the Cheyenne lived in what is now central Minnesota, where they farmed, hunted, gathered wild rice and made pottery.

.....**The Big Dipper, The Drinking Gourd**

More interesting facts about the Big Dipper! <https://www.nps.gov/articles/drinkinggourd.htm> 8

*Night sky illustration of the Big Dipper, or Drinking Gourd, in relation to the North Star and Little Dipper.

The Big Dipper, The Drinking Gourd:

During the height of the Underground Railroad movement prior to the Civil War, Harriet Tubman, the best known conductor of the Underground Railroad, roused many enslaved Americans in the south to seek freedom in the north. Traveling under cover of night often offered the best chances of escaping. However, most slaves did not have maps or compasses to guide them. Without the use of these tools, a fugitive's ability to successfully navigate to a safe house, railroad station, or the woods was often a matter of life or death.

As slave lore tells it, the North Star played a key role in helping slaves to find their way—a beacon to true north and freedom. Escaping slaves could find it by locating the Big Dipper, a well-recognized asterism most visible in the night sky in late winter and spring. As the name implies, its shape resembles a dipping ladle, or drinking gourd. From the gourd's outline, the North Star could be found by extending a straight line five times the distance from the outermost star of the bowl.

For millennia, celestial wayfinding knowledge—navigating by observing the stars and other night sky patterns—passed from generation to generation. For slaves that did not know how to read or write, "reading" the night sky provided important clues for survival. This information helped slaves to find their way without getting lost. Many former slaves, including historical figures like Tubman, used the celestial gourd, or dipper, to guide them on their journey north. The Big Dipper and North Star were referenced in many slave narratives and songs. *Follow the Drinking Gourd* was a popular African American folksong composed decades after the War and based on these anecdotes that memorialized the significance of these stars.

The Big Dipper: <https://www.constellation-guide.com/big-dipper/>

The **stars** that form the **Big Dipper** are the seven brightest **stars** in Ursa Major: Alioth, Dubhe, Merak, Alkaid, Phecda, Megrez, and Mizar.

Tour of the Universe *Finale!*

A original story written in rhyme & rhythm highlighting the amazing features of the Abrams Planetarium and the constellations! Music composed by Matthew Dean Marsh. If you listen carefully, you can hear the music that you enter the Planetarium has musical passages that are in this final piece!

Sample verses of **"Tour of the Universe"**:

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*“Now let’s take a tour through the cosmic universe!
 We’ll travel on a Moonbeam and we’ll say it all in verse!
 It’s telemetry, it’s galactic, trans-Neptunian, too!
 Elliptical and muttnik and of visual magnitude!
 A Nebulae is a nursery, baby bits of clouds of gas and dust
 The gravity of a passing star, may start it to combust!
 A Star is like a furnace, gigantic, nuclear
 Hydrogen meets helium - fusion, that’s for sure!
 Look-
 There’s the Telescopium, the viewer in the sky
 Let’s tell some stories and some myths, I hope they satisfy:*

Telescopium

From Greece!

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*Queen Cassiopeia, bragged that she was, much more beautiful than most.
 But her daughter had to pay for her mother’s fateful boast!
 Andromeda was chained to a rock - the Monster was to eat her!
 But Perseus saw her, fell in love and couldn’t wait to meet her!
 He turned the Monster Cetus, into a giant rock
 He saved her, they got married (and kissed right on the spot!)*

Cassiopeia
Andromeda
Cetus
Perseus

*See the Great Big Dipper? It was called the Drinking Gourd
 Runaway slaves would follow it, to freedom in the North.
 The Iroquois say that it’s a Bear, that woke up in the Spring.
 Through the summer the Bear was tracked by hunters with small wings
 The Robin shoots an arrow, the Bear falls over dead.
 Blood sprinkles from his body and now leaves in Fall turn red.
 Droplets land on Robin’s chest, now she has a bright red breast.*

Big Dipper
Ursa Major

Robin

*Each Winter Bear goes back to sleep, wakes up in Spring and we repeat!
 The Bear, the hunters then pursue, he dies, then comes to life anew!
 On the Earth the seasons shift! In the sky the drama’s swift!
 As the seasons come and go, in the universe there’s a show!*

Wonderful Space Vocabulary to explore in “Tour of the Universe”

Emerald Helmet, Horsehead Nebula, Tadpole Galaxy, Dog Star Sirius

Bird Constellations:

Apus, Bird of Paradise, Phoenix, Cygnus Pavo, Toucana, Columba, Corvus, Aquila, Grus the Crane,

Sea Creature Constellations: Pisces, Dorado, Delphinus, Volans, Capricornus, Hydra,

Greek God Constellations: Hercules, Hera

Animal Constellations:

Leo, Lacerta, Aries, Camelopardalis, Chameleon, Vulpecula, Lupus, Lynx, Serpent, Equuleus, Centaur, Sagittarius, Monoceros

Fun Space Science Words:

Wave length, light year, parallax, Quasar, pole star, equinox, spectrum, starlight, solar wind, hyperbolic, gegenschein, syzygy, solstice, zodiac, interstellar, great big bang

The “Tour of the Universe” Composer:

Matthew Dean Marsh is a composer, performer, and writer based in New York City. Marsh has traveled the world as a vocalist, composer, and musician. His compositions have sounded at Madison Square Garden, Barclays Center, Radio City Music Hall, Lincoln Center, The Public Theater, The Goodman Theater in Chicago, and the White House in Washington DC. He has also performed at the Pompidou in Paris and Royce Hall in LA. Matthew is a fellow of the Sundance Institute, Drop Forge & Tool Residency, FGP In-House, and the Johnny Mercer Songwriter’s Project. Marsh has worked extensively with both undergrad and graduate

performing arts students around the world including New York University, American Academy of Dramatic Arts, NYU Abu Dhabi, Shanghai, and Cincinnati College of Music.

Additional Support Materials for “Rabbit in the Moon”

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“Seeing Stars – A Complete Guide to the 88 Constellations” by Sara Gillingham

“Star Songs and Water Spirits – A Great Lakes Native Reader” edited by Victoria Brehm

“Spirits of the Earth – A Guide to Native American Nature Symbols, Stories and Ceremonies” by Bobby Lake-Thom

“Questions Kids Ask About Space and Stars” publisher, Joseph R. DeVarennas

“Joining In: An Anthology of Audience Participatory Stories” -edited by Teresa Miller.

“Star Talk” – with Neil deGrasse Tyson, National Geographic

“The Stars”, “Find the Constellations” both by H.A. Rey

“The Storytelling Star” stories collected by James Riordan

“The Rabbit in the Moon” by Douglas Wood

“The Princess and the Moon” by Daisaku Ikeda

Multicultural Storytelling Activities Across the Curriculum

In today’s classrooms, multiculturalism is important. But how can teachers add this to their lessons and still have time for academic basics? One way is by integrating folk and fairy tales from around the world into your curriculum.

How to start:

Choose your folktale.

(Find one that gives you goosebumps when you read it!)

After sharing your tale with your class apply the K-W-L method of investigation.

- What do they already **KNOW** about the folktale’s country/culture?
 - What do they **WANT** to know?
- What have we **LEARNED** about the country/culture through the tale & these questions?

Across the Curriculum Ideas:

Language Arts - Have the students rewrite the story’s ending, act it out or write an original tale inspired by the story.

Social Studies - Find out how the Native people lived. Explore their civilizations, past and present. Discover, find current events happening in the country.

Geography - Locate your story's country on a map. Explore the terrain & climate.

Foreign Language - Explore the language. Ask a native speaker to visit.

Science - Examine the country's native wildlife.

Art - Examine the country's native arts & crafts. Create art similar or inspired by it!

Physical Ed - Learn a dance from the country.

Folktale with Teaching Activities:

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"Who is in Rabbit's House" by Verna Aardema and/or "The Tricky Caterpillar" from "The Tricky Caterpillar & other Tales" audio CD by LuAnn Adams

Language Arts: Learn about African onomatopoeias: act out the story.

Social Studies: Make a model of a typical house of the Masai tribe.

Geography: Locate Africa & Kenya on a globe. Discuss climate & terrain.

Foreign Language (& Math): Invite a Swahili speaker to your class. Learn to count: 1-10!

Science: Research the animals that are native to Kenya.

Art: Make African animal masks.

Music: Find traditional instruments. Play a CD of African or Kenyan music.

Culture & Cuisine: Explore traditions & customs. Make an African stew!

How to Tell a Story...

I think one of the most important tenets of storytelling is to really love the story that you are sharing.

If the story comes from your heart, then it tells itself through you, in a natural expression of sharing.

It is very important to practice in order to understand the characters, the plot of your story, and 'the flow' of the piece.

Then, carefully choose your audience. Storytelling is a joyous art, and if you enjoy yourself, your audience will, too! Each time you tell a story, you have the opportunity to better understand how you can respond to your listeners and shape your story. You can work on your timing by cutting or lengthening specific moments, holding for laughs, and more!

If your material is from a written text, don't be afraid to have the text handy when you are practicing or even when you are performing. Storytellers find their own version of the text that they are telling. It is the 'voice' inside that shapes the tale into a unique expression of the teller. As you practice and become more comfortable with your stories, they will tell themselves, through you! -L. Adams

Email me if you have any questions: Tales21st@aol.com

Helpful Books for Learning & Honing Storytelling Skills:

Barton, Bob & David Booth. **"Stories in the Classroom"**. Heinemann Educational Books, 1990.

Gillard, Marni. **"Storyteacher: Discovering the Power of Storytelling for Teaching and Living"**. Stenhouse Publishers, 1996.

Hamilton, Martha & Mitch Weiss. **"Children Tell Stories. A Teaching Guide"**. Owen Pub., 1990.

Hamilton, Martha & Mitch Weiss. **"Stories in My Pocket. Tales Kid Can Tell"**. Fulcrum Pub., 1996.

MacDonald, Margaret Read. **"The Storyteller's Start-Up Book"**. August House Pub., 1993.

Mooney, Bill & David Holt. **"The Storyteller's Guide"**.
(Storytellers share advice for the Classroom, Boardroom, Pulpit & Stage.) August House Pub., 1996.