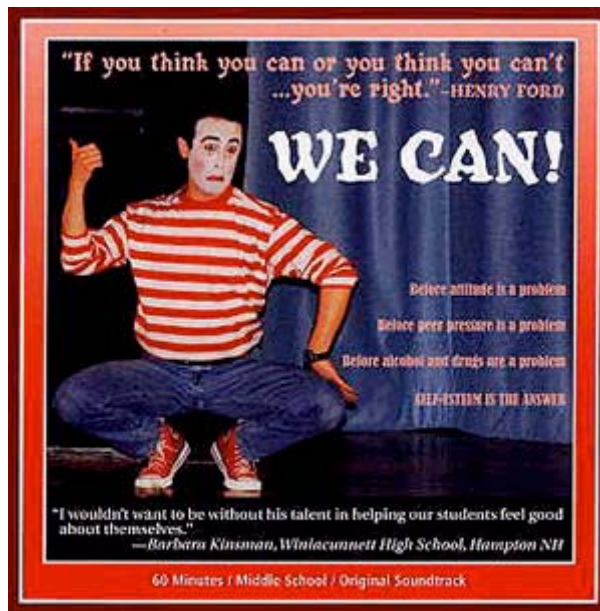


# WE CAN

A program on self-esteem & making good decisions.

by SCOT CANNON



## Curriculum Integration Information

[www.scotcannon.com](http://www.scotcannon.com)

# **WE CAN**

A program on self-esteem & making good decisions

written & performed by Scot Cannon

## Curriculum Integration Information

Before attitude is a problem  
Before peer pressure is a problem  
Before alcohol, drugs & smoking are a problem  
**SELF ESTEEM IS THE ANSWER.**

Scot brings students through one full day of school in this stage presentation. We see one adolescent trying to make all the choices and decisions necessary to keep him going in the right direction. The first 30 minutes is silent pantomime with an original background score of music and sound effects. Scot then removes his make-up on stage and delivers his comic monologue filled with questions for the audience. He wants to make sure the audience saw everything that happened. Scot brings them closer to the message by using the memories of his struggle with an adolescent speech problem. His battle to be understood and accepted gives hope and encouragement to kids desperately trying to put it all together.

WHAT IS THE MESSAGE?

**"If you think you can or you think you can't... you're right."**

**HENRY FORD**

**It is hoped that you will make copies of this guide and distribute them to all classroom teachers attending the performance.**

Scot would love to hear from your students. If you have any questions or comments about the performance, or if you would like to mail student packets to Scot, you can address mail or email to:

[scotthemime@comcast.net](mailto:scotthemime@comcast.net)

114 Congress Street, Belfast, ME 04915

# WE CAN

## PROGRAM ACTIVITIES - BEFORE THE PROGRAM

Tell your students that the program they will see is about making it through one day of school. The main character in the show wants to end the day feeling good about himself, the choices he's made and the friends he's chosen to be with. To prepare students for the program:

In written or oral format, ask your students to describe one positive and one negative experience that they had at each of the following times or places:

1. Waking Up
2. In a School Bus
3. In a Class
4. At Lunch
5. In a Music Class
6. Walking Home from School

Act out any of the above situations. This exercise works best when the answers are written and then followed by discussion.

### **DEFINITIONS WORTH DISCUSSING:**

**Self-Esteem** - How you feel about yourself.

**Coping** - How you handle difficult situations.

**Friend** - Someone who knows all your good qualities and takes pride in the things you do.

**Goal** - Something you want to do. Someone you want to become. A dream.

**Alternatives** - Choices offered to you that will allow you a say in what is going to happen.

**Consequences** - What will happen as a direct result of your actions.

**Self-discipline** - The ability to control your actions and reactions.

**Self-respect** - The importance you place on who you are and what you mean to others.

**Peer Pressure** - To be directly or indirectly influenced in attitude or action by people your own age.

**Personal Rights** - The freedom to protect your space, your body and your feelings.

**Attitude** - outlook on life, general feeling about something, a physical posture while interacting with others.

**Approval** - to be accepted, to be liked or respected.

**Fantasize** - to dream.

**Trust** - to believe and have faith in.

**Self-confidence** - to believe in yourself.

# **WE CAN**

## **Introduction**

This show is called WE CAN. It follows one student through one full day of school. You will see all the choices and decisions he must make. There is something different about this student. This difference can sometimes make him feel alone and not liked. All he wants is for people to like him for who he is.

You will see real problems and several solutions, some fantasy and some reality.

Watch the bus in the morning. Scot will sit down beside five different kids, five different personalities. These are the kids that he will have to deal with all day.

This show is done in PANTOMIME. Scot will not talk until the second part of the show.

## **WE CAN**

words and music by SCOT CANNON

Life was so easy when I was a kid  
My mother would hold me whatever I did  
My Father would let me make my mistakes  
Now there is much more at stake.

Sometimes it's so scary I get so confused  
I can't tell if they're my friends or if I'm being used  
I trust in my Father to show me the way  
Things are different today.

They tell me at sixteen I must be a man  
Why they keep calling me kid I don't understand  
Give me some freedom, I'll prove I can grow  
I'll learn everything I don't know.

My Mother, my Father, I know they're still there  
It's my turn now to show that I care  
Think for myself, don't be led by the hand  
If we work hard we can. If we work hard we can.

# WE CAN

## PROGRAM ACTIVITIES - AFTER THE PROGRAM

Discussion or role playing: (Any of these topics can be acted out or discussed):

Break down the important events in each scene and do it another way. What would happen if... you didn't give up your lunch to the bully, if you made a different choice of friends?

Take a look at the positive and negative events your students described before the show and see what would happen if choices or circumstances were different.

### FOLLOW UP QUESTIONS:

1. What is self-esteem and why is it so important?
2. How did Scot want to end his day?
3. Name the 5 other characters in the story. Of the 6 characters, who is most like you? Why?
4. Which character did you like the most? Why? The least? Why?
5. Why does the Big Guy always pick on Scot?
6. What made the "Friend" the most important person Scot met?
7. Why did it take Scot so long to realize he had found a friend in the FRIEND?
8. Should you spend time thinking about consequences? Why?
9. At the end of the story, who was the only person who could make Scot's decisions?
10. Scot felt good that he was able to make an appropriate choice at the end of the story. Who did Scot finally stand up to?
11. List the times in the show that Scot felt things were out of control.
12. List the times Scot felt good about what was happening.
13. Why did Scot decide not to smoke at the end of the show? How was Scot able to tell the big guy to leave at the end of the show?
14. Explain- " If you think you can or you think you can't.... your right!"

ANSWERS ON NEXT PAGE

### FOLLOW - UP ACTIVITY:

#### Role Playing

Do a series of improvisations based on the scenes in the show. Act them out under different circumstances or with different conclusions.

# WE CAN

## FOLLOW - UP QUESTIONS ANSWER SHEET

1. It's how you feel about yourself. If you care about who you are and what you do, you will make good decisions. You will be able to reach your goals and fulfill your dreams.
2. Feeling good about himself, the choices he has made and the friends he has chosen to be with.
3. Bully (big guy), The Girl, Kids who like rock music, Kids who like Rap and dance music and the little kid that becomes his friend.
4. \*\*\*\*\*
5. The BIG GUY has such low self-esteem that he has to try to make everyone feel as bad as he does. If the BIG GUY can achieve his goal he thinks he will feel a little better. The funny thing is he really does not feel better. He usually feels worse. This kid needs a good friend.
6. The Friend liked Scot for who he was. He listened to him. He trusted Scot to do the right thing. He honestly thought Scot would be someone he could have fun with, could trust and feel comfortable with. He also noticed Scot was struggling with issues he is also dealing with.
7. He was trying hard to be like everyone else. He didn't notice someone that was a lot like him. They were both looking for a friend and for approval. The Friend liked him for who he was.
8. Yes! There are good or bad consequences as a result of every thing you do. Life is a lot easier for you and everyone else around you when you think ahead. When you think ahead, you become a more responsible person.
9. Scot.
10. The BIG GUY. Scot finally felt like he was in control. He had the self-confidence to make the right choice for his future and to stand up for himself.
11. Most of the time. Waking up, waiting for and on the bus, reading in class, having his lunch stolen, acting out in music class and trying to make his last big decision.
12. Every time his friend helped him and when he made the right decisions at the end of the show.
13. He was being pushed. He didn't feel good about what was happening. Scot wanted to think for himself. He really did not want to fight.
14. If you think you *can't* you're not going to even try to do or learn anything. If you think you *can* you're going to trust the choices you make and find out there is no end to what you can achieve and how far you can go.