

Kansas City Young Audiences

Teacher Program Guide

How To Be Happy: Developing Character in Kids

Artist: Fax Gilbert

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Contact KCYA for more information on this and other programs.

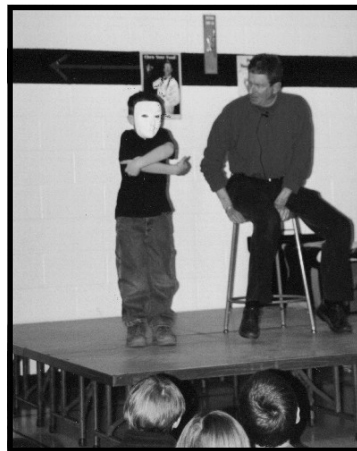
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Performance Description

We are defined by our characters. Our character is defined by the degree of respect, responsibility, fairness, and empathy we display in our interactions with others. Strong character leads to trust and happiness in ourselves and this extends to our relationships and society.

In this dynamic performance, Fax uses masks, illusions, characters, and visual aids to introduce the six pillars of the *Character Counts* program to students.

Fax uses his ability to communicate with kids, developed through thousands of creative pro-



grams over the past ten years, to present the values of trust, respect, responsibility, fairness, caring, and citizenship in terms that students can relate to and understand.

Fax employs mime and magic illusions and characters to communicate these values to the audience. Stories and comedy sketches about bullying, taking dares, and manners

help define each principle in this interactive environment. A robot (Fax,) complete with android mask, summarizes how good choices become habitual and lead to a stronger character and happier life.

Educational Objectives and Standards

Students will:

- Be introduced to what character is and how its development can make us happier individuals
- See the value of responsibility, perseverance, and self-discipline

Behavioral Studies:

- Knows how people depend on, adapt to and change their physical settings

Life Skills:

- Understands the impact of criticism on physiological state, emotional state, habitual behavior, and beliefs

Special Points of Interest:

The face is perhaps the most powerful "channel" of nonverbal communication. In even the most simple interaction, our attention naturally gravitates to the face, seeking to read some of the vital information we know is "written" there. We "encode" messages in our facial expressions while we simultaneously "decode" the faces of the people around us.

Artist Bio: Fax Gilbert

Fax began performing with the National Mime Theater Co. in Boston following his graduation from Brandeis University. There he created an interactive program using his mime training as a base to include stand-up comedy, magic, masks, and puppetry to increase his ability to connect with any audience.

Fax has performed in over 3,000 venues since 1990 in 42 states and seven foreign

countries.

In 1999, Fax created character education programs for schools that utilize his performance skills to deliver messages on the value of a strong character. These programs have benefited over 500 elementary and secondary schools throughout the Midwest.

Fax is represented in the Artists in Education program of Iowa, Illinois, Missouri, and Nebraska.



Fax Gilbert

Vocabulary

Empathy: Identification with and understanding of another's situation, feelings, and motives.

Golden Rule: The belief that one should behave toward others as one would have others behave toward oneself.

Mime: The art of portraying characters and acting out situations or a narrative by gestures and body movement without the use of words.

Qualities: A personal trait, es-

pecially a character trait.

Respect: Willingness to show consideration or appreciation.

Responsibility: the social force that binds you to your obligations and the courses of action demanded by that force.

Trustworthiness: the trait of deserving trust and confidence.

Post-Performance Activities

1. Try communicating with a friend using only facial masks as you learned about during the performance. Can you convey an emotion or thought using only facial expressions? What is your friend thinking or feeling?
2. Ask your parents about a situation in their life in which they felt that someone wasn't being fair to them. How did they emotionally respond? How did they resolve the conflict? What are their recommendations for you to follow when someone isn't playing fair with you?
3. Be proactive in displaying care for someone in your family. Offer to set the table for dinner or watch over a little brother or sister so that your parents can have a little "free-time" for themselves.
4. Volunteer to help in your neighborhood. Is there an elderly neighbor who needs some help with caring for their lawn? Organize an anti-litter campaign. Right a letter to the local paper asking others to be mindful of their neighbors and suggest ways in which we can all be good citizens.

List of Resources

BOOKS

Raising Children With Character: Parents, Trust, and the Development of Personal Integrity

by Elizabeth MD Berger
Rowman & Littlefield Publishers;
(December 1, 1999) ISBN: 0765702142

A Call to Character: A Family Treasury of Stories, Poems, Plays, Proverbs, and Fables to Guide the Development of Values for You and Your Children

by Colin Greer, Herbert Kohl,
Herbert R. Kohl Perennial; (May 1, 1997)
ISBN: 0060927879

Character Building Activities for Kids

by Darlene Mannix Jossey-Bass;
(June 7, 2002) ISBN: 0130425850