



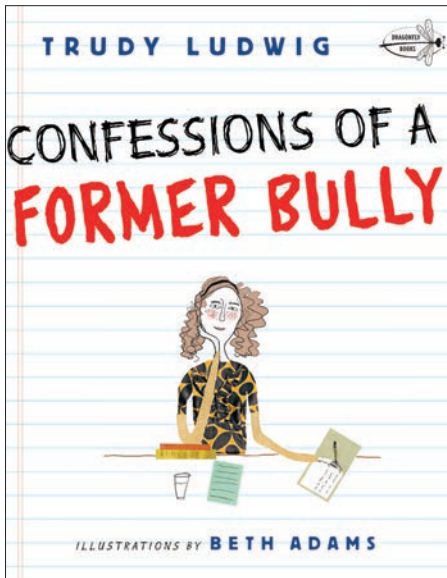
# Resource Guide | for Educators and Audiences

We include information about our production along with creative activities to make connections both before and after the show. For educators, all activities are aligned to the Common Core Standards and North Carolina Essential Standards. Look for the symbol below throughout the guide.



NCES-TheaArts.(K-5).TA.A.1: Analyze literary texts and performances. NCES-TheaArts.(K-5).TA.A.1.1: Recall the basic parts of a story, such as characters, setting, and events.

**Touring production**  
For grades 3rd and up



Adapted for the stage  
by Michelle Hoppe-Long

Based on the books *Confessions of a Former Bully* by Trudy Ludwig, illustrated by Beth Adams; and *My Secret Bully* by Trudy Ludwig, illustrated by Abigail Marble

## Summary of *Confessions of a Former Bully*

When Katie, who never considered herself a bully, repeatedly teases classmate Monica, it pushes their friendship to a tipping point. Katie's hurtful words and behavior lead her to the principal's office to deal with the consequence of her actions with a counselor. Will she be able to salvage a friendship and regain the trust of her peers? Told from the perspective of the bully and the bullied, this story makes everyone consider how they treat others and want to be treated themselves.

## Audience expectations

You may wish to have a discussion with your students about their role as an audience member. Live theatre only exists when an audience is present; their energy and responses directly affect the actors in performance.

Younger audiences should know watching live theatre isn't like watching more familiar forms of entertainment: there is no pause or rewind button, there are no commercials for bathroom breaks, and they can't turn up the volume if someone else is talking. Encourage your students to listen and watch the play intently, so they may laugh and cheer for their favorite characters when it is appropriate. At the end of the play, your applause is an opportunity to thank the actors for their performance. Here are some other guidelines to remember as well:

- Respect others audience members. Stay seated and keep your hands to yourself.
- Please turn off all cell phones and other electronic devices during the performance.
- Photography and recording of the performance is prohibited by copyright law.
- Food and drinks are not permitted in the space.



NCES-TheaArts.(K-5).TA.CU.2: Understand the traditions, roles, and conventions of theatre as an art form. NCES-TheaArts.3.TA.CU.2.1: Illustrate theatre etiquette appropriate to the performance situation.

## The BIG QUESTIONS about the show

1. Do you think what Katie did was bullying Monica? Why or why not?
2. What do you think Monica should have done when Katie's behavior started? Has that ever happened to you? What did you do? What do you wish you would have done? What would you do now?
3. How did Katie's family situation affect her bullying behavior? What can family members do to help?
4. What do you think Katie learned from this experience?
5. What behavior do you now see as bullying that you didn't see before?



CCSS.ELA-Literacy.SL.(K-5).2: Ask and answer questions about key details in a text read aloud or information presented orally or through other media. NCES-TheaArts.2.TA.A.1.2: Analyze the relationships between events, characters, and settings.

**Themes explored**  
bullying, friendship

# About the Author



Trudy Ludwig is a nationally acclaimed speaker and an award-winning author who specializes in writing children's books that help kids connect and engage with their peers in kind, caring ways.

An active member of the International Bullying Prevention Association, Trudy also collaborates with leading experts and organizations including Committee for Children, ConnectSafely.org, Sesame Workshop, and Passport to Peace Foundation.

Trudy lives in Portland, Oregon, with her husband, two children, and their loyal hound dog, Hannah. Visit her on the web at [trudyludwig.com](http://trudyludwig.com) or follow her on Twitter @TrudyLudwig.

## Additional Resources

<https://www.trudyludwig.com/resources.html>

## Recommended Reading

If you enjoyed the show, check out these books at your local Charlotte Mecklenburg library branch. Check availability at [cmlibrary.org](http://cmlibrary.org).

### *My Secret Bully*

by Trudy Ludwig (longer picture book)

### *Each Kindness*

by Jacqueline Woodson (longer picture book)

### *Adrian Simcox Does Not Have a Horse*

by Marcy Campbell (longer picture book)

### *Say It Out Loud*

by Allison Varnes (Chapter Book)

### *Twerp*

by Mark Goldblatt (Chapter Book)

### *Wolf Hollow*

by Lauren Wolk (Chapter Book)

### *Playground*

by 50 Cent (YA)

## THEATRE CORNER

Every play Children's Theatre of Charlotte produces is created by a talented team of designers, technicians, actors and a director. As a class, discuss what you experienced when you saw the performance.

1. Name three things you noticed about the set. Did the set help tell the story? What sort of set would you have designed?
2. What did you like about the costumes? Did the costumes help tell the story? What sort of costumes would you have designed?
3. What role did lighting play in telling the story? How did the lights enhance what you were seeing?
4. Talk about the actors. Were there moments you were so caught up in the story you forgot you were watching a play?
5. Were there any actors who played more than one character? What are some ways you can be the same person but play different characters?



NCES-TheaArts.(K-5).TA.A.1: Analyze literary texts and performances. NCES-TheaArts.(K-5).TA.AE.1.2: Understand how costumes [and technical elements] enhance dramatic play.

## Want more activities and content?

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Click here to view all the links.



## Write to Us!

Children's Theatre of Charlotte

300 E 7th St.

Charlotte, NC 28202



CCSS.ELA-LITERACY.L.(K-5).1: Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.

## Meet the Actors



### SULTAN OMAR EL-AMIN (Mr. Sanders & Others)

Sultan Omar El-Amin was born and raised in Charlotte, NC. Graduate of North Carolina A&T State University, he holds a Bachelor of Fine Arts in Professional Theatre. Of the many professional theatre projects in which he has been fortunate enough to be featured, one of his most memorable roles was that of Miles Davis in the original choreopoem, *Miles and Coltrane Blue* (.), directed by Quentin Talley. Sultan's personal and professional aspiration is to utilize his talents to effect positive change and to inspire other artists to make a difference in the world.



### CORINA CHILDS (Katie)

Corina Childs is excited to join the Children's Theatre of Charlotte family on tour this year for *A Sick Day for Amos McGee* and *Confessions of a Former Bully*. Although this is her first time performing with Children's Theatre of Charlotte, she has previously been seen in *Sister Act* at Matthews Playhouse, as well as *The Wedding Singer*, *Almost Maine*, and *Our Place* at Central Piedmont Community College where she also works as a House Manager. She also has just finished an internship with Blumenthal Performing Arts this past summer. She was raised in the Charlotte area and outside of performing has helped costume some shows as well. Her other interests include baking, reading, bingeing TV shows, and spending time with her family, friends, and many pets!



### ANNA GOLDSTEIN (Monica)

Anna Goldstein is a graduate of Winthrop University with a BA in Theatre Performance and a minor in K-12 Education and has a passion for working with and bringing theatre to children. Since graduating, Anna has enjoyed teaching theatre at the Levine Jewish Community Center and gaining a variety of performance experiences. Some of her favorite roles include Nan Carter in *Exit, Pursued by a Bear* at Winthrop University, *Philoclea* with Actors' Theatre of Charlotte (though sadly cut short by Covid), as well as Snoopy and a variety of original characters at Carowinds. The Resident Touring Company is Anna's first role with Children's Theatre of Charlotte, and she is thrilled to be helping bring accessible theatre to regional schools.