



Letter to Parents & Teachers re: **“Superberry”**

Dear parents and teachers:

This Readers’ Theatre play was written with these objectives:

- to promote healthy eating by introducing the BC cranberry along with other berries and fruits
- to discuss ways to build and maintain friendships
- to let children know that everyone feels lonely, stressed or disappointed from time-to-time and to give them some suggestions of how to help others who feel this way
- to help children learn how to make a stressful situation less stressful - deep breathing and how to think positively using “up thoughts” are included
- to expose children to characters who have various talents which are terrific on their own but can be used together to create something special
- to challenge stereotypes and promote acceptance of other’s interests and challenges
- to encourage children to make up their own stories about friendship and how to make new friends
- to encourage children to write and perform fun stories about Superberry (a BC cranberry) and his friends

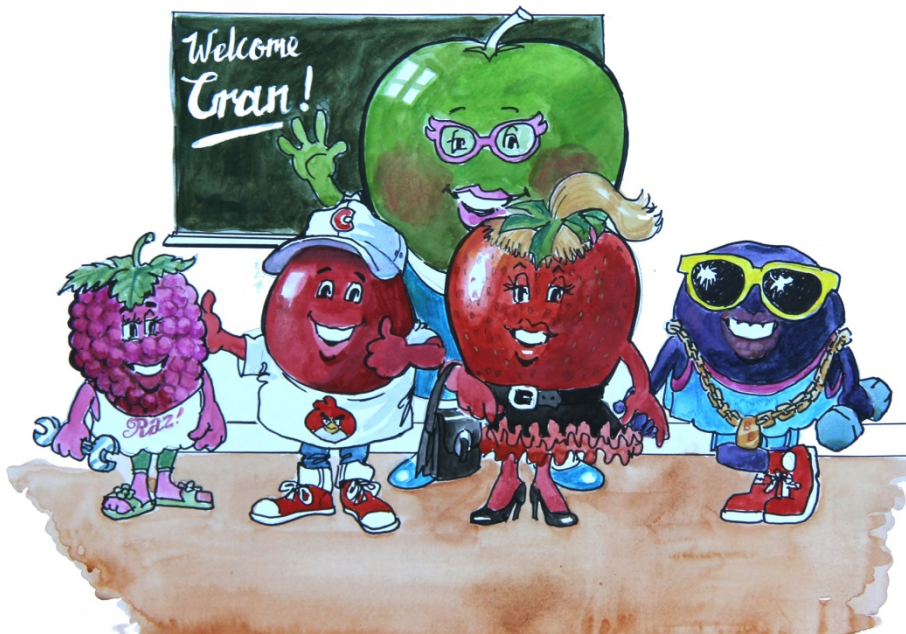
Carol Minchin

Readers' Theatre: "Superberry"

Age group: K-4

REQUIRED READERS

Narrator #1:	storyteller
Narrator #2:	storyteller
Cranberry (a.k.a Cran):	male - a new student who loves to act in plays
Cranberry's mum:	helps Cran overcome his fears of going to a new school
Raspberry (a.k.a Raz):	female - loves to design and build things - has a speech impairment
Strawberry (a.k.a Freckles):	female – loves to be fashionable with her hair and clothing
Blueberry (a.k.a. Boo-Boo):	male - athlete - runs and is into gymnastics
Mrs. Appleby:	a "peach" of a teacher!
Mrs. Blackberry:	the theatre teacher



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Graphics and layout by: Goatley Studios Inc.

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SUPERBERRY



Narrator #1: I'm going to tell you how a very cool BC cranberry named Cranberry, a.k.a. Cran, became a very famous actor in an advertisement on TV called, "Superberry"

Narrator #2: It all started when Cranberry and his parents moved to a new community and Cranberry tried to fit in at a new school.

Cranberry is getting ready for school

Cranberry: Mum, I'm really nervous about my first day at my new school and my stomach is turning somersaults!

Narrator #1: Turning somersaults means that his stomach isn't feeling very well. Sometimes you can say you have knots or butterflies in your stomach! When you're scared your body does strange things.

Mum: Remember Cran, we met with your teacher, Mrs. Appleby yesterday. She said to go right to the classroom and she would have your desk ready for you.

Cranberry: Right, I don't have to be on the playground until recess.

Mum: Now Cran, you have all your school supplies labelled with your name, you have your lunch packed in your Spiderman lunch bag and you're wearing your Angry Birds t-shirt. You're set!

Narrator #2: Cranberry thought he should fake being sick and stay home. This “down” thought was not helpful. Instead he took 5 long, deep breaths to calm himself and started thinking of “up” thoughts. “Up” thoughts are helpful ones. They help you feel better. They help you get going. His “up” thoughts were:

Cranberry: *(to himself)* “Mrs. Appleby is very nice and the kids will be friendly. It will be OK.”

On the playground at school before the morning bell three friends are together talking: Strawberry, Blueberry, and Raspberry

Strawberry: How do you like my new hairdo? It’s called the pony flip. I worked on it for an hour this morning!

Narrator #1: Friends often have nicknames for each other. Only certain people can call them by their nicknames. Only people they trust! Strawberry was called Freckles because of all the seeds she had all over her face. Her friends liked them and said freckles were cool.

Raspberry: I lll like... great... ddd different... fff fun....

Narrator #1: Raspberry has a speech impairment and her speech is halting. Her nickname is Raz and friends understand her perfectly and don’t mind the sound of her voice. She likes Freckles’ new hair style.

Raspberry: I bbb built supercar..... ppp paint shark..... side.... www water!

Blueberry: You should see Raz’s new go-cart! It has retractable water wings to go from the road into the water! She’s painted a shark on each side. Wow, she’s a great builder!

Narrator #2: Blueberry got his nickname Boo-boo from always getting scrapes and bruises! He loves gymnastics and is always trying some new flip or jump. He can't wait to try Raz's new go-cart.

Freckles: Sounds great, can't wait to see your go-cart Raz.

Ringgg *the morning bell rings*

Mrs. Apple: Good morning everyone. I would like to introduce you to Cranberry, our new class member. I'd like Blueberry, Strawberry and Raspberry to show Cranberry around at recess and lunch please.

Narrator #1: Mrs. Apple's nickname was Mrs. Peach because everyone thought she is a "peach." That means that she is a nice person. Mrs. Apple didn't mind her students calling her Mrs. Peach now and again!

Narrator #2: Cranberry was so nervous all he could do was smile and whisper.

Cranberry (softly): "Hi."

Boo-boo (to himself): I wish I didn't have to show the new kid around, I really wanted to practice my cartwheels at recess.

Freckles (to herself): I wish I didn't have to show the new kid around, I really wanted to show my friend Huckleberry how I made the pony flip in my hair.

Raz (to herself): Ppp pictures..... ggg go-cart

Narrator #1: Raspberry wanted to show all her classmates pictures of her new go-cart.

At recess

Narrator #1: Cranberry noticed that all three students looked sad about having to entertain him, so he decided to say:

Cranberry: You all have things to do so don't worry about me; I'll be OK watching everyone.

Boo-boo, Raz and Freckles: Thanks Cranberry, we'll see you later.
(Raz gives a thumbs up, Freckles shows a girl how to do her hair, Boo-boo does cartwheels and Raz shows everyone pictures of her go-cart.)

At lunch break

Blueberry: Today is concession and they are selling pizza. Sorry Cranberry, but Raz and Freckles are joining me for pizza. I guess you didn't know it was pizza day. Sorry, we'll see you later.

Cranberry: I guess today isn't going to be fun after all. Strawberry seems to be very smart with her hair and clothes. I see by the picture of the go-cart that Raspberry is a good builder, and Blueberry can sure do gymnastics. I guess they don't think I fit in.

Raspberry: *(chewing on pizza)* www we're..... mean..... ddd didn't try..... shouldshare.....

Strawberry: I think Raz is trying to say that we didn't even try to get to know Cranberry. We didn't even buy a piece of pizza for him. He must think we're unfriendly. He looks lonely sitting on the steps by himself. Let's go and talk to him.

Ringgggggggggggggggggggggggggggggggggggg

Mrs. Apple: This afternoon Mrs. Blackberry will be choosing a student to play the star role for her play, "Superberry." She asked if Cranberry would go down to read for the part. She noticed that at his other school he acted in all the school plays. Strawberry, Blueberry and Raspberry will you show Cranberry down to the drama room please?

Strawberry: We're sorry, Cranberry, for not being nicer today and letting you join in our activities. We feel bad.

Raspberry: Yeah, bbb bad..... right Boo-boo?

Blueberry: So right Raz. Cranberry, we promise to do better tomorrow.

The next day

Mrs. Blackberry: Welcome Cranberry, would you please read over these lines for the play, "Superberry" and act the part when you feel ready?

Cranberry: Sure Mrs. Blackberry, I love acting.

Narrator #2: Now let me tell you that Cranberry read the part perfectly. He was a BC cranberry superhero who had so many vitamins and superpowers that he could fight germs and make them powerless. He could find germs with his super vision and paralyze them with his touch!

Narrator #1: He was so strong he put all the germs from his town into an unbreakable capsule and flung it into outer space. After he read the part everyone clapped and Mrs. Blackberry said, "You have the part!"

Narrator #2: Raz, Boo-boo and Freckles saw all the other kids who had been watching, run up and surround Cranberry, congratulating him. The friends thought that Cranberry wouldn't want to be with them after they had been so unfriendly so they went back to class with their heads down.

Next day

Cranberry: Hi Blueberry, Strawberry and Raspberry.

Blueberry: Hi Cranberry. Congratulations on getting the part of Superberry in the school play.

Raspberry: ggg good acting..... ttt talented.....

Strawberry: Raz's is right, you're a very good actor! We're happy for you Cranberry; let us know if we can ever help.

Cranberry: Thanks guys and actually you can help! I've asked Mrs. Blackberry if you can all be part of the play. Blueberry, we need a stunt man to do all of the special effects and you are an awesome gymnast. Strawberry, we need a hair stylist and costume designer. The superhero costume and the germ costume should be fun to design! Raspberry, we need someone to build the capsule and of course you'll need to invent a supercar for Superberry!

Strawberry: Wow, thanks Cranberry. You can call us by our nicknames now. I'm Freckles, Blueberry is Boo-boo and Raspberry is Raz. Can we call you Cran, now that we're friends?

Cranberry: Sure Freckles. We'll make the best team ever!

Narrator #1:

The play was a success and it won a contest. The BC Cran Team, (Cranberry's team) is now on TV and tells everyone how good BC cranberries are for keeping people healthy.

If you want the ***SUPERBERRY'S*** autograph go to:

www.bccranberries.com/bccmc-kids-area.html



Or scan the QR
code to the left
for more fun
activities!



Part of the BC Cranberry Marketing Commission's
Discover BC Cranberries Educational Kit for Teachers and Parents

This project is supported by the BC Government's Buy Local program; delivered by the Investment Agriculture Foundation of BC with funding from the BC Ministry of Agriculture.



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Suggestions from the author:

- Glossary
- List of “up” thoughts
- List of de-stressors e.g. deep breaths

Glossary for “Superberry”

a.k.a.	also known as
capsule	a case that can be opened and closed that travels in space
freckles	light brown spots on the skin
peach	a person who is well liked
speech impairment	talking is not smooth and speaking in sentences is difficult

Cran's Suggestions to Help You Relax

Try these by yourself or with a trusted adult or friend.

- Take 3 – 5 deep breaths (from the bottom of your belly!) You can keep your eyes open or close them.
- Do 5 – 10 jumping jacks, run on the spot for a minute, or skip rope for a minute.
- Smile even if you don't feel like it! Hold for a minute.
- Keep a joke book handy and tell a joke to yourself or a friend.
- Think about or talk about something that you enjoy – for example: games, sports, movies, pets
- Count slowly to 10 forwards and then backwards.

Some of Cranberry's Up Thoughts

- I can do this!
- I'll get a friend to help me.
- I'll practice and then I'll feel more confident.
- If it doesn't work, I'll try again.
- I'm a nice person and I'll make someone a good friend.
- I'm a good thinker and I can make this work.
- I love Drama and I'll join the Drama club to meet people.
- My teacher is nice and she'll help me.
- My Mum is always on my side and she has good ideas.
- I know how to be polite and politeness helps make friends.

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