



## RESOURCE AND ACTIVITY GUIDE

[www.greenthumb.bc.ca](http://www.greenthumb.bc.ca) | [touring@greenthumb.bc.ca](mailto:touring@greenthumb.bc.ca) | 604 254 4055

Green Thumb Theatre acknowledges the support of:

As a touring company, Green Thumb Theatre's work often takes place throughout the traditional homelands of most of the Indigenous Nations and cultures across British Columbia and beyond. Green Thumb's offices are located on the traditional, ancestral, and unceded territory of the x̱w̱məθḵw̱əy̱əm (Musqueam), Sḵw̱x̱w̱ú7mesh (Squamish), and sə́ilwətaʔ (Tsleil-Waututh) Nations.

## ABOUT THIS GUIDE

Green Thumb Theatre is committed to telling stories that spark empathy and provoke critical thinking and dialogue. This resource and activity guide is intended to help educators facilitate classroom discussions before and after the performance, and to delve deeper into the themes of the show. This guide is authored by *Nitasha Rajoo*, who has over 20 years of experience in performing arts as an educator and theatre-maker. Her love for the creative arts, education, travel, and adventure has allowed her to work all over the globe—leading workshops, adjudicating, teaching, directing, and programming. Nitasha holds a Bachelor of Arts, a Bachelor of Education, and a Masters of Arts.

## ABOUT GREEN THUMB THEATRE

Founded in 1975, Green Thumb Theatre creates, produces, and tours plays that explore social issues relevant to the lives of children, youth, and young adults. Green Thumb provides theatre that celebrates the language and stories of today's generation and culture to stimulate empathy, debate, and critical thinking. Green Thumb Theatre has performed for over 4 million people and has toured to every province and two territories in Canada, 36 US States, and 11 countries overseas. Original plays commissioned by Green Thumb have been translated into 9 languages and produced by more than 200 theatre companies worldwide. Green Thumb Theatre is a registered charitable not-for-profit organization. [www.greenthumb.bc.ca](http://www.greenthumb.bc.ca)

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## CAST & CREATIVE TEAM

Leah: Pamela Carolina Martinez

Zoey: Camille Legg\*

Makayla/Madame LaGrange/Zoey's Mom/Coach Dana: Melissa Oei\*

Playwright: Katey Hoffman

Director & Dramaturge: Rachel Aberle

Assistant Director: Leslie Dos Remedios

Stage Manager: Anthony Liam Kearns\*

Set Designer: Kimira Reddy

Assistant to the Set Designer: Elliot Roberts

Sound Designer: Anton Lipovetsky

Costume Designer: Donnie Tejani

Production Manager: Ruth Bruhn

Resource Guide Author: Nitasha Rajoo

Resource Guide Designer: Janet Wang

Additional Resource Guide Design: The Art Left Creative

\* Appears courtesy of Canadian Actor's Equity Association

## GREEN THUMB THEATRE LEADERSHIP & STAFF

Artistic Director: Rachel Aberle

General Manager: Breanne Harmon

Accountant: Susan Cai

Development & Outreach Manager: Georgia Beaty

Production & Operations Manager: Ruth Bruhn

Tour & Education Manager: Aliya Griffin

Sales & Tour Coordinator: Anna Garoucheva Gonzalez



## ABOUT THE PLAY



Page 4

### LIKE IT OR NOT

By Katey Hoffman

Best friends Leah and Zoey have been inseparable since kindergarten. They like all the same things: soccer, tacos, and well, soccer. As their teacher Madame LaGrange is always saying, they're two peas in a pod! But now that they're in grade five, Leah would rather spend more time posting pics with mega fashionista Makayla than on the soccer field. It makes Zoey wonder... maybe their shared interests aren't so shared after all? This new comedy from the author of the Green Thumb hit, WHAT IF, takes a closer look at how young people can become more obsessed with how they're seen online than how they're seen "IRL", and explores what happens when two friends start to grow up and grow apart. Join Zoey and Leah as they try to navigate the pressures of finding out who they are in an increasingly virtual world, and try to understand how to not only accept the changes in their evolving friendships, but how to embrace them.

### CHARACTERS

**Zoey** – 11, Leah's best friend

**Leah** – 11, Zoey's best friend

**Madame LaGrange** – An enthusiastic teacher at Zoey and Leah's school. She LOVES espresso.

**Zoey's mom** – A bit frazzled and always carrying two babies.

**Coach Dana** – Zoey and Leah's soccer coach

**Makayla** – The "coolest" girl in grade 6

### SETTING

The classroom, the soccer field, Zoey's house, the school yard, the mall, the pool, the gymnasium.

### PREPARING TO WATCH A SHOW

Sometimes, when young people attend a live theatrical performance for the first time, they may not realize how different it is from watching a movie or a television show. With live theatre, the performers are right in front of you, and they can see when you're moving around or hear if you're speaking during the performance. To ensure we all have a good time, please remind students to use the bathroom before the show and to not talk or move too much during the performance. Let them know that part of being a good audience member is expressing their feelings about what they see, like laughing if they think something is funny or gasping if they're surprised.

After the show there will be a question and answer period with the actors and stage manager, and students are encouraged to ask questions!





## MEET THE PLAYWRIGHT

### Katey Hoffman

*What inspired you to write, Like It or Not?*

When Green Thumb offered me the chance to write another play after working together on WHAT IF, I jumped on it. They are a company I really admire, and I learn so much every time I work with them. I was inspired to write the story of a growing, changing friendship because as I have gotten older, my friendships have grown and changed as well. I'm pretty sure that's a natural thing that happens with a lot of people, and it can sometimes be painful, awkward, or jarring. I was curious about exploring it. Whenever I start writing, the characters come first for me. I had the idea for Zoey—she's a lot like me when I was her age! — and once I had a clear idea who she was, then Leah and their friendship came into the picture.

*Technology plays a significant role in Zoey and Leah's friendship. Do you believe technology provides obstacles towards meaningful friendships?*

That's a tricky question and good food for thought! Yes, I think technology can provide an obstacle towards meaningful friendship (do you REALLY know all of your 742 Facebook friends?), but at the same time I believe technology can connect us in an incredible way. If used with intent, new friendships and relationships can be formed with people all over the world. For instance, right now I'm living in another country but all I need to do to connect with my loved ones is turn on my phone. That being said, social media definitely has the potential to distance us. It's all too easy to comment something nasty while remaining anonymous or put a filter on the truth. One's life can become ruled by online 'likes' rather than interacting with and making a positive impact on the real world.

*Why was it important to include sport, specifically soccer into the arc of the play?*

I put a lot of myself into every play I write, and soccer was a huge part of my childhood—my siblings and I played for years. I loved writing the soccer scenes, they gave me a lot of nostalgia for my childhood spent on the soccer field. As I said, characters come first for me in my writing and they often sort of reveal themselves. When Zoey popped into my head, she was wearing a soccer uniform! And so I just went with that.



*Do you have a favourite moment in the play?*

I love the scenes between Zoey and Leah when they are wholly being themselves and enjoying each other. Even though they are different in so many ways, their friendship works because they admire in the other person what they don't have themselves. And that, to me, is a beautiful thing.

## MEET THE DIRECTOR

### Rachel Aberle

*What excites you about directing Like It or Not?*

So many things! First of all, if all goes how we hope, this will be our first live, in-person show to tour since the pandemic took us off the road in the spring of 2020. It will also be the first show I am directing from start to finish in my role as Artistic Director of Green Thumb, which I stepped into on January 1st of 2021. Stylistically, I think this show will be really fun because there is such a contrast between the main characters, Zoey and Leah, and the secondary characters. Zoey and Leah are pretty true to life grade five students, and all of the secondary characters are more larger-than-life, and are played by a single actor. It's going to be really fun to bring those two worlds together and see how they play off each other.



*What are you drawn to about Zoey and Leah's friendship?*

I've been exactly where Zoey and Leah are, in a few different friendships in my life. As we grow up and change and gain new interests, or lose old ones, there is sometimes a point in a friendship where you have to look at it and go, okay, we don't have everything in common anymore... what does that mean for us? Can we be friends if we don't do absolutely everything together? I think the way friendships can change is something people face over and over again throughout their lives, but the first time a major friendship goes through a big shift can be a big shock.

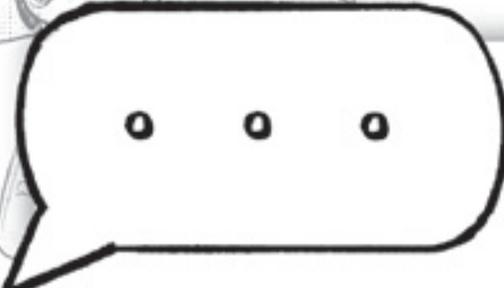
*What message does the play share about the state of the world we are in as we rekindle and reconnect with our friends and classmates?*

I think the most important thing this play says is that friendships aren't perfect. We all run into uncomfortable times with the people we care about the most, and the most important thing is to approach those times with gentleness for ourselves and compassion for the other person. We can't expect the people in our lives to stay the same forever and ever, but that doesn't mean they necessarily become any less important to us.

*What do you hope audience members will feel during the show? What questions do you want them to leave with?*

I hope the audience has a lot of fun! The show has an important message at its heart about staying true to who you are and learning to communicate with people, but it's also just really funny! It's been a really hard time since the pandemic started, and I think people deserve to laugh and connect and share joy. I hope this play gives them the opportunity to do those things. I hope they leave with questions about what true friendship means, and what it means to make space for people as they grow and change, and what kind of understanding they would want from a friend if they were exploring new parts of their personality or trying out a new hobby.





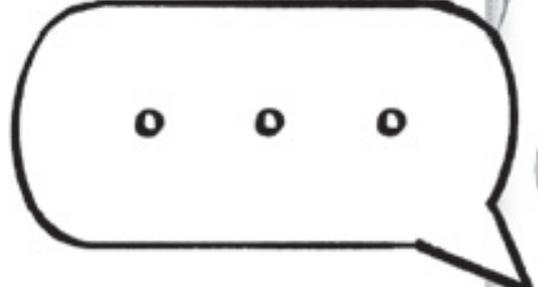
# DISCUSSION QUESTIONS

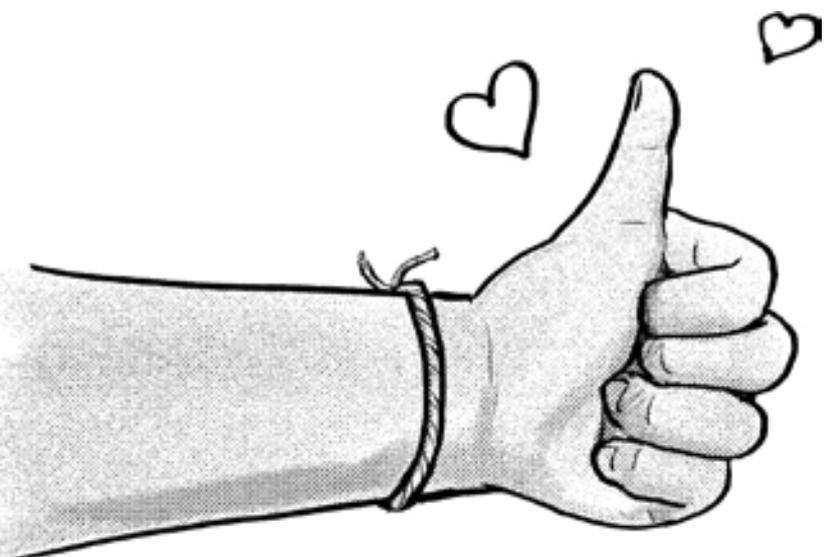
## Pre-show discussion questions

*Teachers: The question range in age level from K – Grade Seven. Please choose questions that are appropriate for the age range you teach.*

1. What does it mean to be someone's friend?
2. What qualities make a good friend?
3. What are some obstacles or challenges that could affect a friendship?
4. If you had a disagreement with your friend, who could you talk to about it?
5. Do you play a team sport? Why do you enjoy it?
6. Can you define what social media is all about?
7. What are some of the social media apps young people use? Why?
8. What is the best thing about social media? What is a downside?
9. Why might some young people be concerned about 'likes' on their social media apps?

## Post-show discussion questions

1. What 3 adjectives best describe Leah?  
How about Zoey?
  2. Have you ever hurt your friends' feelings?
    - a. How did it make you feel?
    - b. How did it make your friend feel?
    - c. How did you resolve your hurt feelings?
  3. What are some of the things you like to do with your friends?
  4. Can people be friends if they do not do absolutely everything together?
  5. Do friendships change over time? Why or why not?
  6. Could Leah or Zoey have done anything differently?
  7. Do you think social media could affect your friendships? Why or why not?
  8. Is it possible to overuse social media? What might that look like?
  9. If you have a concern about someone or something on your social media apps, who can you talk to?
- 



**ZOEY: Friendship Bracelets UNITE!**

*Zoey holds up her wrist with the friendship bracelets.*

*Leah does the same.  
It's their thing.*

## ACTIVITY

### Friendship Bracelets

Instructions: This friendship bracelet will take a little bit of preparation time, but can be done with students from K – 7.

Here is an easy to follow video and web link to help get you started:

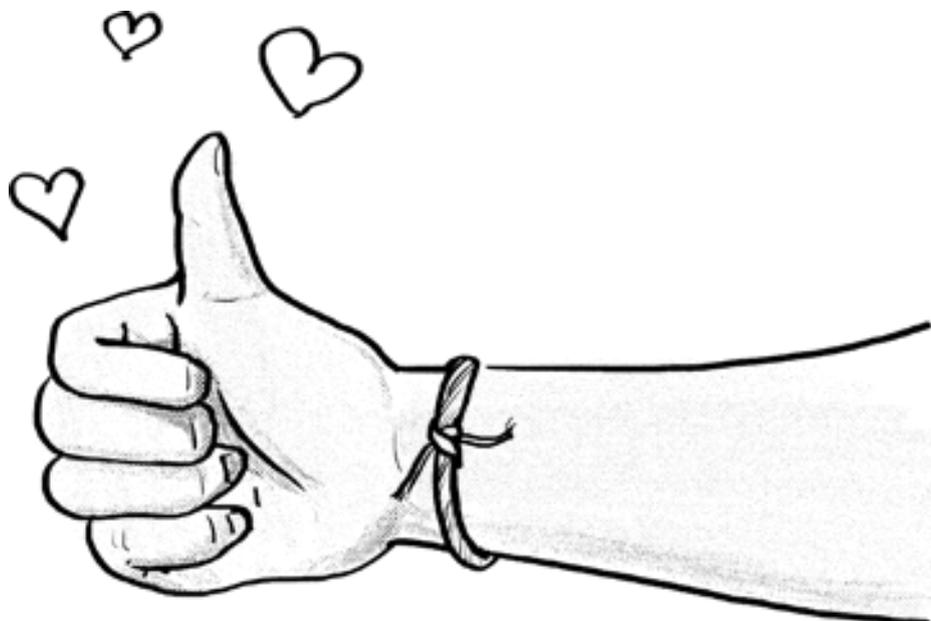
<https://www.youtube.com/watch?v=vQ3puNfP22w>

<https://cutesycrafts.com/2019/05/how-to-make-friendship-bracelets-easiest-way.html>

Source: Cutesy Crafts

#### Materials:

- 7 colours of embroidery floss or string
- Cardboard to cut out a circle (you can use an old cereal box or hard cardstock)
- Cup to trace the circle
- Pen or Pencil
- Scissors



## Strike a Pose...TOGETHER

### Drama Activity

*Still Image: A still image is a frozen picture which communicates meaning. It can provide insight into character relationships with a clear focus using space and positioning, levels, body language and facial expression. Students are encouraged to exaggerate their body gestures and facial expressions. Remember, there is no talking in a still image!*

*This drama activity takes active collaboration and team work. Students are encouraged to work with everyone in the class.*

**Instructions:** As a class write on the board, at least 20 different activities that friends do together (ie. going to the movies, playing sports, play dates). Explain that you will now be pushing back the desks to have an open space. Students are to walk in the space on their own. The teacher will call out a random number, and activity – they will have 20 seconds to get into this still image.

Reinforce that the theme is 'friends doing activities TOGETHER'. Remind students there are no wrong answers!

1. Push back the tables and chairs to clear the space.
2. Have students walk in the space on their own
3. Call out a number – that is how many people are in the group (i.e. 5 students). Allow students to get into that group quickly and quietly. Students are encouraged to work with everyone in the class and not the same people.
4. Call out an activity from the board. (i.e. playing monopoly).
5. Students must create a still image of that activity.  
Give students 20 seconds to get into the still image.
6. Count out loud the final 5 seconds.  
They freeze after you get to 1.
7. Spotlight and highlight a few groups.  
When you have given a few comments, get them to unfreeze and walk around again.
8. Repeat this until you have a variety of different numbers and groups.



**For example:**

- Groups of 4 – baking a delicious cake together
- Groups of 2 – best friends walking to school
- Groups of 6 – at the movies together
- Groups of 3 – taking a group selfie together
- Groups of 5 – eating lunch and telling jokes together



## ACTIVITY

### I love me because...

There are 3 variations / activities for the collage. Please pick whichever you deem suitable for the students you teach.

## Art Collage

Give students a scrapbook size card stock paper.  
Have them label the collage "I Love Me Because..."

**Materials:** Paper, Magazines, Scissors, Glue, Coloured Pencils/Markers. Students might need to bring in pictures from home, compliments from others, etc.

### Please include on your collage:

- Picture of yourself (photo or drawn picture)
- Find words or pictures that represent at least 10 traits (physical, emotional, mental, social) that you love about yourself.
- Gather at least 3 compliments from other people - You must include at least one compliment from a friend, parent/trusted adult, and teacher.
- Add additional images, pictures, to design your collage.

**Variation of collage:** Use the handout on page 12 for K – 2. Students can draw pictures inside or add in words from the chart below as to WHY THEY LOVE themselves.

### Alternative activity: Postcard

**Materials:** Postcards and pens/pencils

Hand out a postcard to each student. Students can either write their own note, or use the sentence starters (below) to help.

### Instructions:

Write a postcard to yourself as to WHY YOU LOVE YOURSELF. Teachers can write the sentence starters on the board.

Be specific and generous. Remember how awesome and wildly creative you are!  
The teacher will hold on to these until the end of the year and give them to you! What a great keepsake!

### Example:

Dear ME,  
I am important because..  
I am strong because..  
I love that I can do..  
I make the world better because I can..  
Add a personal message to yourself  
Love,  
ME



# ACTIVITY

## Envelope Exercise

In the play, there is an emphasis on team sports and group work. This activity allows everyone to receive positive and anonymous affirmations from their classmates. This might be a project over a few days.

Give every student an envelope to decorate – it must include their name. Have these pinned up either on the front of their desk or on a display board with the envelope opening face forward.

Give every student enough slips of paper to write a **positive** note about every classmate. Write these sentence starters on the board. Students can choose one of these or write their own. Remember it must be anonymous.

“ I appreciate you because...”

“ I notice you because...”

“ I like you because...”

When they are done, they can put them into the envelopes. Students can read the positive notes later in the school year or at teacher discretion .



# I Love Me

NAME:

Choose any of these words below and put them into the cut out!  
Feel free to draw pictures or add your own words as well!

Strong

Smiley

Nice

Smart

Kind

Positive

Helpful

Sporty

Funny

Caring

Joyful

Grateful

Humorous

Brave

Courageous

Determined

Energetic

Expressive

Creative

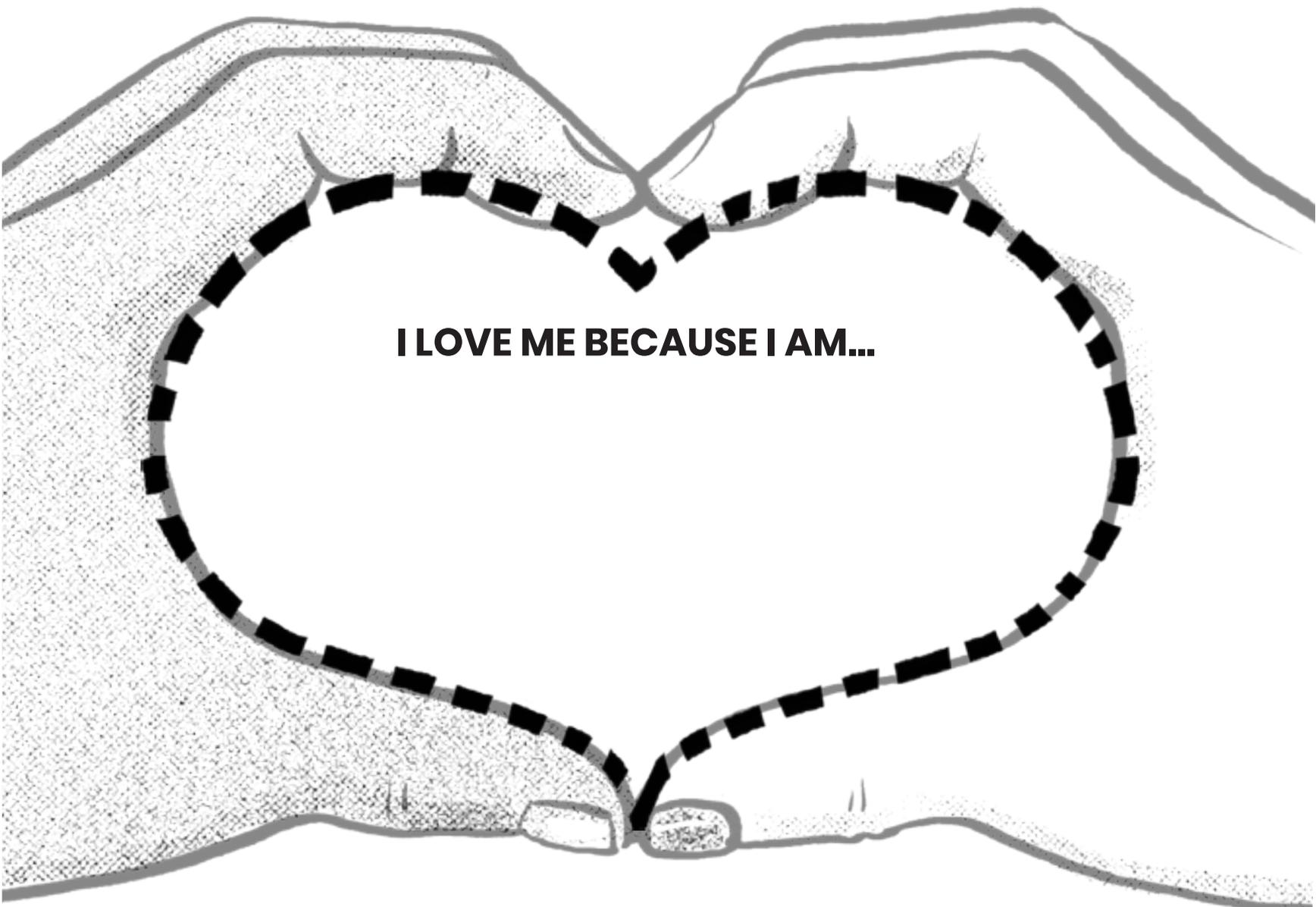
Safe

Loyal

Knowledgeable

Inventive

Punctual



# CURRICULUM CONNECTIONS

## Arts Education 3

<https://curriculum.gov.bc.ca/curriculum/arts-education/3/core>

- The mind and body work together when creating works of art.
- Creative experiences involve an interplay between exploration, inquiry, and purposeful choice.
- Dance, drama, music, and visual arts are each unique languages for creating and communicating.
- The arts connect our experiences to the experiences of others.

## Language Arts 7

<https://curriculum.gov.bc.ca/curriculum/english-language-arts/7/core>

- Language and text can be a source of creativity and joy.
- Exploring stories and other texts helps us understand ourselves and make connections to others and to the world.
- Exploring and sharing multiple perspectives extends our thinking.
- Developing our understanding of how language works allows us to use it purposefully.
- Questioning what we hear, read, and view contributes to our ability to be educated and engaged citizens.

## Physical Health & Education 7

<https://curriculum.gov.bc.ca/curriculum/physical-health-education/7/core>

- Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals.
- Physical literacy and fitness contribute to our success in and enjoyment of physical activity.
- We experience many changes in our lives that influence how we see ourselves and others.
- Healthy choices influence our physical, emotional, and mental well-being.
- Learning about similarities and differences in individuals and groups influences community health.

# RESOURCES

## Articles

Kids Help Phone -- How to cope with a change in friendship:

<https://kidshelpphone.ca/get-info/how-cope-change-friendship>

Kids Help Phone -- Making friends: How to build friendships

<https://kidshelpphone.ca/get-info/making-friends-how-build-friendships>

Social Media Hurts Girls More Than Boys

<https://time.com/5650266/social-media-girls-mental-health>

## Videos

Social Media and its Pressures on Young Adults | TEDxYouth

<https://m.youtube.com/watch?v=fmkdK6Pvdel>

CBC Kids News – Digital Literacy:

What you need to know before downloading that app:

<https://www.youtube.com/watch?v=viNyPNqdhyw>



## SHARE YOUR THOUGHTS AND OPINIONS!

We love getting mail and your students' feedback!

### GREEN THUMB THEATRE

Mailing address:

5522 McKinnon Street, Vancouver, BC, V5R 0B6

Email: [info@greenthumb.bc.ca](mailto:info@greenthumb.bc.ca)

Phone: 604-254-4055

Fax: 604-251-7002

#### Write a Letter!

Ask your students to write us a letter to share their thoughts and opinions on the performance of **Like It or Not**. Send it to us at Green Thumb!

#### Write a Review!

Have your students write a theatre review about this performance of **Like It or Not**. Send it in to us at Green Thumb!

A theatre review usually includes the following:

- A brief summary of the story
- A comment on the quality of the play itself
- A description of the costumes and set and a comment on whether these were interesting and appropriate
- A comment on the actors' portrayal of the characters and on the director's skill at pulling the whole show together

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