



BTTY'S GUIDE

BY ASHLEY TOBIAS

TOBI & BTTY here!

This following booklet is filled with fun and educational ways to continue on with our mission of teaching respect, kindness and discovering identities through the POWER of music. Check out our lessons, discover your OWN voice, and report back to us via email when you see someone "taking the sting out of bullying" in your school! OR, simply someone being their truest selves! Keep rocking out and we'll see you again at a LIVE or VIRTUALLY LIVE CONCERT near you!.... Stay safe, healthy and positive!

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TOBI & BTTY CONNECT WITH COMMUNITIES ALL ACROSS THE COUNTRY SPREADING THE BUZZ. CAN YOU MAKE A STOR IN THE STATE YOU LIVE IN?

by Ashley Tobias

USE THE MAP BELOW

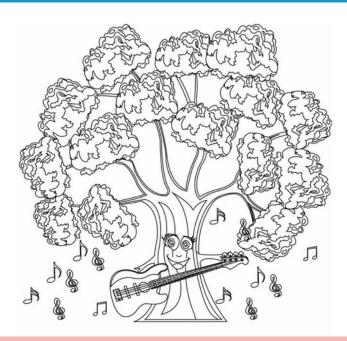


- Can you draw a in Arizona?
- Draw an in New York?
- Draw I in California!
- around North Carolina!
- How many states have you traveled to?
- Can you mark an in those states?

>>>>> ACTIVITIES



TREE TIME



INSTRUCTIONS

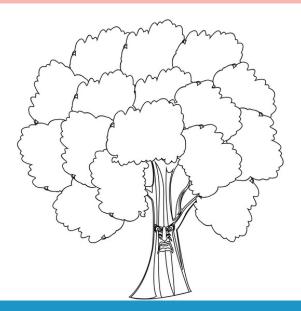
by Ashley Tobias

Create your own Bully Tree. Color in the Bully Tree that is given to you.

Once it's colored in, as a class, collectively come up with words or phrases that go in theBully Tree: IE. Name Calling, Pushing, cyberbullying... etc.

Create your own Autograph Tree. Color in the Autograph Tree that is given to you.

Once it's colored in, as a class, collectively come up with words or phrases that belong inthe Autograph Tree. IE: Sharing, teamwork, acceptance... etc.



WHAT YOU WILL NEED

Please see below for a list of all arts, crafts and items required for this project:

Bully Tree

Autograph Tree

Crayons | Colored Pencils

> Paper

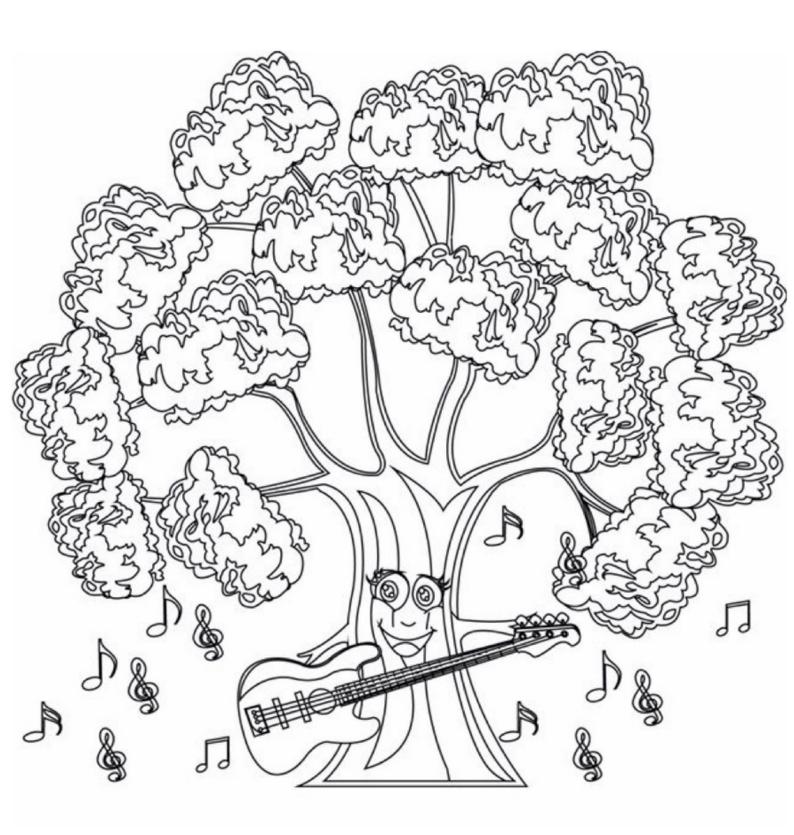
Scissors [optional]

TEACHER'S CORNER

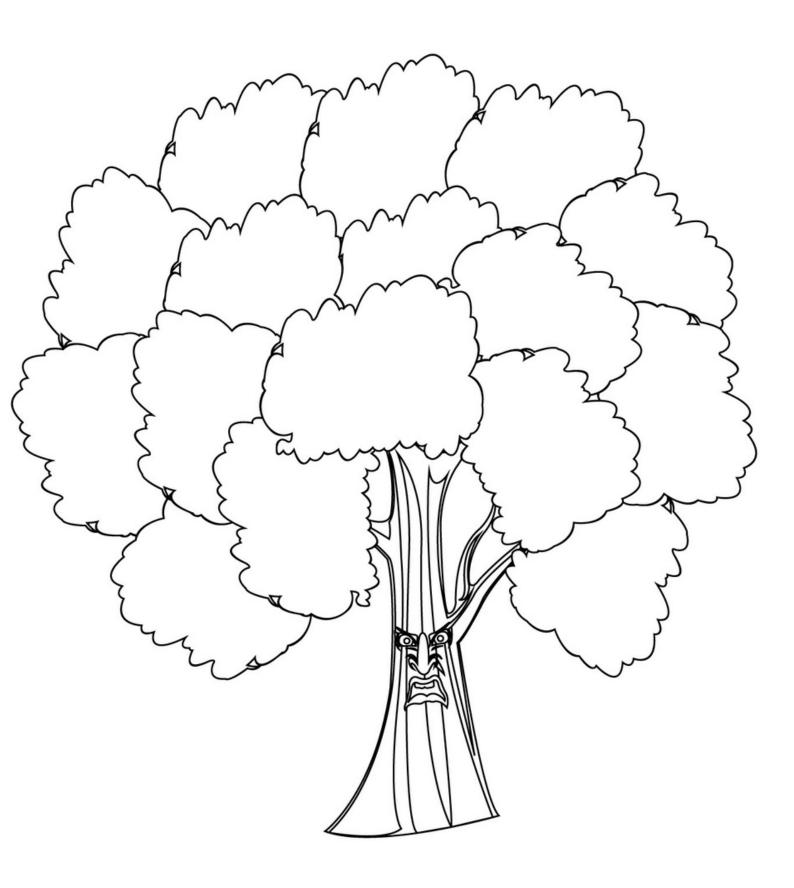
The purpose of this project is to help children easily identify negative behavior, words and phrases along with positive ones. This will give your students an idea of the appropriate way to act towards others by practicing kindness and respect...

See the trees on the following page!

AUTOGRAPH TREE







SAVERY CROWN





INSTRUCTIONS

by Ashley Tobias

Print out Bravery Crown

Cut out crowns and bands, and staple crowns together to make one long enough to fit each child's head.

Where you stapled the crowns together, place a piece of tape over so not to catch in the child's hair.

Dab little amouts of glue to the circular parts of the crown and add your gems!

Have your students color their bravery crowns however they'd like!



WHAT YOU WILL NEED

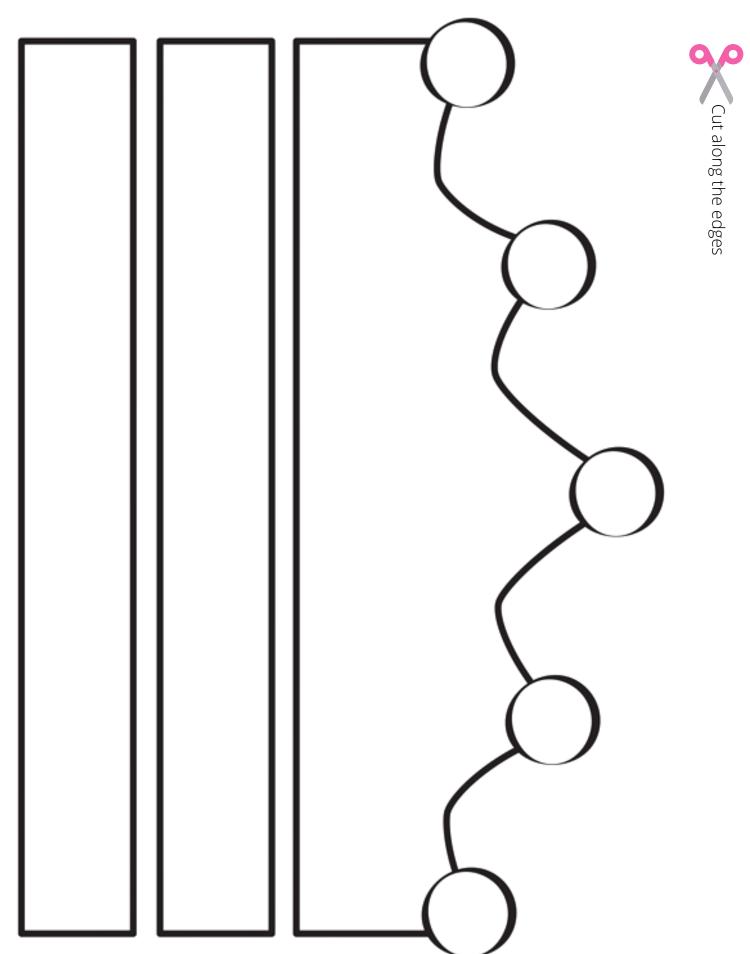
Please see below for a list of all arts, crafts and items required for this project:

- Yellow or gold construction paper
- Print out bravery crown
- Gems | Feathers
- Glue | Tape
- Staples
- Crayons | Colored Pencils

TEACHER'S CORNER

This activity will give your children an extra boost of confidence!
Everyone will complete the project as a group, however each bravery crown will be special and unique to THAT particular student... Please see your bravery crown template below.

BRavery crown



>>>>> ACTIVITIES



CAN I HAVE YOUR AUTOGRAPH?



WHAT YOU WILL NEED

Please see below for a list of all arts, crafts and items required for this project:

- Autograph Tree
- Crayons | Colored Pencils
- Plain Paper
- **Stapler**

INSTRUCTIONS

by Ashley Tobias

Create a playbill for the Pop/Rock Musical Bee True To You! Have the kids draw their very own "Poster" which in the end, will all be stapled within the booklet representing advertisements.

Include a cast list on the inside left page, written by the teacher. The teacher will then go down the list of names and and with the entire classroom's help, write a positive adjective next to each name.

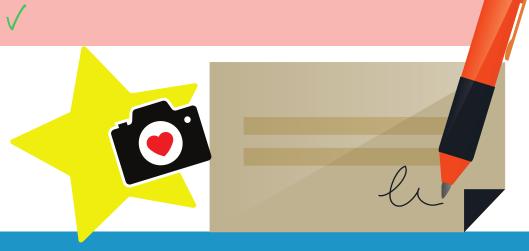
On the right hand side of the playbill, as a class, you will write down B.T.T.Y."S pledge of being true.

From the poster's drawn by each class member, vote on which poster you should use for the FRONT page of your playbill. Insert the remainder Poster advertisements into your booklet.

On the backside of the playbill have each kid sign their "Autograph".

TEACHER'S CORNER

This activity helps children retain the important messages from our program as well aspracticing using positive reinforcements on their own classmates and friends.



>>>>>> ACTIVITIES



PICTURE TIME



WHAT YOU WILL NEED

Please see below for a list of all arts, crafts and items required for this project:

- Printable Picture Frames
- Crayons | Colored Pencils
- > Plain Paper
- Access to a mirror

INSTRUCTIONS

by Ashley Tobias

Print out a picture frame template.

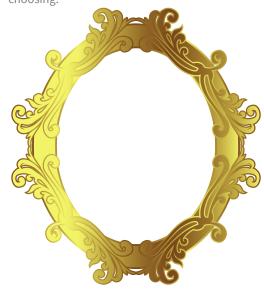
Have a mirror or access to a mirror close by and draw how you see yourself in the mirror. IE: Smiling, frowning, what color is your hair, your eyes, do you have any birth marks? etc...



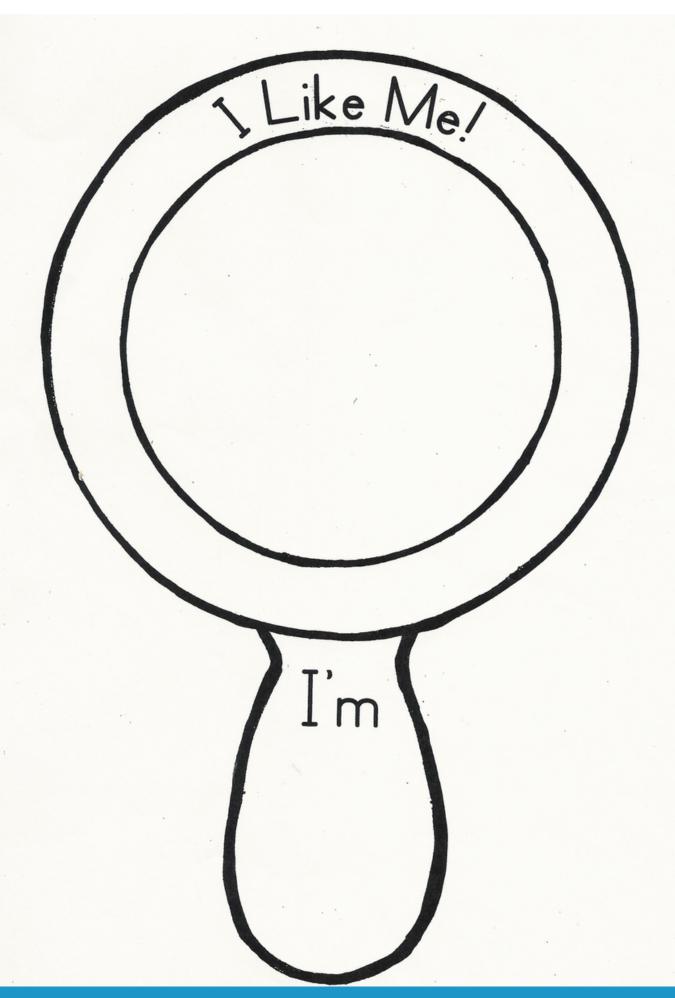
TEACHER'S CORNER

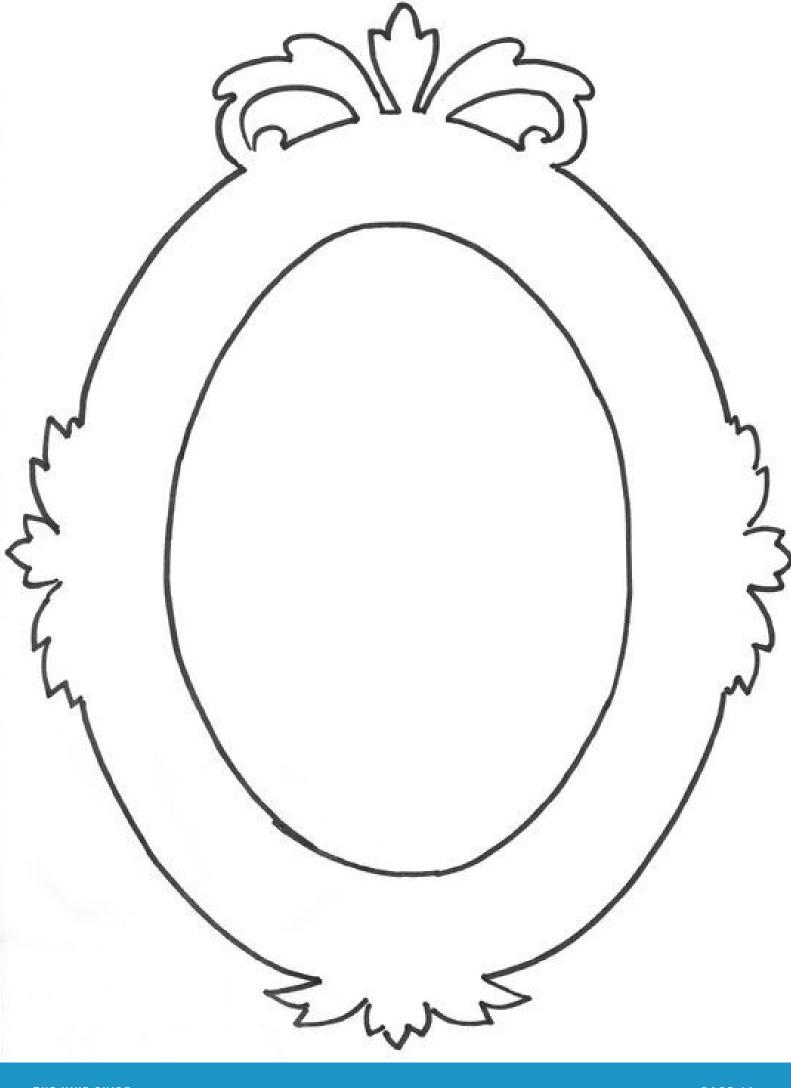
This Activity helps kids identify emotions on others and themselves.

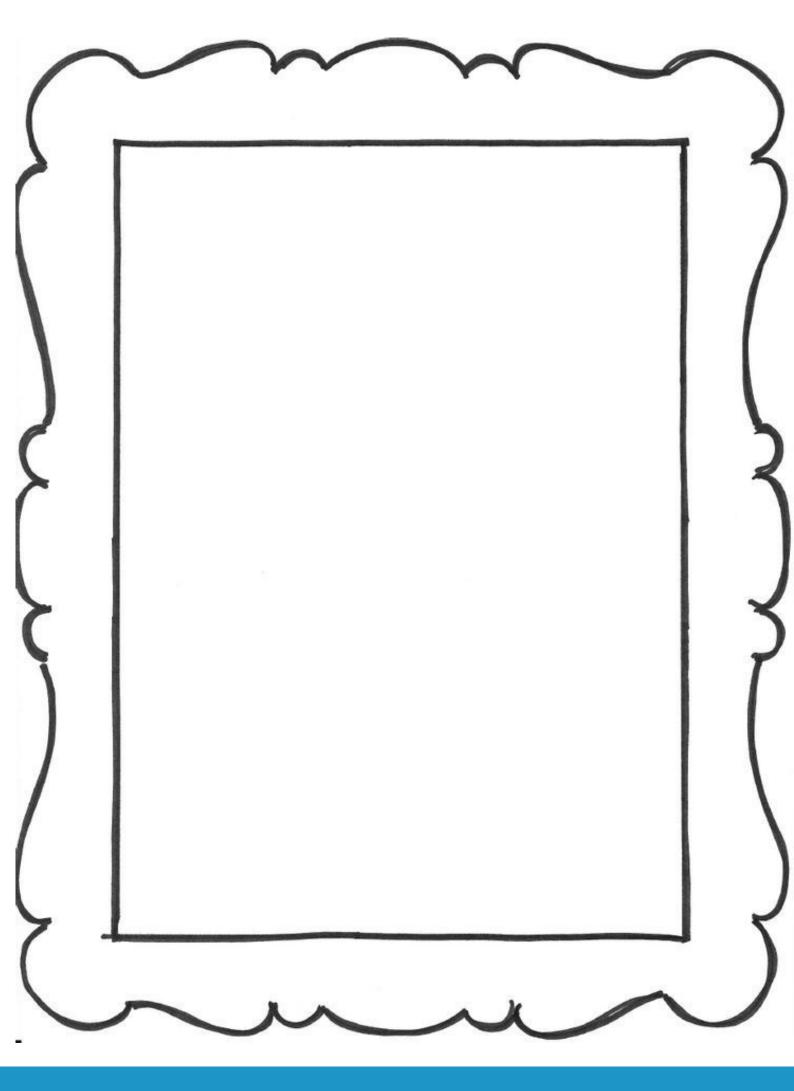
Below are 4 mirror templates for your choosing.



MIRROR TEMPLATES







>>>>> ACTIVITIES



BTTY'S JAM TIME!



WHAT YOU WILL NEED

Please see below for a list of all arts, crafts and items required for this project:

Fresh new journal

pen or pencil

creativity

INSTRUCTIONS

by Ashley Tobias

Once a week give your kids an option to either private jam, or group jam. Private Jam is where a child writes a journal entry about how they can Be True To Themselves and how to learn to cope with their current emotions. This is a great weekly on-going activity and is to be kept personal, only for the teacher to read.

A group jam, is where the child feels comfortable enough to express themselves out loud. This could either be a journal entry they want to read, a poem, a cover song lyric, a song they wrote, or they have the option of singing or dancing too!



TEACHER'S CORNER

The idea is to eventually feel confident enough to express oneself in front of their peers and not feel judged or embarrassed. Most kids will have to work up to this which is completely fine! Remember, the goal is to complete this activity once a week.

Use our method of AARB to guide your students through this journey.

A-- acknowledge your emotions

A-- **accept** your emotions

R-- reflect on your emotions

B -- **balance** your emotions

See our Journal Entry Template below.

JOURNAL IT



What emotion are you currently feeling?

Is this emotion positive or negative? (Circle one)



What caused you to feel this way?

If **NEGATIVE**, what are you going to do to return to your natural state of balance? If **POSITIVE**, how can you maintain this positive state of being?

What is your song choice of the week that reflects your current emotion?

Song TiTle | ARTIST

Lyric that stuck out to you the most.

Write down 1 thing you are grateful for, this week.



>>>>>> ACTIVITIES



I'VE GOT THE POWER



WHAT YOU WILL NEED

Please see below for a list of all arts, crafts and items required for this project:





INSTRUCTIONS

by Ashley Tobias

Create your own scenario to share with your class. Think of a situation you and your friends may be dealing with at the moment, or something you recently witnessed in person or social media.

Create your own scenario around that and develop it further with characters' names, and a chosen location.

Write out the scenario with a beginning, middle, and end. Write out two different endings, a positive and a negative one.

Rehearse your scene with both endings twice before you present it to the class. Privately write down your own reactions to the scenes. What you would've done differently and how the scene should've played out.

Have your class present their scenes to the entire classroom and make sure your audience is attentively watching and paying close attention to the scenes before and after them.

Once all the students have performed their skit, recap and dissect as a class what each scene was about and what they learned from each.

TEACHER'S CORNER

This Activity focus' on breaking each student out of their shell and holding them accountable for their own actions and endings to their own stories. By incorporating a situation they are currently dealing with or have witnessed will help them solve their issues in a safe, healthy and positive way..



>>>>>> ACTIVITIES



BUZZ SOCIAL



WHAT YOU WILL NEED

Please see below for a list of all arts, crafts and items required for this project:

A small piece of paper

pen or pencil

Box (teacher will need a box)

INSTRUCTIONS

by Ashley Tobias

Make a box and keep this box in a specific location at all times. Make your classroom aware of this special box and it's purpose of writing down any questions you may have regarding any particular issue or conflict, but afraid to ask out loud.

Every Monday take 5 minutes before class starts to have the kids write down questions, concerns or a positive thought of the day.

On Friday, before the kids head home for the weekend, take the last 20 minutes of class to pick 5 or more questions out of the box and hold a classroom "Buzz Social".

Answer the questions and help shed light onto the negative comments by offering advice and ways to diffuse bullying situations.



TEACHER'S CORNER

This activity may seem tedious. Children may get bored of "Buzz Social", but this is even more of a reason to continue this practice. Without them knowing or truly understanding, it will have a monumental effect on them mentally.

As you write the notes on Monday, and read them on that Friday, you are giving the kids a great lesson before they head home from the weekend where they might get bullied out of school... This moment will act as their inner conscious on a subconscious level.

>>>>> ACTIVITIES



LET'S ROCK!



WHAT YOU WILL NEED

Please see below for a list of all arts, crafts and items required for this project:

3 Judges

1 Host

Band Musicians or Backing Tracks

INSTRUCTIONS

by Ashley Tobias

Put together a live Rock Show where the children are the judges, host, and band.

Whether it be Spoken word, Pop, Rock, poetry, magic, etc, this is their time to featuretheir own unique talents.

Each Judge will give POSTIVIE reviews only. They will all begin with: "I Loved how..."

This can be done by classroom, grade, or your entire school.

There will be 2 designated Backup Singers, and/or musicians.

This provides more of acollaboration atmosphere and an extra sense of comfort for the lead performer.



TEACHER'S CORNER

This activity is a fun way for children to express themselves on a stage. Having a designated Backup Vocalist or musician assisting the Lead Performer, acts as an extra boost of confidence and support system on stage.

>>>>>> ACTIVITIES



BUZZ IT OFF



INSTRUCTIONS

by Ashley Tobias

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- *Find an empty space in the room- don't worry about facing a certain way. Spread your arms out make sure you aren't touching anyone. Stretch as far up to the sky as you can.
- *Now drop down and let your arms and head hang. Can you make a figure 8 with your head??
- *Now bend your knees and sit on your bottoms- bend your feet out in front of you- Can you stretch as far to your toes as you can?
- *Slowly lower your backs to the ground, one vertebra at a time. Let your body sink deeperinto the ground- as if you are in sand.
- *Close your eyes, and focus on your breathe as you sink deeper and deeper into the sand.
- *Let your head go- shoulders- arms- fingers- stomachs- thighs- knees- ankles- feet- toes. REMEMBER! Keep focusing on your breathe.

DIG DEEP

- *Picture you are at the beach. Listen to the waves around you. Listen to the sea gulls.
- *Look towards to the sun and look even further than that and you'll see something in thesky. As it gets closer and closer notice that it's a red balloon.
- *Focus on the balloon- in your individual mind only. Grab the string of the balloon andwhen you're ready, put all your thoughts from the day inside. Your worries, concerns, stresses, negative thoughts etc.
- *On the count to 3 release the balloon and watch it soar farther and farther away. 1-2-3! REMEMBER! Keep focusing on your breathe.
- *As the balloon disappears in the distance, a new object appears in front of you. -- A large blue door.
- *This door will take you to a very special and very peaceful, totally safe world, and It's all yours!
- *When I count to three I want you to walk through that door to your special place. 1-2-3
- *Take a look around!- Explore. What is in this world of yours? What color is it? what does it smell like? What does it feel like?

GOODBYE NEW WORLD!

- ${}^{\star}\mathsf{Time}\ \mathsf{to}\ \mathsf{say}\ \mathsf{goodbye}\ \mathsf{to}\ \mathsf{our}\ \mathsf{new}\ \mathsf{world}.\ \mathsf{Take}\ \mathsf{one}\ \mathsf{last}\ \mathsf{look}\ \mathsf{around}\ \mathsf{and}\ \mathsf{know}\ \mathsf{that}\ \mathsf{anytime}\ \mathsf{secret}\ \mathsf{place}.$
- *When you're ready, walk through the door back to the present day. And after you do, with your eyes still closed, I want you to roll to your right side.
- *REMEMBER! Keep focusing on your breathe.
- *Lastly, count to 10 and when you're ready sit back onto your bottoms and open youreyes.you feel stressed, worried, anxious, all of the above, you can come back to this special

WHAT YOU WILL NEED

Please see below for a list of all arts, crafts and items required for this project:

- A quiet space
- yoga mats or blankets are optional.
- Shoes off
- Shoes and a sweater/sweatshirt is optional, as your students may get chilly as the body starts to relax

TEACHER'S CORNER

POST MEDITATION QUESTIONS:

*Were you able to put your thoughts into the Red Balloon?

*Where was your secret place?

*How did you feel before?

*How do you feel now?

*Would you like to try this again?

>>>>>> ACTIVITIES



'TK' AKA TRICKSTA BEE



WHAT YOU WILL NEED

Please see below for a list of all arts, crafts and items required for this project:

A piece of paper

pen or pencil

Scissors

INSTRUCTIONS

by Ashley Tobias

 V Use the larger templates on the following page to identify if your students have seen a recent bullying incident

- -" Have you seen a bully this week? If so- what happened?"
- -" What can you do to take the 'sting' out of bullying?"

This can be annoymus or discussed among the entire class once completed.

HAVE YOU SEEN A BULLY THIS WEEK? IF SO, WHAT HAPPENED? Cut along this line Cut along this line WHAT CAN YOU DO TO TAKE THE 'STING'- OUT OF BULLYING?

TEACHER'S CORNER

This activity is a great way to discover what is going on in in your classroom community, or as a whole, what is going on in the entire school.

Your students may not verbally want to express to you any uncomfortable situations that may arise, however they may be more comfortable writing about them.

TK TEMPLates

HAVE YOU SEEN A BULLY THIS WEEK? IF SO, WHAT HAPPENED?



Cut along this line

Cut along this line

Cut along this line

PAGE 21



THE HIVE GUIDE

WHAT CAN YOU DO TO TAKE THE 'STING'- OUT OF BULLYING?

>>>>>> ACTIVITIES



BTTY'S CROSSWORD PUZZLE

BTTY'S CROSSWORD PUZZLE

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ACCEPTANCE BTTYTHEBEE CONFIDENCE HIDDEN PHYSICAL STRENGTH WARRIOR ASHLEYT
BULLY
CYBERBULLYING
HIVEACADEMY
POPSTAR
TEAMWORK

BEHAVIORAL BUZZSOCIAL DJ IDENTITY SING TRUEFRIEND BETRUETOYOU BUZZWING EPIDEMIC MUSIC STANDUP VERBAL





CAN YOU HELP BITTY GET BACK HOME?



>>>>> ACTIVITIES



CANI YOU HELP BITTY GET BACK HOME?



IN OUR LIVE SHOW, TOBI & BTTY USE THE POWER OF MUSIC TO GET OUR PROGRAM'S MESSAGE'S ACROSS.

See the words below. Some of these words were either used during the show, or were a big part of making up/creating the show. Can you identify the word along with its definition and how they were used?

BTTY'S MUSICAL TERM INDEX

RASS

| V | |
|---|----------------|
| | BEAT |
| | CHORUS |
| | DJ |
| | DANCE |
| | GUITAR |
| | INSTRUMENT |
| | MICROPHONE |
| | MUSIC |
| | POP |
| | ROCK |
| | SOLO |
| | SPEAKERS |
| | MUSIC PRODUCER |
| | SOUND ENGINEER |
| | PIANO |
| | ASL |
| | BEATBOXING |
| | MELODY |
| | METRONOME |
| | REGGAE |

ATTN: BTTY NATION!

BEE YOU

Check out this super awesome recording studio! Can you name all the things we have in here?





AN INSIDE LOOK INTO HOW TOBI & BTTY WRITE SONGS!

TOBI SAYS ...



1) THE FIRST THING I DO IS FIND A SPECIAL PLACE THAT IS QUIET, PEACEFUL AND INSPIRING. IF YOU DON'T KNOW WHERE YOUR SPECIAL PLACE IS YET, THAT'S OKAY! IT'LL FIND YOU WHEN YOU ARE READY! MAKE SURE TO BRING SOMETHING TO WRITE WITH! PEN AND PAPER MAY SEEM OLD FASHION, BUT I PROMISE YOU, IT REALLY HELPS!

2) NEXT I SIT QUIETLY WITH MY PEN AND PAPER IN HAND, AND THINK ABOUT THINGS LIKE: HOW I'VE BEEN FEELING LATELY, AM I IN A HAPPY MOOD? OR A SAD ONE? THIS STARTS TO GET THE JUICES FLOWING! ... EXCITING.

3) I PINPOINT MY THOUGHTS ON ONE SUBJECT MATTER AND I EITHER START HUMMING WORDS THAT EITHER MAKE NO SENSE OR A LOT OF SENSE TO ME. SOMETIMES A CHORUS IS WRITTEN FIRST IN MY STORY, OR I ALREADY KNOW HOW I WANT THINGS TO END, OR START... AND IT'S ALWAYS A GREAT IDEA TO KEEP THE 5 W'S IN MIND: WHO, WHAT, WHERE, WHY, WHEN.

4) ONCE I HAVE A SORT OF OUTLINE, I SIT AND PLAY ON THE INSTRUMENT I'M BEST AT: FOR ME IT'S A PIANO! AND I START PLUNKING OUT NOTES AND CHORDS! AND I ALWAYS RECORD WHAT I'M PLAYING AROUND WITH. YOU NEVER KNOW WHAT MATERIAL CAN BE USED LATER ON!

5) NEXT, I TAKE MY JOTTED DOWN LYRICAL IDEAS, AND MY BASIC PIANO MELODY AND GIVE THE SONG TO A PRODUCER WHO CAN TAKE MY SONG FURTHER AND CREATE THE WORLD THE SONG NEEDS TO LIVE IN... IN MY CASE—THAT PRODUCER IS BTTY THE BEE!



AN INSIDE LOOK INTO HOW TOBI & BTTY WRITE SONGS!

BTTY SAYS ...



- 1) MY JOB AS THE PRODUCER/ ENGINEER OF THE TRACK COMESAFTER SOMEONE SHOWS ME A "DEMO" A ROUGH VERSION OF HOW THEY WANT THEIR SONG TO SOUND LIKE. FOR THIS "DEMO" I NEED AN IDEA OF THE BEAT, GENRE (RAP, POP, COUNTRY, BLUES, ELECTRONIC), AND AN IDEA OF HOW THE HARMONY (MELODY OF THE SONG) GOES.
- 2) NEXT I USE RECORDING SOFTWARE TO CREATE THE TRACK!
 SOFTWARE SUCH AS: PROTOOLS, ABLETON, LOGIC PRO- THE TYPE
 OF SOFTWARE USED DEPENDS ON WHAT YOU UNDERSTAND AND ARE
 MOST COMFORTABLE WORKING WITH!
- 3) THE BEST WAY TO GET THE OVERALL IDEA OF THE TRACK IS TO USE SAMPLES FROM YOUR RECORDING SOFTWARE AND LAYER INSTRUMENTS TO CREATE THE WORLD/VIBE OF THE SONG! WHEN DOING THIS YOU WANT TO THINK OF THE SOUNDS YOU WANT TO HEAR. SUCH AS, WHAT DOES THE DRUM BEAT SOUND LIKE? IS THIS A PIANO SONG? DO YOU WANT GUITAR IN THE TRACK AND IF SO, IS IT A SOFT ACOUSTIC GUITAR SOUND OR A LOUD ELECTRIC ONE?
- 4) ONCE YOU HAVE COMPLETED THE INSTRUMENTATION OF THE SONG, NOW YOU CAN RECORD THE VOCALS!! LASTLY, KEEP IN MIND THAT YOU ARE IN CONTROL OF YOUR RECORDING SESSIONS, WHICH MEANS, YOU CAN RE-DO PARTS AS MUCH AS YOU NEED TO IF YOU ARE NOT HAPPY WITH THE PARTS YOU DECIDED TO SING! FUN FACT: YOUR AUDIENCE WILL NEVER KNOW YOU RECORDED THAT CERTAIN PART 50 TIMES! THEY JUST HEAR THE ROCKING FINISHED PRODUCT!
- 5)ONCE YOUR SONG IS COMPLETELY FINISHED, BEATS, INSTRUMENTS VOCALS AND ALL, NOW IT'S TIME TO SEND YOUR SONG OUT TO ANOTHER ENGINEER TO BE RADIO READY! THIS IS THE LAST AND VERY IMPORTANT STEP TO MAKE SURE YOUR SONG HAS THE POWER IT NEEDS TO REALLY SOUND IT'S ABSOLUTE BEST!



BEE

HEALTH & WELLNESS



YOUR VOICE IS A LOT MORE VULNERABLE THAN A GUITAR OR A PIANO, AND YOU NEED TO MAKE SURE YOU TAKE SPECIAL CARE OF IT... JUST LIKE YOU WOULD IF YOU PLAYED A SPORT! BELOW ARE SOME SIMPLE AND INEXPENSIVE TIPS TO HELP!

HOTTER = 500TH5 YOUR VOICE



WATER = 5-7 GLASSES PER DAY



HONEY = CORTS AND PROTECTS THE THROAT



GINGER = HYDRATES YOUR BODY



SLEEP = 8 HOURS A DAY







THE IMPORTANCE OF BEES

AS OF TUESDAY, JANUARY 9TH 2017, U.S SCIENTISTS LISTS THE BUMBLE BEE AS AN ENDANGERED SPECIES. AN ENDANGERED SPECIES IS ANY TYPE OF PLANT OR ANIMAL THAT IS IN DANGER OF DISAPPEARING FOREVER! AND THAT INCLUDES OUR GOOD FRIEND BTTY THE BEE! WE HAVE TO COME TOGETHER AND HELP SAVE BEES! AFTER ALL, THEY ARE THE REASON FOR ALL THINGS WE LOVE MOST.

SUCH AS:







KETCHUP & TOMATOES



CARROTS



APPLES



BEANS



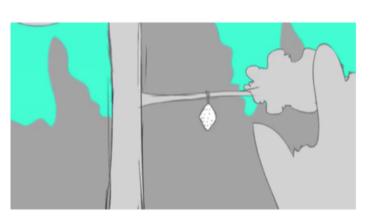




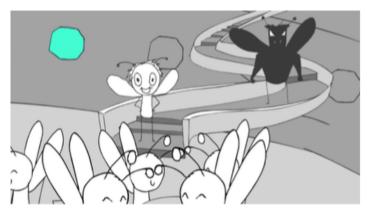
READING



STORYTIME: TOBI MEETS BTTY



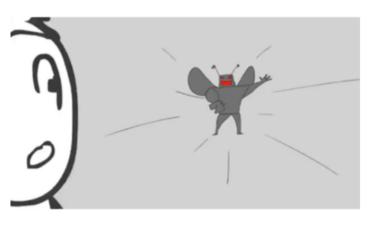


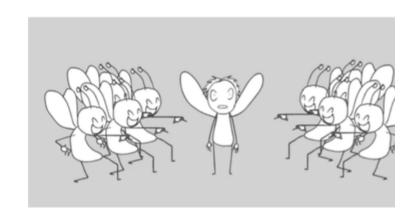
















COMIC BOOK TIME: TOBI MEETS BTTY

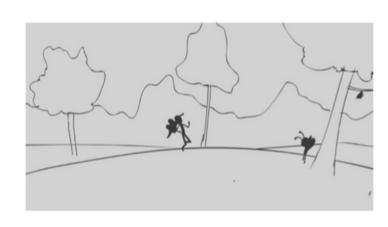












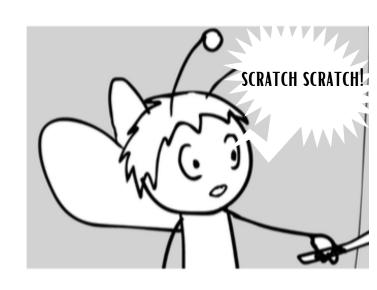


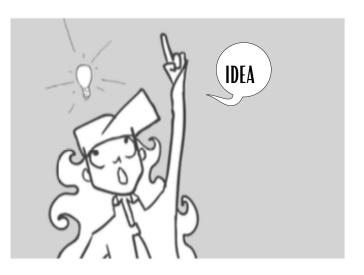


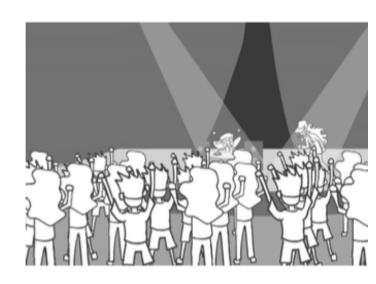


COMIC BOOK TIME: TOBI MEETS BTTY















BEETRUE

QUESTIONS & WORKSHEETS

- HOW DID THE STORY MAKE YOU FEEL?
- WHAT MESSAGES DO YOU REMEMBER FROM THE SHOW?
- WHAT WAS BTTY'S STORY AND WHY IS IT IMPORTANT?
- WHAT WAS TOBI'S STORY AND WHY IS IT IMPORTANT?
- WHAT IS A ZING??
- WHAT ARE STINGERS??
- WHAT DOES IT MEAN TO BE A TRUE FRIEND?
- WHAT DOES IT MEAN TO YOU, TO BE YOUR TRUEST SELF?
- WHO IS THE HERO IN THE STORY?
- WHAT WAS THE PURPOSE OF THE FAIRY GODMOTHER?
- WHO IS THE VILLAIN AND WHY?
- DO YOU REMEMBER THEIR PLEDGE?





QUESTIONS & WORKSHEETS

AFTER WATCHING TOBI & BTTY THE BEE....

| What was the Setting of the story?: | Main characters: |
|---|--|
| Summary of plot: | Challenges faced by the main characters: |
| Climax or defining moment of the story: | Ending of the story: |





QUESTIONS & WORKSHEETS

WRITING PROMPT

BEING YOUR TRUEST SELF

| Name: | How are you feeling today? | | | |
|--|----------------------------|--|--|--|
| | | | | |
| Date: | and why? | | | |
| | | | | |
| What does it mean to be true to yourself? Write about a challenging time in your life and how you learned to rise above the circumstances and remain true! | | | | |
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A MESSAGE FROM >>>>>THE FOUNDER

GROWING UP

I felt like an outcast. Adopted at birth, I always felt unsure of where I belonged or where exactly I fit in because I looked "different". My hair was extremely curly, frizzy and my skin color was a darker shade than my adoptive parents-- Making me a victim on multiple occasions of Bullying from my peers and classmates.

For me, when I learned and discovered I had the ability to sing, I began to turn to music, as music always made everything 100 times better. It was my only true escape from the negative thoughts that surrounded me. I knew at a young age I was given the talent of music for a reason and it only made sense for me to use music to help others, like me. That one day I would find my own place and voice in this world and I could make a difference.

Upon graduating college from Montclair State University in 2010, I began touring and working professionally in off-Broadway Children's musicals that all had the same underlying message of acceptance, confidence and learning to believe in yourself. It wasn't until my time touring with Green Day's Broadway Musical, American Idiot in 2012–2013, that my life as I knew it was about to change.

My mom had called me and we were talking on the tour bus and she asked me like she usually did on occasion, what I was going to do once the 14 month world-tour was over. This was a typical question most of my family would ask me over the years, as being an actress isn't always the most 'stable' career choice... I laughed to myself and replied- I have absolutely NO idea.

That's when my mom, a kindergarten teacher in the town of Parsippany, NJ where I grew up, mentioned the idea of assembly programs.

MOM- "You're really great with kids. You seem to have a calling there. They really respect you and look up to you. You've always played around with the idea of opening up your own music school... Why don't you create your own assembly program?"

thought back to the assemblies I had that visited my school when I was a kid. Not all of them were, well- AMAZING, in fact some were pretty boring or super corny, so what could I possibly talk about during an assembly that would be relatable to children? How could I guarantee it would be fun and entertaining- I thought to myself. "How can I relate to children? What are kids, AND myself, both struggling with today?... Acceptance... lack of confidence... bullying... being true to themselves... BEE TRUE TO YOU!"

And that's how it happened!

If I was going to develop an assembly program, and create a story, it wouldn'tbe a ruitinic, boring school lecture by any means. It would be Pop, it Rock, it would be Interactive, there would be a DJ Mascot and it would a Broadway Interactive Concert! I immediately wrote down those 4 magic Bee True To You

along with a phrase which is now the Pre-Chorus in my program's theme song...

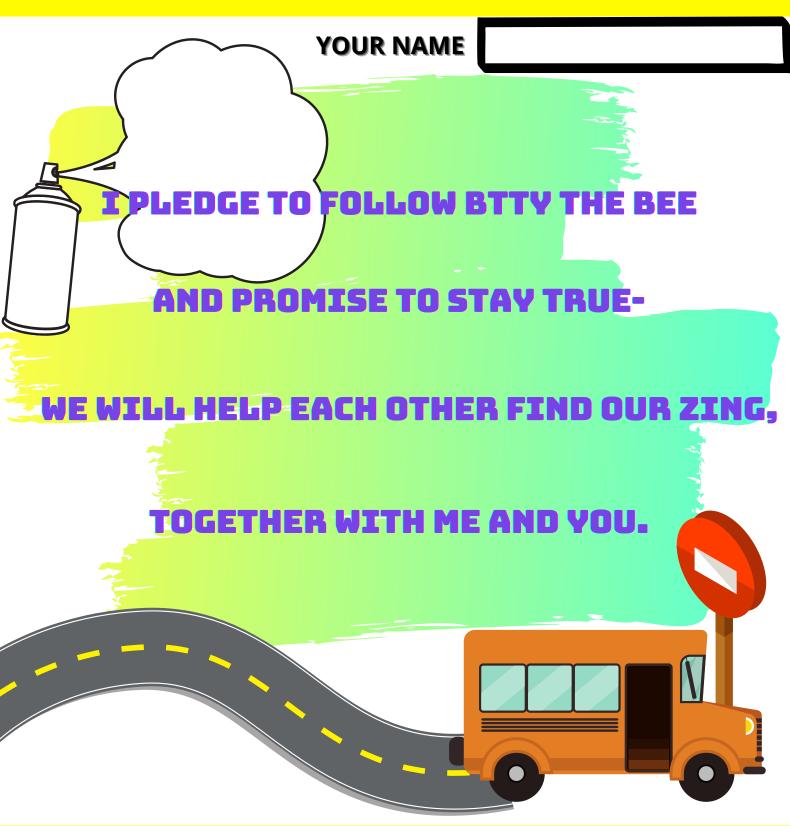
"It's the courage to believe, the fear to actually succeed, but most importantly it's about---Being True To You", along with a phrase which is now the Pre-Chorus in my program's theme song..

IT'S THE COURAGE TO BELIEVE, THE FEAR TO ACTUALLY SUCCEED, BUT MOST IMPORTANTLY IT'S ABOUT--- BEING TRUE TO YOU"

 $\mathcal{Q}\mathcal{C}$

YOUR PLEDGE CARD

Use the below pledge as a morning announcement for your entire school, or a special mantra in individual classrooms. Fill out the pledge card below, keep it safe, and remember the importance behind the card and it's meaning.



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