

An educators guide to...

Shana Banana Bedtime

A musical theatre show presented by

SHANA BANANA[®]

About the show!

It's a Pajama Party! Just because it's bedtime doesn't mean it's time to be quiet...at least not at first! There's just too much dancing, singing, and more to be done while brushing your teeth, taking a bath, putting on your "jammin'" jammies, telling stories, and singing songs! Join Shana Banana for a musical Pajama Party to remember...one that teaches kids the important healthy routines before bedtime and the opportunity for creativity and story-making...and one that will make your kids want to do the bedtime ritual by going totally bananas!

About the Artist!

What happens when you get a Master's degree in Oceanography? You become a national children's entertainer, of course! After working and teaching (and playing lots of music) on a marine research vessel, Shana Smith decided to take a leap of faith and formalize her creative talents and training in singing and songwriting. Shana discovered and developed her incredible joy of writing songs for children first as a touring folk musician when children were in the audience, and then on the grounds of her mother's preschool. Over the years, she became nationally known as "Shana Banana®" and earned a reputation as one of today's top children's entertainers, with a voice that still delves into blues, jazz, and folk as well. Inspired by her mother's extensive early childhood background, her own academic background in the sciences and her performances at schools and teacher education workshops, Shana also became an avid producer of curricula and study guides, and continues to hone her interests in and passion for music and education. She has also professionally trained, taught and choreographed in acting, music, and dance, respectively.

Performing at major festivals and performing arts centers across the United States, Shana Banana has earned many prestigious awards along the way, including: two first-round Grammy nominations, Parents' Choice, iParenting, NAPPA, Kids' First Coalition for Quality Children's Media, and "Best Children's Song In the Country" by the Just Plain Folks organization for her most requested song: *I Want to be a Dinosaur*. She has performed at the White House, Chicago's Lincoln Park, the Houston Children's Museum, Eastern Music Festival, Tampa Bay Performing Arts Center, Broward Center for the Performing Arts, Seattle's Whirligig, the Florida Folk Festival, Merlefest (in honor of Merle Watson), and many more. Her favorite "gig," however, is as mom to her two young children, who like to go bananas at bedtime.

Shana Banana continues to develop a variety of live themed shows (Bananimagination, Fairy Tales Gone Bananas, Banana Beach Party, Banana Bedtime Pajama Party, Banana Yoga, and Banana Holiday Show), CD's, DVD's, books, study guides, and workshops for teachers, parents, and of course, kids! She also continues her efforts with children's hospitals and school outreach programs to assist in her long-term mission of making a positive difference in the lives of children, motivating and cheering them as they grow. She has just completed a bedtime transitions CD called "Banana Bedtime," and is currently working on her fourth CD, an ocean-themed treasure called "Banana Beach Party USA."

To find out more, go to www.ShanaBanana.com. Go Bananas!

Activities before the Show:

1. Listen to Shana Banana's "Banana Bedtime CD."
2. Compare and contrast bedtime rituals - Ask the children to share what they do at home at bedtime. Make a list of the things that everyone does the same (brushing teeth, getting on pajamas), what some people may or may not do (telling stories or reading books), and things that are completely unique (lighting a candle, eating a banana, etc.)
3. What if? Make a list of the important bedtime tasks, like brushing teeth, taking a bath, putting on pajamas. Then ask the children what would happen if they did not do these things. Example: What if you didn't brush your teeth? Answer: Bacteria would eat the food left on your teeth and give you cavities.
4. Nocturnal Animals Game – Listen to Shana Banana's "Nocturnal Animals" song. Make a list of the animals mentioned in the song. Divide class into teams and assign each team one of the animals. Call two teams randomly and have them pretend to meet each other out in the wild at night. How would they relate to one another? Now pretend that the sun is coming up and it is time for them to go to sleep. Ask each team to make up the way they would do their bedtime ritual. Where would they sleep? What would they do before falling asleep?
5. Story Interpretation—Listen to "The Tree Who Loved the Moon." What is the moral of the story? Assign parts and act the story out.
6. Mood Ring—Listen to the song "Colors." Using art supplies, have each child create a ring which displays his or her mood that day, and share with class.

The Role of the Audience:

Copy this & pass out to students to read & discuss prior to the performance.

- ❖ The audience is an important part of the performance. You help the performers by imagining and participating with them.
- ❖ A live performance is not like watching TV at home or a movie in a movie theater. The performer is in the same room as you so they can see & hear the audience and interact with you! Laugh when you think something is funny. Answer if they ask you a question. Sing a long if you know the song! Clap at the end of the show!
- ❖ There are no commercials, no eating, no lying down or running around.
- ❖ When you enter the theater or performance area, enter quietly & listen for instructions.
- ❖ Should you talk to your friends and neighbors during the show? NO! You don't want to disturb other members of the audience & the performer needs you to watch & listen quietly.
- ❖ At the end of the show always remain seated and listen for instructions on how to leave the theater.

TH.D.1.1.3 The student understands appropriate audience responses to dramatic presentations.

NOCTURNAL ANIMALS

by Shana Banana Smith

c. 2009

When the moon comes up and the sun goes down
The creatures of the night make amazing sounds
They howl and they croak and they buzz and they bark
Nocturnal animals...
Awake after dark.

First I hear the owl and his lonesome hoot
Wondering who, who cooks for you?
Who Cooks for You?
Hooooo-Hoooooo?

Can you be a cricket, rubbing your wings
Move them together and make them sing!
:::cricket sounds:::

Now I hear the wolf as he howls at the moon
He might just answer if you howl too....
AAAAAOOOOOOOOO!!!!

Bats hang upside down all day
But at night they love to fly and play.
SQUEAK! SQUEAK!

Skunks like to roam the forest at night
But whatever you do, don't give him a fright!
PPSSSSSSSTTTTT!!!!

Toads love to sing while they hop and float
Can you give me a good toad croak?
CROOOOAAAAAKKK!

Bobcats hunt when other animals snore
Let me hear a snow leopard roar....
ROOOOOAAAAARRRR!!!!

Opossums are funny 'cuz they have almost no hair
And do ya know what they do if they get scared?
(Play dead)

When the moon comes up and the sun goes down
The creatures of the night make amazing sounds
They howl and they croak and they buzz and they bark
Nocturnal animals...
Awake after dark.

THE TREE WHO LOVED THE MOON

By Shana Banana Smith
c. 2009

There was once a grand and majestic tree. As the years went on, it grew and grew. Eventually, it became the largest tree in the forest, with branches that extended far upward, as though reaching for the heavens. Those who passed the tree admired its size and stature. But few knew the reason for it, and none knew the secret of this special tree. None, that is, except for the night creatures and Wind, who lovingly witnessed the secret deep night after deep night when the moon was high.

When our tree was only a sapling, it was scared and alone in the great forest and unaware of its great destiny. One particular evening, when the hoot owls were screeching loudly and the bats were bending the tree's tender small branches, Moon suddenly emerged, great and full, and bathed the tree in a cool, comforting glow. Her light eased the tree's fears, and reminded him of his deepest connections to earth and sky. He no longer felt fear. Tree felt...for the first time...Love.

This feeling of Love was so great that it persisted through each bright day until the Moon returned again each night. And on the evenings when Moon did not come or was only a bare sliver devoid of rays of light, the Love still continued to grow within him, even as he grew in size.

One day, he decided he wanted to show Moon his gratitude, so he called for Wind.

"Wind," he exclaimed, "I need your help! I want to dance for the Moon, to show her my gratitude and my Love. Tonight, when she has risen high, will you come and blow through my leaves and branches?" Wind thought this was a marvelous idea, and agreed.

That night, as promised, Wind came to tree and helped him dance. He reached his branches higher and higher and Moon cast her light upon him. He danced with her silver rays. She smiled.

Night after night, for many years, Wind came and helped Tree show his love for Moon.

But one night, Wind did not come. Tree waited, and waited. Moon looked down upon him, not withholding her Love, but Tree was unhappy. Where could Wind be?

Tree could not imagine a night without their dance. He summoned his roots, his leaves, his branches. They began to shudder, and then, slowly, they moved. And moved. And soon, he was dancing...by himself! His joy was so great that he shook the ground.

Wind was rushing towards him, embarrassed to have been so late, but he stopped when he witnessed the Tree's dance.
Moon beamed.

COLORS

By Shana Banana c. 2005

There are many colors to my moods
When I'm sad I say I'm feeling blue
When I feel happy I am in the pink
And when I see red I stop...to think

There are many colors to my moods
Sometimes I feel like a rainbow too
If you say hello
I might think of yellow
And if it's good-bye that you mean,
I'll start feeling green

Many many colors
Swirling all around
Some make me feel up,
Some make me feel down
Red, black, blue, or purple, yellow orange or brown
Many many colors
Swirling all around.

I have colors for my silly thoughts
Like orange with purple polka-dots
I imagine grey when I sleep away
But when I am out instead, I like the color red

I have many colors to my moods
I can only guess that you do too
Draw your colors, sing your songs
Feel your feelings all day long
There is only one very special you.

THE THEATRE ETIQUETTE SONG

By Shana Banana
c.2004

Welcome... it's good to see you
And remember. I CAN see you!
I am not a movie or a DVD
I can see and hear you, like you can see and hear me...so please...

Don't talk out loud don't shout or cry
Don't fall asleep or let out a sigh
Don't fidget or talk on the phone
And please... don't pick your nose... your nose... your NOOOOOOSE!

Because we're at the theatre, the thee-aa-teer
We hope you enjoy the show!

The curtain's about to open up
We want you to have lots of fun
The light's will go down; don't make a sound
Let's be the best audience we can be... so please...

Don't chew gum or play GameBoy
Don't tear apart a small stuffed toy
Don't stand up and strike a pose
And please... don't pick your toes... your nose... your TOOEEEEESS!

Because we're at the theatre, the thee-aa---teer
We hope you enjoy the show!
Welcome... enjoy the shoooooow!
It's showtime!!!

TH.E.1.2.3 The student understands theater as a social function and theater etiquette as the responsibility of the audience.

Activities after the show:

- ❖ **Careful listening:** By paying close attention to the show, students may discover the answers to these questions.
 1. What animal plays dead when it gets scared? *Opossum*
 2. Let's go bananas, underneath the what? *Sun*
 3. People can be big, small, short or what? *Tall*
 4. What word did the momma bird spell out when the baby bird got dirty?
B-A-T-H-T-I-M-E
 5. What was the witch's favorite color? *Purple*
 6. What do you brush out of your teeth at night? *Bacteria*
 7. How do you break Papa Mango's spell so he has to share mangoes? *Wait until he falls asleep and then say his name three times*
 8. During the lullaby "Ocean Dreams," Shana Banana asks you to pretend that the back of your eyes are a what? *Movie screen*
 9. You can say goodbye like what in a tree? *Monkey*

- ❖ **Memory game:** The words to several songs are included. Can you remember the tune of the song?

- ❖ **Courtesy Letters:** Ask your students to write letters to Shana (Shana@ShanaBanana.com). What did they like about the show? What was their favorite song? Why?

- ❖ **Creativity:**
 1. Draw nocturnal animals - Maybe a bobcat, skunk, or toad. Can you think of more nocturnal animals that aren't mentioned in the song? Draw them.
 2. Using the song "Big, Small, Short, Tall" - cut out pictures of different size objects, animals or people and glue them on one page. Discuss the contrast of sizes. Does everybody have to go to bed, no matter their size? Why or why not?
 3. Dress up a real banana in your own design of pajamas.
 4. Draw an open mouth with big teeth. Draw bacteria on the mouth and a toothbrush coming to attack it. Do a "before" and "after" picture.
 5. Create your own bedtime stories with rhyming words using the attached work sheet.
 6. Create your very own bedtime storybook character using the attached worksheet.
 7. Review "Dance to the Bed." What are some other movements you can use in this song? Add them and act them out!

LET'S GO BANANAS!



by Shana Banana Smith
c. 2000

Let's go bananas, underneath the sun

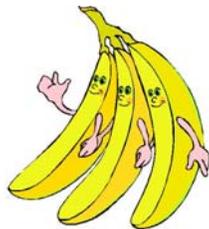


Let's go bananas, we'll have bunches of fun
Now when you go bananas, you can sit or stand or kneel
Either way, you know today is gonna have great a-PEEL!

Let's go bananas, underneath the sun
Let's go bananas, we'll have bunches of fun
Now things might get kind of slippery
And you might even feel like going ape
But if you all can act like monkeys
Everything will turn out great!

OOH OOH AAH AAH OOH OOH AAH AAH

Let's go bananas, underneath the sun
Let's go bananas, we'll have bunches of fun
Yea we'll have bunches and bunches, I have a few hunches
It's better than school lunches, gotta do some stomach crunches
Let's go bananas, we'll have bunches of fun!

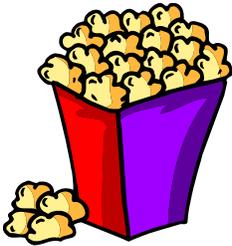




THE POPCORN SONG

By Shana Banana Smith and Deborah Townsend
c. 1998

Well I'm a little kernel of popcorn
And I'm sitting here on the stove
Yes I'm a little kernel of popcorn
And I'm starting to feel warm
Yes I'm a little kernel of popcorn
And I'm starting to feel hot



I'm a kernel of popcorn and I'm ready now to POP!
POP POP

BIG SMALL SHORT TALL

By Shana Smith c.2002

www.ShanaBanana.com

A

1/When I was a baby (oh baby), I was very small

D

A

Everyone around me seemed so very tall

A

Then I grew much bigger, bigger than before

D

A

Now those little babies seem so very short

E

A

It's no surprise....people come in every size

CHORUS:

Big...small...short...tall....Big....small....short....tall

Big small short tall big small short tall big small short tall

2/I went out a-swimmin' when I was at the beach

I saw little shells so small within my reach

Then I looked around me, and I saw a big old whale

That whale was really huge, much bigger than those seashells

It's no surprise...nature comes in every size

It can be:

CHORUS

BRIDGE:

D

I am very big, compared to birds and ants

A

I am very small, compared to elephants

D

Our planet earth is a big place

E

But it's just a small dot compared to outer space!

REPEAT First Verse, then Chorus, then End.

DANCE TO THE BED (You Sleepyhead)

By Shana Banana c.2007

Dance to the bed, you sleepyhead
It's time to go night-night
With a twirl and a whirl and a jump and a swirl
I know you'll get it just right.
So do a little dance; it's your very last chance
To move your body around
'Cuz in 5 seconds, that's about what I reckon
I don't wanna hear a sound. So why don't you...

Jump....

Spin....

Hop....

Kick...

Now STOP! (freeze!)

Now shake...

Now dance...

That's it!

(Want another chance? OK!)

(Repeat refrain)

Now leap.....

Stretch.....

Bark.....

Fetch.....

Now STOP! (freeze!)

Now roar...

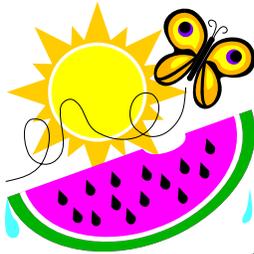
Now sit...

That's it!

GOOD NIGHT!

Creating Stories with Rhyming Words

Read the words under the pictures in each group aloud. Make up a story using one the following groups of words.



1. Swing

Spring

Sing

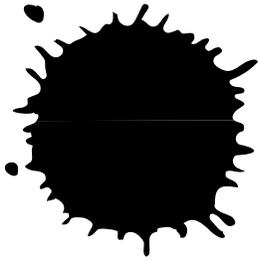




2. Dog

Frog

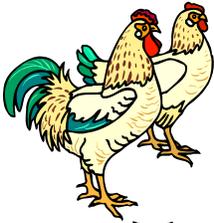
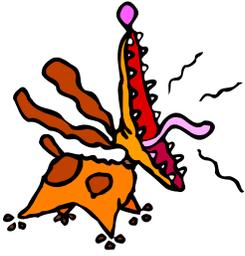
Hog



3. Cat

Bat

Splat



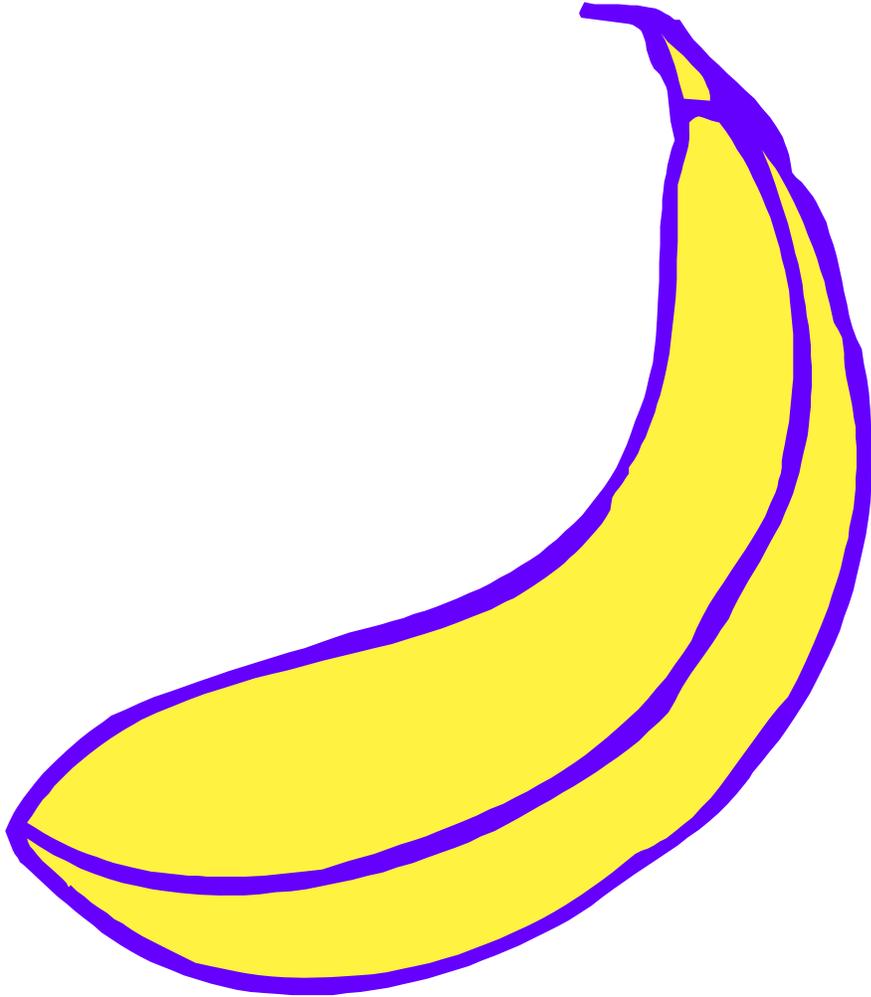
4. Owl

Fowl

Howl

Creating a Storybook Character

Use the banana below to create your character. Add eyes, ears, a nose, a mouth and anything else you want to make your character. Don't forget to give him or her a name!



What is your Banana Character's Name??

Sunshine State Standard Applications:

- ❖ (DA.A.1.1.2) Knows simple locomotor movements (e.g. walk, run, hop, jump, and leap).
- ❖ (DA.A.1.1.4) Moves to various sounds, including rhythmic accompaniment, and responds to changes in tempo.
- ❖ (TH.A.1.1.1) Creates imagined characters, relationships, and environments, using basic acting skills.
- ❖ (MU.D.1.1) Understands how music can communicate ideas suggesting events, feelings, moods, or images.
- ❖ (HE.1.C.1.1) Identify healthy behaviors.
- ❖ (HE.1.C.1.6) Emphasize the correct names of human body parts.
- ❖ (HE.1.C.2.3) Recognize health consequences for not following rules.
- ❖ (HE.1.P.1.1) Demonstrate good personal health habits.
- ❖ (LA.1.2.1.3) Identify the characters and settings in a story.
- ❖ (LA.1.2.1.5) Respond to various literary selections, identifying the characters, setting, and sequence of events and connecting text to self (personal connection), text to world (social connection), text to text.
- ❖ (MU.E.2.1) Knows appropriate audience behavior in a given music setting (e.g., religious service, symphony, concert, and folk or pop concert).
- ❖ (TH.E.1.2) Understands theatre as a social function and theatre etiquette as the responsibility of the audience

Bibliography:

- ❖ <http://www.childrenslit.com/> - What's New at Children's Literature
- ❖ 101 Language Games for Children: Fun and Learning With Words, Stories and Poems by Paul Rooyackers
- ❖ The 20th-Century Children's Book Treasury: Picture Books and Stories to Read Aloud by Janet Schulman
- ❖ Art & Creative Development for Young Children by Robert Schirrmacher
- ❖ 101 More Drama Games for Children: New Fun and Learning With Acting and Make-Believe by Paul Rooyackers
- ❖ 101 Music Games for Children: Fun and Learning With Rhythm and Song by Ger Storms
- ❖ Imaginary Companions and the Children Who Create Them by Marjorie Taylor
- ❖ 101 Drama Games for Children: Fun and Learning With Acting and Make-Believe by Paul Rooyackers
- ❖ Wordplay: Fun games for Building Reading and Writing Skills in Children With Learning Difficulties by Lori Goodman
- ❖ Wild About Books by Judy Sierra
- ❖ The Universe Is My Home: A Children's Adventure Story by Bill Fletcher
- ❖ Adventures of Tom Sawyer (Children's Classics) by MARK TWAIN
- ❖ Telling Stories: An Anthology for Writers by Joyce Carol Oates



Study Guide created for Shana Banana Enterprises, Inc. by Shana Smith, www.ShanaBanana.com.