



**WE GOT
YOUR
BACK!**

**EDMONDS
CENTER
FOR THE ARTS**

CURRICULUM + STUDY GUIDE

WELCOME ROCKSTARS!

We are excited to welcome you to the the Alphabet Rockers community of kids and families activated to make change! We are here for kids and families who want to stand up to hate and be your brave and beautiful selves.

In this curriculum/study guide, we invite you to learn a few of our songs, dances, and try some of the worksheets from our anti-racism curriculum, "We Got Work to Do."

This WORKBOOK will:

- ✓ Empower young people to be proud of their identities and feel powerful enough to change their world
- ✓ Model advocacy and intersectionality
- ✓ Challenge oppressive language and bias
- ✓ Give all of us starting points for challenging conversations

BEFORE THE SHOW

Listen to the songs from our 3 GRAMMY-nominated albums on Spotify or login to alphabetrockers.com.

Play "Shine", "Stand Up for You" and "You Are Not Alone" on our YouTube channel. Practice the dance moves!

Print and read aloud the lyrics.

Prepare your "Rockstar Corner" and honor whose land you are on.

AFTER THE SHOW

Write and reflect using our journal page.

Create *I'm Proud* mirror messages, practice stand up words, and fill out the shine stars as a family or community.

Go deeper with us! Sign up for "[We Got Work to Do](#)" curriculum, or listen to our [So Get Me](#) podcast episodes to spark conversations on social justice.

Share with us! We're on all the social platforms and we are listening at hello@alphabetrockers.com

Creators, Tommy Soulati Shepherd and Kaitlin McGaw built Alphabet Rockers to amplify diverse voices as we create world-changing family content across all platforms. JOIN US!





Your Rockstar Corner awaits! Find a corner of your space where you can be your best self—ready to learn, grow, and make change. How do you want it to feel in your Rockstar Corner? How will you identify yourself in it? What pronouns will you use?

STARRING:

PRONOUNS:

REPRESENTING:



Whose land are you on? Find out at Native-Land.ca and add the Indigenous nation to the label below. What can you learn about the people, land, animals and plants that flourished before you? Celebrate the culture by incorporating elements into your artwork!



SHINE: WATCH, MOVE, REFLECT



WATCH
THE
VIDEO!



LEARN
THE
MOVES!

LYRICS

Let the sunshine in (SHINE)
In my beautiful skin, (I SHINE)
Cuz its from within
And you can see me glow every time I...
(SHINE, I SHINE!)

When they catch a good glimpse of what I'm really on
I will get some followers - Prolly like a million
Smile so big that it's lookin' like the ceilings gone
You be like is that the sun?
Nope it's just the bright one
Shades on, take a look - look at this complexity
Not just a star I'm-a (I'm-a) (I'm-a) galaxy
I'm the big bang written in the black stars
Everything that's beautiful has me up at the start
My dreams are awakening everybody's sleepin' in
Follow my light to the life we should be leadin'
My imagination is the fire, earth is my knowledge
Wind is my word— flow like water
That's my (that's my) power

Let the sunshine in (SHINE)
In my beautiful skin, (I SHINE)
Cuz its from within
And you can see me glow every time I... (SHINE)
Watch me shine [x6]

I've known rivers, designed pyramids
I mean...I...can fly
Like Pharaoh and Cleopatra did
I sing loud and yes, I speak clearly
When it's about my skin, my hair, my prayers,
my family

Cuz I'm a bird in the sky— not like a bird caged
Carving out a true path— right up to center stage
Making my voice a tradition not a holiday
It's more than a month, man my history is everyday
And everyday I pray 5 times, and yes I do, I pray for
you
That you can tie it up tight in a pair of my shoes
Or my skin, or my hair, or my clothes, my rights, or my
life or the light on my skin and we can

Let the sunshine in (SHINE)
In my beautiful skin, (I SHINE)
Cuz its from within
And you can see me glow every time I... (SHINE)
Watch me shine [x6]

[Instrumental]

Let the sunshine in (SHINE)
In my beautiful skin, (I SHINE)
Cuz its from within
And you can see me glow every time I... (SHINE)
Watch me shine [x6]

REFLECT

What does it mean to shine? How do you shine? How can you help others shine brighter?

SHINE: STAR POWER

How do you stand in your power and glow from the inside? Decorate your star with words and pictures of how you shine. Print one for everyone in your family and/or people who make you feel strong. Create a connected galaxy and continue to share your gifts!



STAND UP FOR YOU: WATCH, MOVE, REFLECT



WATCH
THE
VIDEO!



LEARN
THE
MOVES!

LYRICS

It's time to be woke!

[Chorus]

I'm-a stand up for you!

I'm-a stand up for you! (for who?) [x4]

Step back and listen

Be allies

If it's not about you

Then you know why

Everyone is different

No one's the same

From gender to color to how we pray

Ask yourself— is the world really fair?

Ask yourself— what's going on over there?

Ask yourself— who's really alright?

Ask yourself— how can i open my mind?

Ask yourself— who do I stand up for?

Ask yourself— do I wanna do more?

Ask yourself— am I woke? If you're woke, then

Stand up, speak up!

Chorus

To be together

and stand as one

Gotta wanna know each other

Everyone

It takes mad courage

And that fierce love

To bravely stand up and

Defend someone

Ask 'em now— do I say your name right?

Ask 'em now— are you really alright?

Ask 'em now— did you get your turn?

Ask 'em now— is there more for me to learn?

Ask 'em how— can I stand up for you?

Ask 'em how— can I do more for you?

Ask yourself— am I woke? If you're woke then

Stand up, speak up!

Chorus

We are the ones we've been waiting for

We gotta change things now

Right now. not some other time

I don't look like you, but I still got your back.

I don't look like you, but I still got your back.

Do something.

Make a difference.

Don't wait.

REFLECT

What does it mean to stand up for someone? Think of a time you stood up for someone else or somebody stood up for you. What happened?

STAND UP FOR YOU: POWER WORDS

Words matter! We need powerful terms to discuss this work. Which ones did you hear during the assembly? Find them below. What does it mean?



FRIEND
ALLY
ACCOMPLICE
LEADER

CHANGE
JUSTICE
INCLUSION
SOLIDARITY

UNITY
SHINE
POWER
VOICE

COURAGE
PRIDE
RESPECT
CULTURE

BELONG
HISTORY
ANTI-RACISM
FREEDOM

STAND UP FOR YOU: SPEAK OUT!

It can be hard to know what to say when it's time to stand up for yourself or someone else. Here are some ways to interrupt mean words, name-calling, exclusion, racism or prejudice if you hear it. Imagine some situations where your strong voice is needed. Practice saying these words and notice how it feels to say them. Play with different tones and body language too.

"STOP. THAT'S NOT RESPECTFUL."

"I DON'T WANT TO LEAVE ANYBODY OUT."

"I'M HERE TO HELP"

"THAT SOUNDS LIKE RACISM TO ME."

"BLACK LIVES MATTER."

"WHEN DIFFERENT PEOPLE COME TOGETHER, THE WHOLE GROUP IS BETTER."

"THAT'S NOT FAIR."

"DID YOU ASK FOR CONSENT?"

"THEY CAN WEAR WHAT THEY WANT."

"PLEASE USE THE CORRECT PRONOUNS."

IM' PROUD: LISTEN, MOVE, REFLECT

Play "[I'm Proud](#)" and read along with the lyrics below. Come up with your own poses for "power", "strength", "love", "courage", "drive" and "magic" and share them with a friend!

LYRICS

*You know it's time to stand up!
Be you get loud!*

Proud to be who I am and to be a good friend
Gotta know that you're you and I'm me
And together we can understand
That there's more to us
Than what you see
Listen up
Right here right now you'll see

I got the power
I got the strength
I got the love of those, who come before me
Who made me who I am
I got the courage
I got the drive
I got the magic forming inside me
It makes me who I am

[Chorus]

Look to the left say it loud: HEY, I'M PROUD
Look to the right say it loud: HEY, I'M PROUD
Look to the crowd say it loud: HEY, I'M PROUD
Never look down, cuz we livin' UP
Look to the left say it loud: HEY, I'M PROUD
Look to the right say it loud: HEY, I'M PROUD
Look to the crowd say it loud: HEY, I'M PROUD
Never look down, cuz we livin' up!

Me, it's easy to be
But only when you see me and let me be exactly
Who i'm meant to be
A rising star
An open heart
When we need change
Right now
Right here
I'll start
I got the power

I got the strength
I got the love of those, who come before me
Who made me who i am
I've got the courage
I got the drive
I got the magic forming inside me
It makes me who I am

Chorus

I got the power and I use it—
when I speak my mind
I got the strength and I prove it—
I prove it every time
See me - I never give up
And you - you never give up
So we - lift each other up
So we - can keep living up

We are the power— get your power
We are the strength— get your strength
We are the love— get your love
We are the courage— get your courage
We are the drive— get your drive
We are the magic— get your magic
It's our life! Go get your life!
It's our life! Go get your life!

Chorus x2

REFLECT

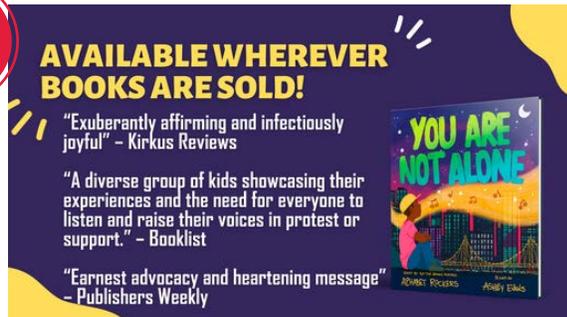
What are you proud of? What makes you powerful? How can you use your strength and your power? What does it mean to "get loud"?

I'M PROUD: MIRROR MESSAGES

Look in the mirror and notice your skin, eyes, hair, posture, etc. What do you love about yourself on the outside? What are you proud of on the inside? Write your words below, cut them out and tape to your mirror. If you have dry erase markers, write your words directly on the surface. Soak in the brilliance!

YOU ARE NOT ALONE: WATCH, READ, REFLECT

Alphabet Rockers book, "You Are Not Alone" describes six children standing in their power, and how they "show up" for one another. Can you watch our music video, and talk about how you show up for yourself and others? Read the words of the song below.



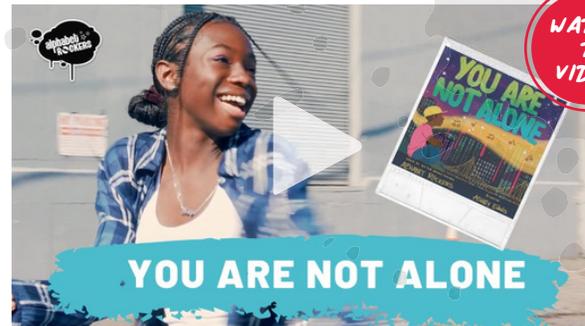
As my friend
There is something that I might need you to do
Just because you say we need equality too
Will you speak out step up and defend my truth
If you do I'll go with you

Cuz as my friend
You will know the truth and love just who I am
You will use your voice and make them understand

You don't always see when they're lashing out at me
I need to know that you will still believe me
Standing up for me when they say those hateful things
Hold my truth Hold my truth
Hearts beat louder
Voices rising
Will you be there for me always riding
Side by side, reaching out?

I need you
Standing beside you holding you up when you--
Falling apart and you can't get up, know that you-
We'll be alright, cuz you know that I got you-
You are not alone

As your friend
There are ways that I have changed, I won't go back
To where I was before I met you on this track
I will step up speak out meet you where you're at
You know that
I got your back



So as your friend
I will go with you, no matter where or how far
Cuz I know your truth I love who you are

I'll be around even when you don't see me
I'm not afraid to get teased even if it means
Standing up for you when they say those hateful things
They're not true They're not true
Hearts beat louder
Voices rising
I'll be there for you always riding
Side by side listening out

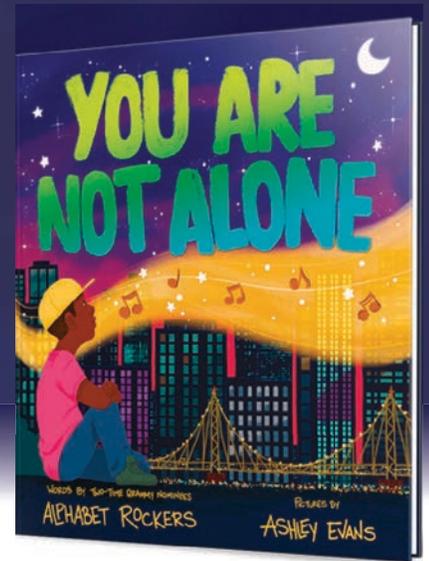
I need you
Standing beside you holding you up when you--
Falling apart and you can't get up, know that you-
We'll be alright, cuz you know that I got you-
You are not alone

If you feel it in your heart and ready to take part say
I'm not alone - I'm not alone
If you feel it your soul and you're ready to roll say
You're not alone - you're not alone
If you feel it in your gut and ready to step up say
We're not alone - we're not alone
We're not alone
You are not alone
You are not alone

YOU ARE NOT ALONE

BY THE ALPHABET ROCKERS

STORYTIME AND ACTIVITY KIT



WRITING PROMPT

Your story matters. What do you want others to know about you?
How can you stand up with others?

I AM _____

A GOOD FRIEND IS SOMEONE WHO

KINDNESS IS

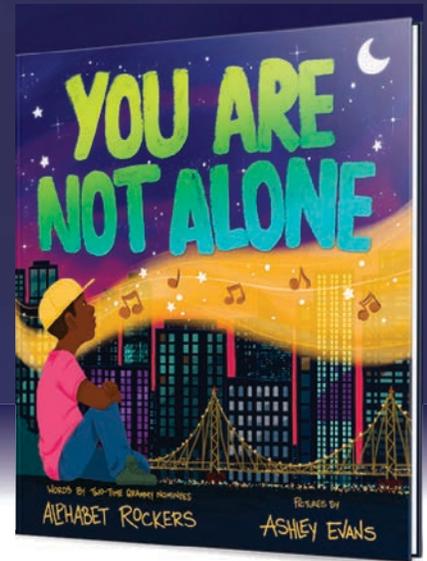
COMMUNITY HAPPENS WHEN

I WILL LET OTHERS KNOW THEY ARE NOT ALONE BY

YOU ARE NOT ALONE

BY THE ALPHABET ROCKERS

EDUCATOR GUIDE



Empathy Project

Enact an intentional day of kindness. Create displays to support everyone's identity to be showcased around the school. Create a book list for the community, students, teachers, and parents can use to gain a better understanding of people from different races, cultures, abilities, gender identifications, religions, and any other identities students want to include.

EDUCATOR RESOURCES

The topics of this book are important for students to discuss and understand. They can also be uncomfortable and challenging concepts for educators to bring into the classroom.

Here are some resources for educators to help have these necessary conversations:

Let's Talk! Discussing Race, Racism and Other Difficult Topics with Students

<https://www.learningforjustice.org/magazine/publications/lets-talk>

Black Boys Matter: Cultivating Their Identity, Agency and Voice

<https://www.naeyc.org/resources/pubs/tyc/feb2019/black-boys-matter>

Being Mindful of Cultural Differences

<https://www.edutopia.org/discussion/being-mindful-cultural-differences>

A Classroom Where Everyone Feels Welcome

<https://www.edutopia.org/article/classroom-where-everyone-feels-welcome>

Teaching Advocacy in Your Classroom

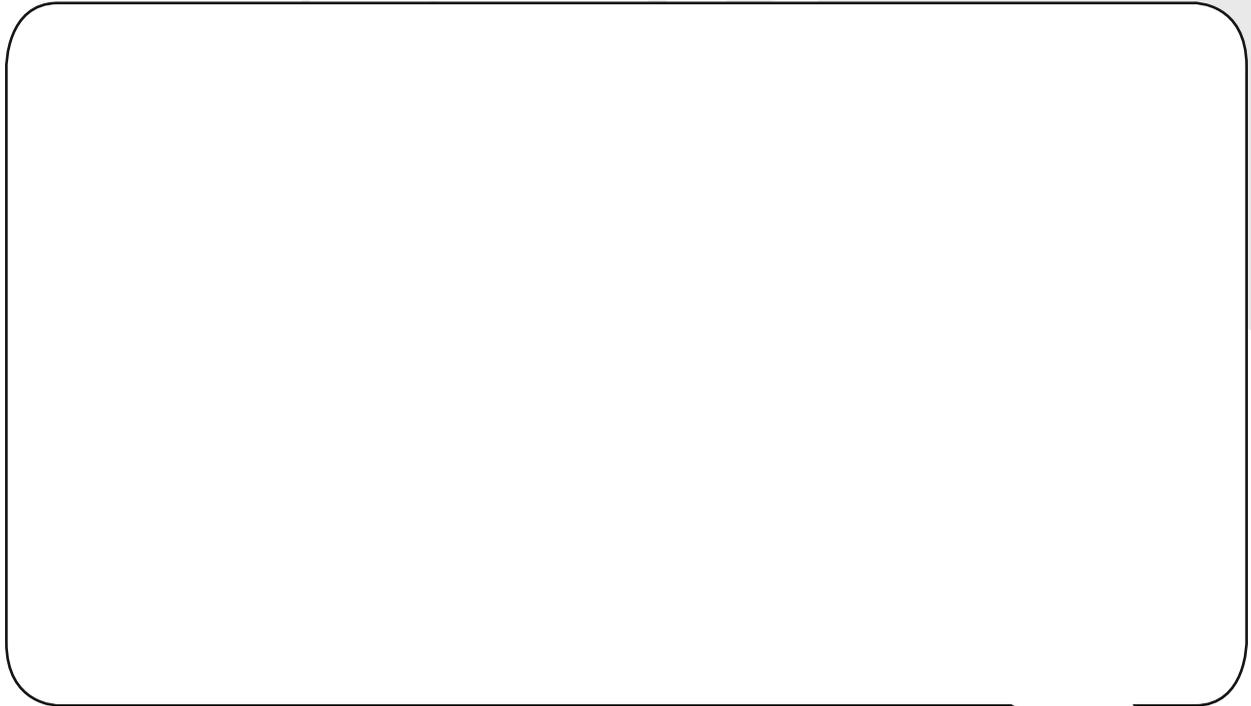
<https://www.edutopia.org/discussion/teaching-advocacy-your-classroom>

Let's Talk About Nonbinary

<https://www.learningforjustice.org/magazine/lets-talk-about-nonbinary>

LET'S REFLECT!

What did you learn from the Alphabet Rockers in the performance today?
Draw a picture of yourself standing in your power along with the Rockers.
What will your role be moving forward?



I learned...

I can...

I will...

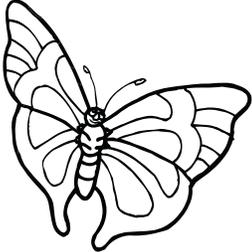


Make your mark! Use these lyric bookmarks to keep your place in your favorite anti-racist books. What's on your reading list?

		<p>LOUDER STRONGER TOGETHER!</p>
		<p>WANNNA WHO</p>



Witness the Butterfly Effect! Watch how youth activists stand up for migrant children in "[Until You're Free](#)" then talk about who you want to stand up for as a family when you color in this sign.

NOT 
FREE
UNTIL
YOU'RE 
FREE.

#alphabetrockers