At CTC, our mission is to Educate, Challenge, and Inspire our multigenerational audience. This Audience Resource Guide is just one of the ways through which we aim to enhance your experience and further your engagement, beyond just seeing the shows on our stage. Use these articles, conversation starters, and activities both before and after you see Bob Marley’s Three Little Birds!

Prepared by the CTC Education, Marketing, and Audience Services teams
EDUCATE: Background Information About the Show!

Use these resources to familiarize yourself with our production of Three Little Birds, its inspiration—the legendary Bob Marley's music—and Cedella Marley, who wrote the book off which this play is based!

More About Jamaica and Three Little Birds on Off Book:

- Meet The Cast: [https://offbook.childrenstheatre.org/meet-the-cast-of-bob-marleys-three-little-birds-36e29c0f0bddd](https://offbook.childrenstheatre.org/meet-the-cast-of-bob-marleys-three-little-birds-36e29c0f0bddd)
- Passport to Jamaica: [https://offbook.childrenstheatre.org/passport-to-jamaica-cea3d07c8d37](https://offbook.childrenstheatre.org/passport-to-jamaica-cea3d07c8d37)
- Birds of Jamaica: [https://offbook.childrenstheatre.org/birds-of-jamaica-1616eabe44cf](https://offbook.childrenstheatre.org/birds-of-jamaica-1616eabe44cf)
- Mouth-watering Jamaican Foods: [https://offbook.childrenstheatre.org/mouth-watering-jamaican-foods-b941f5ff5d35](https://offbook.childrenstheatre.org/mouth-watering-jamaican-foods-b941f5ff5d35)

More About Bob Marley and Cedella Marley

- Bob Marley and The Wailers on Spotify: [https://open.spotify.com/artist/2Qsynag5dAqZj3U9HgDziD](https://open.spotify.com/artist/2Qsynag5dAqZj3U9HgDziD)
- A Conversation with Cedella Marley: [https://www.youtube.com/watch?v=K8GfIPYEOK0](https://www.youtube.com/watch?v=K8GfIPYEOK0)
- Cedella Marley Interview— Three Little Birds Musical: [https://www.youtube.com/watch?v=EhLcBeHTP2E](https://www.youtube.com/watch?v=EhLcBeHTP2E)

Ziggy's afraid to leave the house. He's too busy worrying about tropical storms, evil spirits, and a sneaky, freaky, hair-grabbing trickster Duppy! But, with the help of some feathered friends, Ziggy learns “every little thing is gonna be alright.” Don’t miss this timeless tale of peace and love that uses classic Reggae music to jam Jamaican style!

Things to Know About the Show

- This show is a musical featuring the music of Bob Marley, performed by a small group of actors.
- This show is based on the book Three Little Birds, written by Bob Marley’s daughter, Cedella Marley.
- Jamaican phrases are used throughout the show. Characters also count to eight in multiple languages, including Spanish, Swahili, Chinese, and Hindi!
EDUCATE: About Bob Marley

Bob Marley was a Jamaican musician who popularized the Reggae genre, selling over 20 million records. Although he grew up in poverty, he always surrounded himself with music. His music told stories of Jamaica, politics, and the Rastafarian religion. As part of his Rastafarian beliefs, Marley sported dreadlocks, which became his iconic look.

His music career began in the 1960s when he became friends with Peter Tosh and Bunny Wailer. Together, they formed The Wailing Wailers, eventually becoming simply The Wailers. Their big break came in 1973 when they landed a recording contract with Island Records and recorded their first full album, *Catch a Fire*. The group began touring the United States and Britain and their song “I Shot the Sheriff” became a #1 hit in the United States. For their second tour in 1975, the Wailers joined with I-Threes, a female group featuring Bob Marley’s wife, Rita. The Wailers continued this success and completed 14 albums.

Unfortunately, Bob Marley died of cancer in 1981 at the age of 36. However, his impact on the music industry did not stop. In 1994, he was inducted into the Rock and Roll Hall of Fame and in 1977 his album *Exodus* was named Album of the Century by *Time Magazine*. From the same album, the song “One Love/People Get Ready” was named Song of the Millennium by The World Health Organization.

Bob Marley fathered 11 children, many of which followed in their father’s footsteps to become Grammy award-winning musicians. *Three Little Birds* is based on the picture book written by Bob’s daughter Cedella Marley and features a character named Ziggy, who is named after another Marley child.

EDUCATE: Duppy and Nansi in Jamaican Folktales

*Three Little Birds* features characters and inspiration from real Jamaican and African folktales. These tales were passed down verbally from generation to generation, acted out, and sometimes sung with dancing and drumming.

The Duppy is a folklore character like an evil spirit or ghost, and is comparable to the American folk-character of the Big Bad Wolf. Because of its prevalence in Jamaican folktales, the name Duppy can be found in Reggae music, such as the song “Duppy Conqueror” by Bob Marley and The Wailers.

Duppy can have many different traits in folklore, like animal-like features, speaking in high nasal voices, and the limitation to only come into the human world at night. The Duppy in *Three Little Birds* is trying to steal Ziggy’s beautiful dreadlocks and his character is used to tell the story of overcoming fear and worries.

The character of Nansi is based on the character Anansi, who is a trickster often seen in African and Caribbean folklore. In *Three Little Birds*, Nansi has a pet spider because the original characterization of Anansi is a spider. This character uses intelligence and trickery to get what they want.
Get the Facts about Jamaica

Jamaica is home to the fastest man in the world, Usain Bolt, who completed the 100 meter dash in 9.58 seconds.

2.9 million
The total population of Jamaica is slightly smaller than the population of the Twin Cities!

The capitol of Jamaica is Kingston.

In Jamaica, people drive on the left side of the road.

80°
is the average temperature of Jamaica.

The Doctor Hummingbird is the national bird of Jamaica.

2,071 Miles
The distance between Minneapolis and Jamaica.

Although they gained independence from the United Kingdom in 1962, Jamaica still recognizes Queen Elizabeth II as their head of state.

Jamaica is an island in the Caribbean and is prone to hurricanes.

Hurricane season in Jamaica is from June to November each year.

Jamaica’s main exports are bananas, sugar, cocoa, and coffee.

Jamaica has more occurrences of babies born in multiples (twins, triplets, etc.) than any other country in the world.
EDUCATE: Conversation Topics and Activities

Check out the ideas below for what to talk about, write about, create, and explore before and after you see Bob Marley’s Three Little Birds!

How does Ziggy change throughout the story? How does Nansi change?

Research tropical birds and find out which ones inhabit Jamaica!

Ziggy’s hair makes him special. What makes you special?

If you could travel anywhere in the world where would you travel and why?

The Birds count to eight in English, Spanish, Chinese, Hindi, and Swahili. Can you count to eight in any languages?

Ziggy feels anxious about the weather, evil spirits, and Duppy. What do you feel anxious about? What helps you feel better?

Listen to Reggae music and try to guess which instruments are being played; then, have a reggae dance party!

If you could have any animal as a pet, which animal would you choose and why?

What surprised you about the play?

Ziggy believes that counting to eight and wearing red underwear is lucky. What things in your life do you believe are lucky?

Mama and Nansi encourage Ziggy to feel the rhythm of Jamaica. Close your eyes and listen to the rhythm of your school, neighborhood, or house.

Ziggy and Nansi have a disagreement. When have you had a disagreement with a friend? How did you resolve it?
CHALLENGE: Trickster Tales

Create an original trickster tale with unconventional characters and challenge your perspective! Select a few trickster tales, such as those of Anansi from Africa and the Caribbean, Coyote from North America, Loki from Norse mythology, Kitsune fox from Japan, or more! Then, read the tales together and brainstorm the similarities and differences between each story. What are the most common characteristics of trickster tales? Where do they vary the greatest?

Next, collect two paper bags and assign a prompt from the table below for each bag. For example, you might choose to have a “common objects” bag and a “settings” bag. Write examples of these things on slips of paper and place them in the matching bag. Then, choose one prompt from each bag and write a trickster tale about those things. Don’t forget to keep the traditional characteristics of trickster tales in your story! If you want, when you’re finished, share your story with someone else and try to find similarities and differences.

<table>
<thead>
<tr>
<th>Paper Bag Prompts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common Objects</td>
</tr>
<tr>
<td>Emotions</td>
</tr>
<tr>
<td>Animals</td>
</tr>
<tr>
<td>Physical Actions</td>
</tr>
<tr>
<td>Settings</td>
</tr>
<tr>
<td>Characters</td>
</tr>
</tbody>
</table>

| Image courtesy of about-jamaica.com |
| Image courtesy of Wikipedia, F.N. Wilson |
| Image courtesy of Wikipedia, Yoshitoshi: “The moon on Musashi Plain (fox)” |
| Image by Gage Skidmore: Tom Hiddleston at San Diego Comic-Con, July 2013 |
### CHALLENGE: Jamaican Sayings

In *Three Little Birds*, you will hear traditional Jamaican sayings from each of the characters. Use context clues and inferences to connect the Jamaican sayings on the left with their meaning on the right.

<table>
<thead>
<tr>
<th>Jamaican Saying</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Breathe easy</td>
<td>A) Having a good time</td>
</tr>
<tr>
<td>2) Yasso nice</td>
<td>B) Messy and untidy</td>
</tr>
<tr>
<td>3) Hawk, dey near chaka chaka</td>
<td>C) Grown up business</td>
</tr>
<tr>
<td>4) One coco full basket</td>
<td>D) See you later</td>
</tr>
<tr>
<td>5) Cockroach no business in a fowl fight</td>
<td>E) Really cool</td>
</tr>
<tr>
<td>6) A mongoose with Pickappa Sauce is bad like yazz</td>
<td>F) Every little bit adds up</td>
</tr>
<tr>
<td>7) Likkle muore</td>
<td>G) Don’t meddle in things that don’t concern you</td>
</tr>
<tr>
<td>8) Big man ting</td>
<td>H) Relax</td>
</tr>
</tbody>
</table>

Answers: 1H, 2A, 3B, 4F, 5G, 6E, 7D, 8C
Ziggy and Nansi react differently to different things and situations in the story. After you see the play, write about Ziggy and Nansi’s reactions to the circumstances in the chart below.

<table>
<thead>
<tr>
<th></th>
<th>Ziggy</th>
<th>Nansi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Playing Outside</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Watching the News</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Going to the Port</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Handling Bugs or Spiders</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Playing Tricks on People</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meeting Duppy</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

How would you react to the situations above?
**INSPIRE: Sensory Mindfulness**

In *Three Little Birds*, Ziggy is sometimes anxious, stressed, or scared. His mother says “Breathe easy,” helping him calm down, so here’s an activity to help you breathe easy! Use your knowledge of the five senses to help ground your feelings and release stress! (Parents, this activity can be particularly useful after your children finish up a high energy activity to prepare them for a low energy activity.)

On your own, or with some friends and family, gather in a calm environment. Wiggle all of the fingers on one hand and keep wiggling until everyone in the group is focused. Then, wiggle each finger individually while doing the prompts below. Someone in the group can identify these things aloud (in your speaking voice, not a shouting voice), point to them, or simply think about them. Make sure to take deep breaths between each prompt. By the time you have finished, you should feel calmer and focused!

- Wiggle your pinky finger and find five things in the room you can SEE.
- Wiggle your ring finger and find four things in the room you can FEEL.
- Wiggle your middle finger and find three sounds in the room you can HEAR.
- Wiggle your pointer finger and find two things in the room you can SMELL.
- Wiggle your thumb and find one thing in the room you could TASTE.

**INSPIRE: Music-Art-Story**

This activity asks you to identify emotions in music, create art inspired by those emotions, and write about imagined events! Choose a snippet of music or a song (about a minute works well) from a specific genre such as classical, rock and roll, or gospel. Play the piece of music and simply listen to the music (it may help if you close your eyes!). When the piece of music is done, write or share aloud some emotions you felt during the song.

Play the same piece of music again and this time, draw a picture while listening to the song. When the song is over, share what emotions inspired the artwork and make connections to times you felt that emotion in their life. For example, if part of the music made you feel happy, what did you draw to reflect feeling happy?

Next, choose another snippet of music from a different genre. Do the activity again with this piece of music. When you are finished, you should have two pieces of art inspired by two separate pieces of music.

Finally, write a short story that connects both pieces of your artwork! Can you draw any parallels between each drawing, or bridge the gap between differences with creative storytelling?
INSPIRE: Taste of Jamaica – Banana Fritters

Banana fritters are a traditional food of Jamaica. Although they are similar to a pancake, these sweet fritters can be eaten for different meals of the day depending on what is paired with them, but they are most commonly eaten for breakfast or dessert.

Ingredients:

- 3 Ripe bananas
- 2 Teaspoons of lime juice
- 1/2 Teaspoon of vanilla extract
- 3 Tablespoons of brown sugar
- 1/2 Cup of flour
- 1 Teaspoon of baking powder
- 1/2 Teaspoon of cinnamon
- 1/4 Teaspoon of nutmeg
- 1 Beaten egg
- 1/3 Cup of whole milk

Materials:

- Mixing bowl
- Fork
- Spatula
- Frying Pan
- Measuring cups
- Cooking Spray or Oil

Step 1: Crush bananas in a bowl with a fork until smooth.

Step 2: Add beaten egg, lime juice, vanilla extract, nutmeg, cinnamon, and brown sugar. Stir until smooth and runny.

Step 3: Add flour and baking powder, then stir with a spatula.

Step 4: Add milk slowly until consistency is slightly thicker than pancake batter.

Step 5: Heat the frying pan with a bit of oil or cooking spray. When pan is hot, add spoonfuls of batter into the pan.

Step 6: Flip the fritter when top starts to set and it looks cooked halfway through (when bubbles appear on top). Fritters should be a golden brown on both sides.

Step 7: Remove fritters once cooked and drain on paper towels.

Enjoy plain, or with ice cream, powdered sugar, whipped cream, peanut butter, or chocolate!
Ziggy has three pet birds who watch out for him and give him advice. His pet birds are very special to him. List three people who are very special to you and help take care of you. Design each bird below to reflect the characteristics or personalities of each person you listed.

**My Three Little Birds**

1. _____________________
2. _____________________
3. _____________________
Cork Board Conversations

Use the sticky notes below to think critically about Bob Marley’s *Three Little Birds*.

Three adjectives that describe this play are...
1. 
2. 
3. 

This play made me feel...

This play made me think about...

A question I still have is...

This play taught me...

A status I would post on my social media after seeing the show is...

My Rating of *Three Little Birds* at Children’s Theatre Company