



WELCOME PRE-SHOW TEACHER PACKET

Dear Parents, Teachers and Guardians,

Thank you for confirming your participation in our upcoming **School Time Series Show**, taking place on **February 10th** at bergenPAC. We are thrilled to invite you and your students to this special event, where we celebrate both *Black History Month* and the powerful cultural influence of *Hip-Hop* in a one-of-a-kind performance.

bergenPAC's Performing Arts School is proud to present this dynamic program in collaboration with teaching artist/performer *D-Cross*. This interactive and educational performance, titled *The Live Mix'D Tape*, is designed to inspire, inform, and engage young minds through the rich history of African American achievements and the cultural evolution of Hip-Hop.

The show will explore pivotal moments in Black history—from the resilience of historical figures like Dr. Carter G. Woodson and Frederick Douglass to the creative energy of the Harlem Renaissance and the powerful voices of the Civil Rights Movement. D-Cross will use *rap, beatboxing, spoken word, and live music* to connect these achievements to the enduring impact of Hip-Hop as a tool for storytelling, self-expression, and unity.

Students will also be introduced to key elements of Hip-Hop culture, including DJing, MCing, beatboxing, hip hop dance students and more! This unique experience will not only educate but also empower students to reflect on the themes of resilience, creativity, and the power of community.

Here's what you can expect during the show:

- Interactive Moments: Audience call-and-response, Q&A sessions, and group participation.
- Live Performances: D-Cross's artistic talents, Live DJ, and hip hop dancers from nyc and bergenPAC!.
- Multimedia Projections: Visual storytelling that enhances the educational experience.

We hope this event inspires students to explore their creativity, learn from history, and understand how music can bring people together. Thank you for joining us in celebrating Black History Month and the transformative power of Hip-Hop.

We look forward to sharing this memorable experience with you and your students.

Thank you for your partnership!

-bergenPAC's Performing Arts School

(See below)

Black History Hip-Hop Celebration: The Live Mix'D Tape

Featuring D-Cross

Outline Overview

A dynamic Black History celebration through the lens of Hip-Hop, blending live music, spoken word poetry, beatboxing, and visuals by multidisciplinary artist D-Cross. This 50-minute experience highlights key historical figures, events, and cultural milestones in African American history, showcasing their influence on the phenomenon of Hip-Hop culture today.

SHOW STRUCTURE

1. Warm it up! (5-10 minutes)

- A DJ set and Hip Hop Dancers choreographed by bergenPAC's very own, Mateo Wright, opens the show and sets the tone!

2. (Lift Every Voice)

- D-Cross with a live remix of "*Lift Every Voice*."
- *Spoken Word*:
- D-Cross

3. Historical Journey Through Black History (45 minutes)

A. The Origins: Carter G. Woodson (5 minutes)

- *Projection*: Illustration of Dr. Carter G. Woodson.
- *Spoken Word*:
- Narration of Carter G. Woodson's achievements as the "Father of Black History" and the creation of Negro History Week in 1926.
- Connection to February as a chosen month for celebrating Black history (birth month of Frederick Douglass).
- Audience call-and-response moment: Reinforcing the importance of preserving Black history.

B. Frederick Douglass and Early Black Achievements (5-7 minutes)

- *Projection*: Image of Frederick Douglass.
- *Spoken Word/Rap*:
- Highlighting resilience through adversity: "They took away the drum, but they found ways to overcome."
- Stories of enslaved individuals finding joy and survival through their voices and creativity.

C. Harlem Renaissance and Jazz (5 minutes)

- *Projections*: Montage of Jazz musicians and Harlem Renaissance figures.
- Freestyle Rap: Celebrating contributions of George Washington Carver, Phyllis Wheatley, and Benjamin Banneker.
- Did you know George Washington Carver invented peanut butter?
- Did you know Phyllis Wheatley was the first Black poet published in America, despite laws forbidding literacy for many?

D. Civil Rights Movement (5 minutes)

- **Projections:** Images of Martin Luther King Jr., Malcolm X, and the Freedom Riders.
- **Spoken Word:**
- Exploring differing approaches to achieving equality (MLK's peaceful protests vs. Malcolm X's "By Any Means Necessary").
- Acknowledging unfulfilled promises like "40 acres and a mule" while celebrating resilience.

E. Muhammad Ali Tribute/Box Me In Medley (3 minutes)

- **Spoken Word:** Reflecting on Muhammad Ali's defiance, strength, and legacy as a world champion and activist.
- **Box Me In-** Spoken Word piece on Identity and defying limitations and labels.

F. Celebrating Women in Black History (3 minutes)

- Freestyle Rap: Honoring women's contributions across history.
- **Projections:** Images of notable Black women in history.

G. James Brown Tribute (5 minutes)

- **Projections:** Visual montage of James Brown performances.
- Audience Participation: Engaging the crowd with call-and-response moments inspired by his music.

H. Hip-Hop Tribute (10 minutes)

- Highlighting the Pioneers: Kool Herc, Grandmaster Flash.
- **Spoken Word/Beatbox:** Exploring the core elements of Hip-Hop: DJing, MCing, breakdancing, graffiti, and beatboxing.
- Live Beatbox Performance: A tribute to Doug E. Fresh, Buffy, and Biz Markie, showcasing beatboxing as a cornerstone of Hip-Hop.
- Audience Interaction: Inviting the crowd to join in rhythmic clapping and beatboxing.

4. Grand Finale: DJ Set and D-Cross Collaboration

- A celebratory closing jam featuring live music..
- **Projections celebrating DJs and Hip-Hop culture.**

5. Q&A Session (Not mandatory)

- An interactive discussion where the audience can ask questions about the performance, Hip-Hop, or Black History.

Performance Features

- Live Music Creation: Beatboxing and looping by D-Cross.
- Visual Storytelling: Artistic projections and historical images.
- Audience Engagement: Call-and-response, clapping, and participatory moments.
- Tributes: Celebrations of iconic figures, cultural movements, and Hip-Hop legends.

Key Themes

- The resilience and achievements of African Americans.
- The cultural evolution from Jazz and the Harlem Renaissance to the Civil Rights Movement and Hip-Hop.
- Hip-Hop as a powerful tool for storytelling, expression, and unity.

Artist Bio



D.Cross the Artist (Derick Cross)

D.Cross (Derick Cross) is a Queens NY native, and Brooklyn based multi-dimensional, visual, vocal poetic performance artist and arts educator. He creates imagery and vocal art that transcends and crosses boundaries of genres and labels. This "Vocal Beat Expressionist" uses "vocal acrobatics " to create sonic collages of his poetry combining words, raps and beatboxing. He has performed nationally & internationally in venues including Madison Square Garden, Sob's, The New Vic Theatre (off-Broadway), bergenPAC, NJPAC and Lincoln Center's Avery Fisher Hall. Mr. Cross was selected as a cultural HipHop Ambassador for The US State Departments Next Level program (2017 ,2023) He served as a Hip-hop Cultural Diplomat in Azerbaijan and The Philippines.

D.Cross has been featured on MTV, The Electric Company, Nickelodeon, TV Land & BET's 106's and Park. His vocal talents have been featured on the award-winning Aflac "Pigeon Rap" ad & 7-Up 's "10" campaign. In 2003 he taped for HBO's Def Poetry Jam Season (Mr. Cross has been featured as part of the Def Poetry Reunion shows). In addition, D.Cross was the Hottest Poets \$10,000 Spoken Word Grand Champion of 2002/03 as well as a member of their international slam team of 2003.

D.Cross's visual arts has been exhibited nationally & internationally (Sweden & Brazil). Cross 's work can be found as part of the collections of Erykah Badu (Singer) Kool Herc (Hip-hop founding father) Big Daddy Kane (Hip-hop Icon) Rakim (HipHop Icon) Danny Simmons (Artist /Co-founder of RUSH Arts & Def Poetry) and Bashiri Johnson (world renowned percussionist). He is the Arts Director for African Voices Communications. Mr. Cross is also a SVA (School of Visual Arts) graduate (Bachelor of Fine Arts) who has worked as an Arts Educator teaching youth visual art, Hip-hop studies, vocal arts (Beatboxing)and poetry for over the past 25 years.

What is the definition of a mixed tape?

- Mixtapes originated in the late 1970s in Hip-hop culture as a way for DJs to share music at parties and events.
 - They were originally recorded on cassette tapes, but can now be found on CDs, digital playlists, and other formats.
 - Mixtapes were a key part of hip-hop culture before the decline of physical media.
 - **What is a “Live Mix’D Tape”?** This is a term coined by D.Cross that features a variety of live HipHop performance elements that can include Emceeing (Rap) Poetry, Song (both written and freestyled (improvised) ,DJing presented in a similar manner as a recorded mixtape.
 - **"Lift Every Voice and Sing"** is a hymn with lyrics by [James Weldon Johnson](#) (1871–1938) and set to music by his brother, [J. Rosamond Johnson](#) (1873–1954). Written from the context of [African Americans](#) in the late 19th century, the hymn is an embodiment of faithfulness and freedom
 - In 1919, the National Association for the Advancement of Colored People (NAACP) dubbed "Lift Every Voice and Sing" the "Negro national anthem", for its power in voicing a cry for liberation and affirmation for African American people.
 - Because of its appeal for liberty for black Americans, it's called the “black national anthem”, but it doesn't “replace” the national anthem. It's simply a song of hope. It is the official song of the NAACP
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LIFT EVERY VOICE AND SING LYRICS

*Lift every voice and sing,
'Til earth and heaven ring,
Ring with the harmonies of Liberty;
Let our rejoicing rise
High as the list'ning skies,
Let it resound loud as the rolling sea.
Sing a song full of the faith that the dark past has taught us,
Sing a song full of the hope that the present has brought us;
Facing the rising sun of our new day begun,
Let us march on 'til victory is won.*

*Stony the road we trod,
Bitter the chastening rod,
Felt in the days when hope unborn had died;
Yet with a steady beat,*

*Have not our weary feet
Come to the place for which our fathers sighed?
We have come over a way that with tears has been watered,
We have come, treading our path through the blood of the slaughtered,
Out from the gloomy past,
'Til now we stand at last
Where the white gleam of our bright star is cast.*

*God of our weary years,
God of our silent tears,
Thou who has brought us thus far on the way;
Thou who has by Thy might
Led us into the light,
Keep us forever in the path, we pray.
Lest our feet stray from the places, our God, where we met Thee,
our hearts drunk with the wine of the world, we forget Thee;
Shadowed beneath Thy hand,
May we forever stand,
True to our God,
True to our native land.*

5 Take-away Lesson Plans for Students

Theme 1: Resilience and Achievements of African Americans

Lesson Title: ***Rising Above Challenges***

Objective: Students will learn about key African American figures who overcame adversity and made significant contributions to society.

Duration: 30 minutes

Materials:

- Pictures of Harriet Tubman, George Washington Carver, and Phyllis Wheatley
- A short story book or video about one of the figures
- A worksheet with a "Build Your Own Story of Resilience" activity

Lesson Steps:

1. Introduction (5 min): Begin by explaining the word "resilience" in simple terms and relate it to overcoming challenges.
 2. Story Time (10 min): Read a story or share a brief narrative about one figure (e.g., Harriet Tubman's role in the Underground Railroad).
 3. Discussion (5 min): Ask the class why they think the figure was resilient and how they achieved success.
 4. Activity (10 min): Have students write or draw a "resilience story" about someone they admire or themselves.
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Theme 2: The Cultural Evolution from Jazz and the Harlem Renaissance

Lesson Title: *The Music of Change*

Objective: Students will explore how Jazz and the Harlem Renaissance shaped African American culture.

Duration: 40 minutes

Materials:

- Audio clips of Jazz music (e.g., Duke Ellington, Louis Armstrong)
- Images of Harlem Renaissance art and poetry (e.g., Langston Hughes' "I, Too")
- Coloring sheets with Jazz-themed designs

Lesson Steps:

1. Introduction (5 min): Play a short Jazz piece and ask students how the music makes them feel.
 2. Discussion (10 min): Show images and explain the Harlem Renaissance as a time of creative celebration for African Americans.
 3. Art & Music Connection (10 min): Share a Langston Hughes poem and pair it with Jazz music.
 4. Activity (15 min): Students color Jazz-themed sheets while listening to music, imagining they are part of the Harlem Renaissance.
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Theme 3: Civil Rights Movement and Hip-Hop

Lesson Title: *Voices for Change

Objective: Students will understand how the Civil Rights Movement influenced Hip-Hop as a tool for expressing hope and justice.

Duration: 40 minutes

Materials:

- Short video clips or images of Martin Luther King Jr., Malcolm X, and Rosa Parks
- Lyrics of a socially conscious Hip-Hop song (e.g., "Fight the Power" by Public Enemy – edited for age-appropriateness)
- Poster-making supplies

Lesson Steps:

1. Introduction (5 min): Show images of Civil Rights leaders and explain their role in fighting for equality.
 2. Music Connection (10 min): Share a short, kid-friendly Hip-Hop song that talks about justice.
 3. Discussion (10 min): Ask how music and speeches can inspire people to make the world better.
 4. Activity (15 min): Students create posters with messages of hope and justice inspired by the Civil Rights Movement and Hip-Hop.
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Theme 4: Hip-Hop as a Storytelling Tool

Lesson Title: Tell Your Story

Objective: Students will learn how Hip-Hop uses rhythm and rhyme to tell personal and powerful stories.

Duration: 30 minutes

Materials:

- Beatboxing or simple rhythms (clapping/snapping)
- A template for students to write their own rhymes
- Examples of kid-friendly Hip-Hop lyrics

Lesson Steps:

1. Introduction (5 min): Clap or snap a rhythm and explain how Hip-Hop uses beats to tell stories.
 2. Lyric Example (5 min): Share a short, positive Hip-Hop lyric and discuss its meaning.
 3. Rhyme Writing (10 min): Guide students to write a short rhyme about their favorite hobby or dream.
 4. Performance (10 min): Students share their rhymes, accompanied by a simple beat.
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Theme 5: Hip-Hop and Unity

Lesson Title: *Building a Beat Together*

Objective: Students will collaborate to create a group beat and understand how Hip-Hop unites people.

Duration: 30 minutes

Materials:

- Rhythm instruments (drums, tambourines, shakers) or classroom items for percussion
- A recording of a beatboxing example
- A “Unity Chart” to track group collaboration

Lesson Steps:

1. Introduction (5 min): Play a beatboxing clip and ask students how it feels when music brings people together.
2. Team Beat (10 min): Assign simple rhythms to small groups and layer them to create a unified beat.
3. Discussion (5 min): Reflect on how working together made the music sound better.
4. Celebration (10 min): End with a freestyle session where students add their voices, words, or rhythms to the group beat.

Additional References:

- <https://kids.nationalgeographic.com/history/article/black-history-month>
 - <https://blackhistorymonth.gov/>
 - <https://nmaahc.si.edu/explore/stories/celebrating-black-history-month>
 - https://www.cityyear.org/little-rock/stories/our-community/the-origins-of-black-history-month-and-why-we-celebrate-it/?utm_source=google_grants&utm_medium=paidsearch&utm_campaign=&gad_source=1&gclid=Cj0KCQiA-aK8BhCDARIsAL_-H9nNJU80pp8ZVYUu35cITlPTC4onnC-GANbZ_Rhs7jxfT5Y5PFT8-UEaAr6AEALw_wcB
 - <https://kids.nationalgeographic.com/history/topic/african-american-heroes>
 - <https://www.archives.gov/research/african-americans/individuals>
 - <https://diversity.ucsc.edu/news-events/news/images/blackhistory.pdf>
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