

RESCUE ME: A Musical History of Women ~Created by Dorothy Marcic

For more than half of the 20th century, most women's songs were of compliant codependence. In the mid-60's, as women were entering the workforce in larger numbers, the largest growth category was anger, or teenage rebel. In the 70's, a period of cynicism appeared.



I AM WOMAN is a musical-revue based on the analysis of women's Top-40 songs in the 20th century. A completely hilarious and yet intellectual, emotional retrospective of the progress of women through music.

Social Studies Objectives – Get Students Talking about The Role of Women throughout History, Where have we been, Where are we now, The evolution of Gender Roles

Character Education/Resilience Skills Objectives – Get Students Talking about The Evolution of the Role of Women through History, Courage, Strength, Willingness to go to new places and be leaders.

Exercises –

Physicalize Images

- **Aim:** To bring iconographic images to life – in doing so bringing history to life.
 1. Bring a selection of images from the different decades. These images can be found easily on the internet (google image search) and printed in black and white. Make sure to bring not just images of famous people, but everyday women going about their lives (magazine covers are particularly useful)
 2. Spread all of the pictures on the floor and invite the students to take a look at them and choose one each (it is useful to have enough so that each student is working with a unique image)
 3. Ask students to study their picture and begin to copy the pose with their own bodies. Once students have settled into the image, ask them to think about what is going on in their particular character's mind at that time. Are they happy? Sad? Do they wish they were somewhere else? Doing something else?

Character Walk

- **Aim:** Continue work from physicalizing images in bringing images/history to life
 1. Have students move from still representations of images to walking in the space. Still considering the images they have been working on ask them to begin walking as they think that person would walk. Take time to explore their relationship to the space and people around them.

Bio Poem/Developing a Character

- **Aim:** Continue work from Images and Walks to further develop a real character out of a historical image. Bringing history to life.
 2. Hand out Biopoem forms and have students begin filling them in right after walks (things are still fresh in the minds).
 3. Have students use bio poems to begin a folder on their character – collecting materials (photos, music, anything that strikes them) that they feel reflect the characters they are working on.