

Metaphor

Hip-Hop 101

Teacher's Study Guide

ABOUT THE ARTISTS

Metaphor is a crew of hip-hop artists who build community empowerment and social justice through their art, teaching and facilitation. As artists, Metaphor members have performed in Europe, Latin America, and across Canada and the United States sharing their freestyles, beats, rhymes, poetry, song and hip-hop dance. The Metaphor artists come from the West Coast, and each artist has many other life pursuits along with Hip-hop; they are busy with everything from writing, photography, to teaching visual art, dance, world music education and supporting community activism. The team has brought hundreds of performances and workshops to high schools, universities and community groups through BC. The Metaphor crew, are experts at inspiring youth through interactive performances that focus on critical thinking, self-reflection and community engagement - ready to rock shows and grow hearts.



ABOUT THE PERFORMANCE Metaphor performances are pumped-up experiences of positive hip hop right in front of your eyes. Our show "HIP HOP 101," combines poetry, rap, beatboxing, turntablism, dance and interactive music into a 50 min show. The artists perform their individual talents, while combining to synthesize their skills and expose the power that is inherent when we all connect and find unity in diversity. We use music, participatory games and metaphors from nature and life experience to explore themes of identity, inclusion, exclusion, anti-bullying, anti-racism and acceptance.

Rhythm and harmony bring the audience into the party!

THEMES:

- *MUSIC*
- *CULTURE*
- *RHYTHM*
- *SELF-ESTEEM*
- *CRITICAL THINKING*
- *MEDIA LITERACY*
- *SOCIAL MOVEMENTS*
- *HIP-HOP HISTORY*
- *GLOBALIZATION*



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A Brief History of the Art Form

The culture and art forms of Hip-hop grew out of the Bronx, New York in the late 60's and early 70's where young people of color were living in a tough, ghettoized situation. From inside poverty, racism and violence, African-American and African-Caribbean youth began taking many traditions of creativity and bonding into a culture of celebration, community and expression of what really mattered to them. They did this in what became known as the 4 elements of Hip-hop: DJ'ing, Breakdancing (B-Boy/B-Girling), MC'ing and painting Graffiti/ Street Art. It didn't take long before Hip-Hop, was being shared by young people of all kinds, of backgrounds and interests. Today, Hip-hop culture is taking new shapes all over the world, and young people are tuned in to the latest Hip-hop tracks in media.

The Metaphor artists come to Hip-hop through our own love of the art forms, and our own stories of self-improvement and growth through the expression and community that Hip-hop fosters. We know Hip-hop culture as an inspiring place of conversation, innovation, and opportunity for powerful social change – and we are dedicated to sharing our gifts with young people for their own empowerment, creativity and happiness.

“For many young people - regardless of race, color or economic standing, hip-hop culture is the voice of their often misunderstood and misinterpreted generation - a voice that, up until now, was generally ignored” -Todd Elliot

Pre-show classroom activities

- **Check the Message** Invite the students to bring Hip Hop music to class. Using a stereo loud enough for the entire group to hear the music clearly, play the music that has been brought and collectively examine the messaging contained in the lyrics and song structure. What is the main subject? What are the ideas the listener walks away with? What do you think of that? This exercise opens a dialogue about the power of messaging, trends in mainstream commercial hip hop, and the ideas and opinions that youth would like to see more of in their world.

- **Writing Exercise**

As a group, brainstorm words that represent what the students feel passionate about, and what things they would like to see changed in their lives / the world. From this list, ask all participants to write down three words from the brainstorm at the top of their page, from there, have them engage in free-writing about these ideas. Once everyone has their three word prompts ready, let participants know that their only guideline is to use the three words somewhere within what they write, and that they have three minutes to write. Have them share their work in groups of four where one student will be selected to share with the entire class.

RESOURCES FOR TEACHERS:

Teachers can watch Netflix's "Hip Hop Evolution" & "13th", but THESE ARE NOT SUITABLE FOR ELEMENTARY STUDENTS.

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