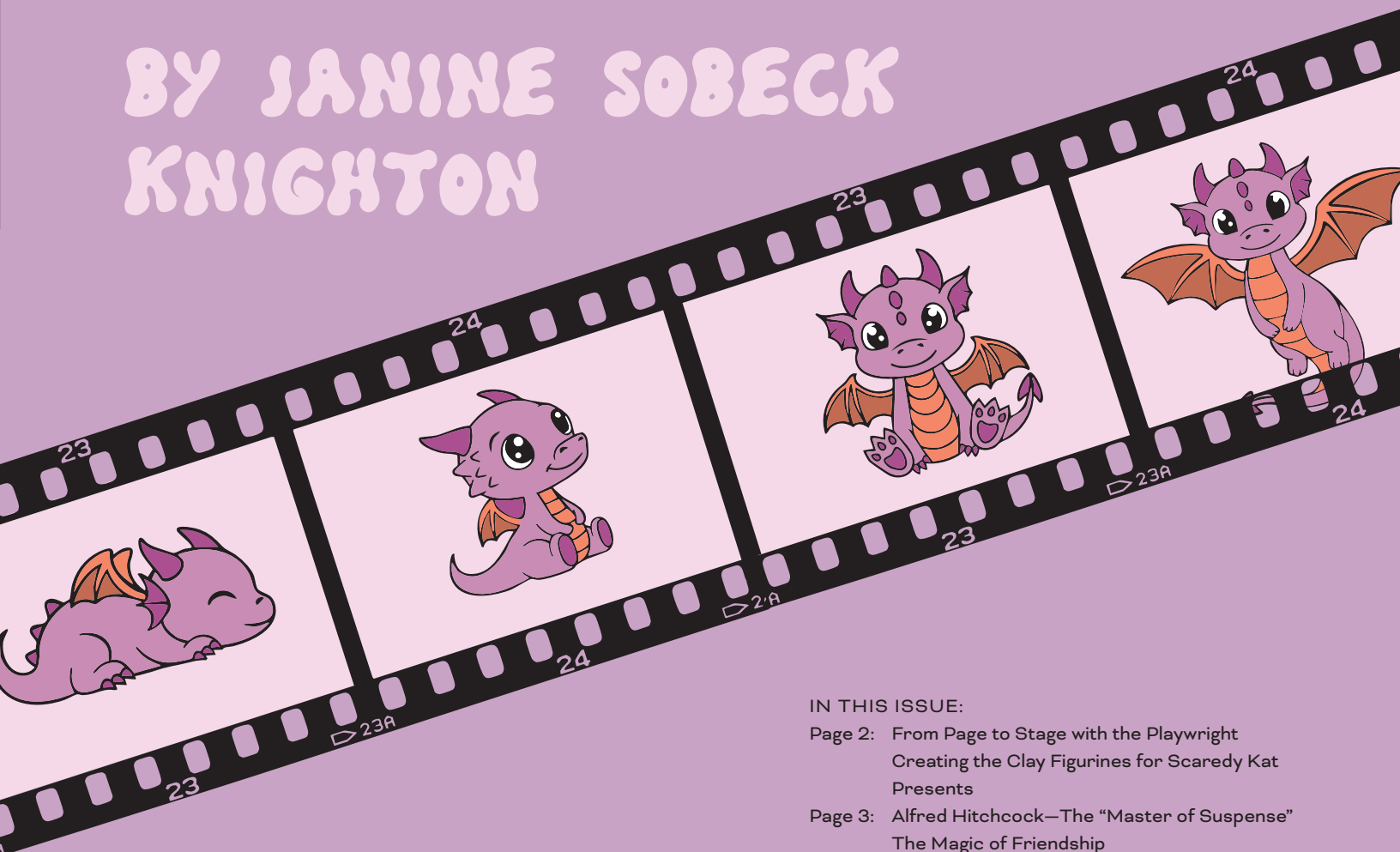


UVU TYE CENTER

SCAREDY KAT PRESENTS

BY JANINE SOBECK
KNIGHTON



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FROM PAGE TO STAGE

with the Playwright

Playwright Janine Sobeck Knighton's origin story of the play, along with some words of wisdom to aspiring playwrights:

"I was inspired by two things. The first was a social media post written by a friend of mine about her son. He is one who deals with anxiety and part of his outlet is creating films with some other boys in the neighborhood. The second was, around the same time, I came across the quote from

Alfred Hitchcock (which Mom gives Kathryn in the play): "My good luck in life was to be a really frightened person. I'm fortunate to be a coward, to have a low threshold of fear, because a hero couldn't make a good suspense film." These two things collided in my brain, and I became intensely curious about exploring a story about someone who uses film to cope with her own fears."

The best thing you can do as an aspiring playwright:

- 1) "Write down ALL your ideas—good, bad, and ugly. You never know where an idea might come from and where it might lead."
- 2) "You find the story in the writing of it. Don't be afraid of rewriting, don't be afraid of feedback. You don't need anyone's permission to sit down and write something."

CREATING THE CLAY FIGURINES

For Scaredy Kat Presents



Riah Packer, our figurine artist, used the drawing to keep the shape and scale consistent for multiple models.



She used 22 gauge jewelry wire, folding it twice and twisting to create a strong, flexible 4x strand, textured to hold clay.



Riah bent the wire to "trace" the sketched image before adding dimension.



Tinfoil worked really well to create shape before the clay went on.



The wire frames are called armatures. This type of armature is specifically designed for actors' props and aren't flexible at the joints.



Riah used a foam air-dry clay because it is very lightweight and dries quickly.



Foam air-dry clay is paintable, so Riah hand-painted these sculptures.



Paper mache for the wings is tough when dried, with a slightly transparent and delicate look.

Multiple dragon figurines were made for this show. Do you remember how many Katherine wanted for her project?

ALFRED HITCHCOCK

The “Master of Suspense”

SIR ALFRED JOSEPH HITCHCOCK (13 August 1899–29 April 1980) entered the film industry as a title card designer in England before working his way up to directing. His extensive career, in which he directed more than 50 films, earned renown to influence filmmakers and movie watchers to this day. Hitchcock gained fame as the “Master of Suspense” through delivering cinematic tension, twist endings, and dark subject matter. His films amassed 46 Academy Awards, winning 6, though none were for Best Director.

Some of Hitchcock’s most notable works include, *The Lady Vanishes*, *The 39 Steps*, *Dial M for Murder*, *Rope* (all three of which have been adapted into plays). His film *Rebecca* won the Oscar for Best Picture in 1940. *Shadow of a Doubt* is one of nine of his films selected for preservation in the United States National Film Registry. *Vertigo* is regaled as the greatest film of all time by the British Film Institute. His television anthology *Alfred Hitchcock Presents*, which aired from 1955–1965, made him a household name. Hitchcock has also been credited as a trailblazer regarding camera and editing techniques for further use in the filming industry.

Alfred Hitchcock’s work in Hollywood included some of the biggest stars of the time, including Cary Grant, James Stewart, Ingrid Bergman, and Grace Kelly. His prestige was internationally recognized, earning him the BAFTA Fellowship, the AFL Life Achievement Award, a star on the Hollywood Walk of Fame, and knighthood from Queen Elizabeth II.



“The only way to get rid of my fears is to make films about them.”

—ALFRED HITCHCOCK

THE MAGIC OF FRIENDSHIP

MOVIE MAGIC BRINGS OUR IMAGINATION to life, executes seemingly impossible stunts, and fills our hearts with wonder and awe. It has captivated audiences since the birth of the film industry one hundred years ago.

There is another kind of magic found in friendship. Throughout *Scaredy Kat Presents*, Kathryn’s growth is due to her collaboration, and growing friendship, with Nadia. We all experience anxiety and the need for friendship. At times we may feel like Kathryn, who is anxious and nervous about what others think of her and her project. Other times we are like Nadia, more confident and outgoing. Even so, we often hide our true feelings behind a mask of being “fine.”

Try to find ways to reach out to someone and show kindness. Even something small can be a bit of magic for someone else.

Write down a way you can show kindness:

ANXIETY IN OUR MINDS AND BODIES

What am I feeling?

Anxiety vs. Fear

- Fear: butterflies in your stomach before a game or event, worried about a test
- Anxiety: heart pounding, trouble breathing, body is tense
- Fear: scared when you see bugs or animals, imagining the worst-case scenario
- Anxiety: believing the worst-case scenario is real, not wanting to interact with others



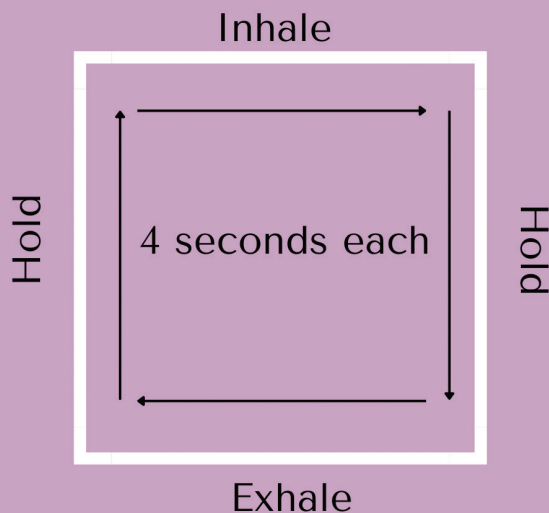
Ask for help if:

- Your feelings affect your ability to function
- Your feelings get worse and feel out of your control

Katherine uses breathing techniques to calm her anxieties.

Here are some that you can try to steady your breathing, slow your heart rate, and calm your mind.

BOX BREATHING



5-4-3-2-1 Grounding Exercise

Name 5 things you can **SEE**

Name 4 things you can **FEEL**

Name 3 things you can *HEAR*

Name 2 things you can **TOUCH**

Name 1 thing you can **TASTE**