

Video: Caro Zeller

Performer

This worksheet was created as a part of Center Theatre Group's Theatre Artist Classroom Connections video series, accessible via CTGLA.org/ClassroomConnections.

Reflection Questions

- What is the one statement or piece of advice from this conversation that spoke to you the most, and why?
- What do you think the difference is between being “unsafe” and “uncomfortable?”
- Student Alexis says “It takes a lot of bravery to say ‘no when it comes to your dream.” As you navigate life as an artist, saying “no” becomes a skill you can use both to navigate your priorities and reinforce your boundaries. What are things that might make you say “no” to a project?
- Zeller mentions being curious about the origins of her values. What are values in your life that you hold to be important? Where do you think you learned these values?
- Zeller mentions that she counters the fear she sometimes feels as a performer by
- refocusing on “what are we doing here and why are we doing it?” Reflect on the times you have felt fear as an artist; what strategies have you used to move past that fear? Can fear ever be helpful?

Learning Activity

Gallery Walk: Posters and markers, or stations with post-its, are set up around the room on walls or tables. Each station has one prompt from the list below. Small groups of learners travel from station to station, responding to each prompt. On Zoom, this could be done on a shared Google document, or by students individually.

- Gallery Prompt One: To feel safe and supported as an artist, I need _____.
- Gallery Prompt Two: A way I can take care of myself as an artist is by _____.
- Gallery Prompt Three: A piece of art that has inspired me lately is _____.

**“THERE IS NOTHING NEW UNDER THE SUN, BUT THERE ARE NEW SUNS.”
– OCTAVIA BUTLER**