

Teacher Guide

Cue Sheet

Doktor Kaboom: Under Pressure!

Tuesday, September 22, 2026
10:15am & 12:15pm

Questions to ask students **BEFORE** the performance

- Have you heard the word “pressure” before? If so, what is it?
- Can you create pressure on something? How?
- High-pressure situations are stressful. When do you feel stress in your life, and how do you deal with it?

Questions to ask students **AFTER** the performance

- What experiments or demonstrations stood out to you the most? Why?
- What is one new science concept you learned from the performance?
- How is pressure, as Doktor Kaboom demonstrates, like feeling pressure or stress? How is it different?



About the Performance

Doktor Kaboom: *Under Pressure!* combines comedy, audience interaction, and live experiments in a high-energy show exploring the exciting world of physical science. Led by the larger-than-life character, Doktor Kaboom, the performance introduces students to concepts such as force, motion, pressure, and energy through engaging demonstrations and humorous storytelling. From explosive reactions to surprising physics demonstrations, the performance highlights how science is all around us.

The show also connects the idea of pressure in science to the feeling of pressure or stress in everyday life. Doktor Kaboom models how to stay calm, try again after mistakes, and approach challenges with a positive mindset. The show encourages students to build confidence in themselves, recognize that it’s okay not to get things right the first time, and understand that learning often comes from trial and error.

At its core, *Under Pressure!* emphasizes that science is not just about getting the “right” answer, but about asking questions, testing ideas, and learning through discovery. Students leave with a better understanding of how the world works, as well as strategies for handling pressure and believing in their own ability to succeed.



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Vocabulary

action (AK-shun) - movement or act of doing something

atmospheric pressure (at-muhs-FER-ik PRESH-er) - the force or weight of the air above us pushing down on Earth's surface

experiment (ek-SPAIR-uh-ment) - a test done to learn something new or see what happens

explosion (ik-SPLOH-zhun) - a sudden burst that releases energy, sound, and force

improvisation (im-proh-vuh-ZAY-shun) - making something up on the spot without planning

inertia (ih-NUR-shuh) - the tendency of an object to stay still or keep moving unless something changes it

metaphor (MET-uh-for) - a way of describing something by comparing it to something else

personal protective equipment (PPE) (PUR-suh-nuhl pruh-TEK-tiv ih-KWIP-muhnt) - safety gear like gloves, goggles, or helmets that protect your body

physical science (FIZ-i-kuhl SY-uhns) - the study of non-living things like energy, forces, and matter

physics (FIZ-iks) - the study of how things move and interact, including forces and energy

predictability (pri-dik-tuh-BIL-uh-tee) - how easy it is to guess what will happen next

pressure (PRESH-er) - the force applied to a surface or a strong, uncomfortable feeling of being pushed to do something causing emotional stress

reaction (ree-AK-shun) - what happens as a result of an action

relax (rih-LAKS) - to become less tight or tense

release (rih-LEESS) - to let something go or allow energy to escape

spontaneous (spon-TAY-nee-us) - happening suddenly without planning

stress (stres) - a force that pulls, pushes, or squeezes something, or a normal, temporary feeling of being overwhelmed, worried, or uncomfortable when faced with pressure

tension (TEN-shun) - a force that stretches or pulls something tight or a feeling of being worried, anxious, or "tight," often making it hard to relax



Interactive PDF
Click here to visit link.

Additional Resources

Click here to download a study guide for the performance provided by the show.

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Beyond the Show

Use these activities before or after the performance to extend the production's themes and concepts into the classroom.

Building Pressure

Collect empty, standard-sized (16.9 ml) water bottles (thin plastic works best) for your students. Instruct them to don goggles for this experiment. Once safety measures are in place, direct the students to screw the caps on the water bottles, tight enough to seal them from air but loose enough to open with a flick of a finger. Test this a few times as a group to make everyone has a good seal for the next steps.

After making sure that no one is pointing the top of their bottle at another student, direct them to grasp the bottle at both ends and twist their hands (and the bottle) in opposite directions. They should hold the tension and see what they observe. Next, direct them to flick the bottle cap off with their thumb. What happens? Discuss with the class what they noticed and theorize what occurred within the bottle and why.

This activity was adapted from the "Pop Bottle" Science Snack activity by the Exploratorium.

Releasing Pressure

Have students stand or sit comfortably and imagine their bodies are balloons slowly filling with air. Direct them to slowly breathe in, or "inflate." As they "inflate," instruct them to gently hold tension in their body as they take that slow breath in. Once "inflated," invite them to release the pressure by slowly exhaling and relaxing their muscles. Repeat this a few times until students begin to feel calm. Check in with them during this process to ask whether they notice any change in how their body feels, physically or emotionally. Discuss how holding in stress can feel overwhelming, while releasing it can help us feel better. Work together to brainstorm healthy ways students can manage pressure and stress in their daily lives.