



# Creative Activities to Keep Inspired During Lockdown

Below are lots of ideas to hopefully keep you inspired and entertained during lockdown from lots of brilliant companies and artists - including many of the amazing theatre companies that have been part of our plays in the playground programme here in Shepton Mallet - we hope you enjoy them!

## Activities are divided into 8 sections:

- **Music, Dance and Make Believe**
- **Learning about Famous Artists from Home**
- **Theatre Making and Puppets**
- **Creative Ideas**
- **Art & Drawing Lessons Online**
- **Drama and Theatre Games**
- **Resources from Theatre Companies**
- **Watching Live Theatre from Home**

All **green underlined headings** are hyperlinked giving you direct access to the relevant website, resource or music.

Activities are tailored for different ages. While most are suitable for all, some content is only suitable or relevant for older viewers or adults - where applicable this is specified.

Please feel free to share this resource with anyone you think might be interested! More information and updated information can be found by visiting [www.makethesunshine.co.uk](http://www.makethesunshine.co.uk)

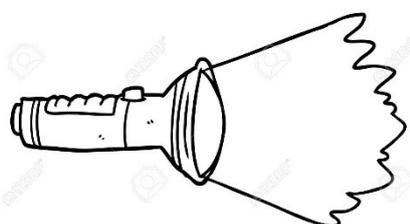
It would be great to see what you create - share your images or creations on [Instagram](#) or [Twitter](#) or [Facebook](#)



## Dance, Music and Make Believe

### We're going on a bear hunt

Take a big bag of teddies – hide them around a room, high and low. Close the curtains and turn off the lights. Arm your little ones with a torch and a rucksack and send them off on a bear hunt to track down all the bears



### Online Dance Tutorials

There are loads of great online Dance Tutorials too such as:

[Dance with Oti](#) who teaches routines to famous sings and shows

### Alvin Ailey's Online Dance

Recorded video dance classes led by Ailey Teaching Artists and Musicians. Styles offered include West African, Hip-Hop, Jazz, and Modern.

### Themed Activities / Make up your own dance / Act out a story or Character



There are some great pieces of music to make up your own dance/movement to – it could be anything – songs from the shows, or some Disney numbers, or any music, but these are some good ones if you get stuck. They can all be found for free on YouTube.

**Peter and the Wolf** – A great way to act out a story

**Holst The Planets** – Pretend to be astronauts journeying to outer space

**The Pink Panther** – Make up a dance about sneaking...



**Yakety Yak**– Can you do everything in fast motion to this music

**Trompeta de Peredor** – Pretend to join the circus in this Circus Classic

**Singing in the Rain** – Get your umbrella props out!

**Ghostbusters** – Get your 80s moves out to catch those ghosts!

**The Nutcracker / Swan Lake** - Join the royal ballet

**Haul away Joe Sea Shanty** – A good sea shanty for some pirate make-believe

**Mozart's Magnificent Voyage** – Great classical music to play air piano to, dance to

**Mozart's Magic Fantasy** – A journey through The Magic Flute



### **Some Cheesy Music to Dance To - Just Get Up and Move!**

There is nothing like some cheesy disco to get you moving. Here are some classics with some good actions: Superman – Black Lace, The Macarena, Saturday Night, Staying Alive, Oops up side your head...

### **Mission Impossible**

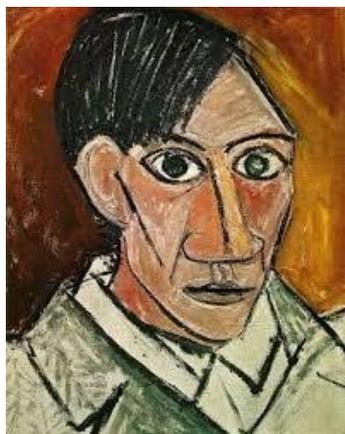
Attach wool or ribbon zig zagging across a corridor or room at different levels and angles (using a drying rack works well to tie some wool across or bluetack or Sellotape). Dress up in masks and try and make your way across the lasers to the mission impossible soundtrack without touching the wires!

### **Frantic Assembly**

Aimed at older viewers Frantic Assembly share warm ups, creative tasks and interviews from their dance shows



## Learning about Famous Artists at Home



[Tchaikovsky Discovers America](#) A tale of courage and adventure – a story through music about travels to America

[Beethoven Lives Upstairs](#) – The story of Beethoven through his music

[Tubby the Tuba](#) – Explores the different roles of instruments in an orchestra

[Art with Mati and Dada](#)

40 short cartoon films about different artists lives and greatest works from Kandinsky to Van Gough

[The National Gallery](#)

Has loads of talks on different paintings for older viewers

[Tate Online](#)

Has lots of resources and ideas for creative things to make

[Royal Academy](#) From Hockney to the Summer Exhibition the Royal Academy has some amazing videos giving tours of their exhibitions and showing how artists created the work.





# Theatre Making & Puppets

## Make Your Own Theatre

Make your own theatre using a cardboard box with a space cut out. If you want to add extra details you can add lights, stage décor, maybe a trapdoor and some scenery!



## Playing with Shadows and Making your Own Shadow Puppets

Shadow puppets are a great way to play with creating theatre shows. To set up for shadow puppets you can use a wall and a light but it works quite well with a screen. To set up use a room that can be made dark. Hang up a screen of some kind such as a plain white bed sheet. Or if you want to create a small theatre cut a square out of a box and place a attach a piece of fabric to the inside of the box .

Next you need a light. Get a lamp or torch and place the light behind the screen pointing towards the audience.

All of your puppets will go between the screen and the light and this is what makes the shadows!

To make shadow puppets you can cut shapes out of any paper or card and attached to sticks. Try using bold clear shapes and to add detail you can cut holes for eyes etc or patterns. You can add coloured cellophane for extra detail and colour.





You can also play around with your own body shapes and movement if you have a big screen and different costumes.

If you want to create a set why not try using different plants to see what shapes they make, or some kitchen equipment such as a sieve or colander (makes a great spaceship)! You'll be amazed at what you can find!



### **Script Writing and Sound Effects**

If you want to get more technical why not write your own script or create a playlist to go with your show or some sound effects (you can find free sound effects libraries online or better still make your own using gravel and different household items!)

### **Audience**

Invite your audience in to view the show (watch out for entry fees!) and maybe even record the show to share with friends and family!

### **Get inspired!**

If you want to find out more about shadow puppetry and puppetry there are some great south west artists and companies to explore online. Take a look at

[Martha Lulu King](#)—a silhouette stop motion animator

[Tallulah Swirls](#)—who makes fabulous shadow inspired work and shows and puppets of all kinds

[The Clockwork Moth](#) who create incredible shadow puppet shows



### Make your Own Giraffe with Brook Tate

Brook lives in Bristol and as well as being an artist he makes beautiful shows and musicals. Here he shares some videos online about how to make your very own Giraffe puppet using just an old coat hanger and some paper. Martha has been joining in the clap for carers in Bristol. Why not make your own Martha and surprise your neighbours with a Giraffe looking out your window!



### Make Other Puppets

Making puppets can be so simple – you can make rod puppets by simply sticking a drawing to some card or a cereal box to make it a bit stronger and then attaching it to a small stick. To give extra movement try using split pins. You can make sock puppets, or finger puppets using old fabric or paper. Or simply customise some old teddies or toys



### Above Bounds Collective

Brilliant Above Bounds Theatre Company create amazing shows for families as well as incredible festival acts! They are running lots of brilliant puppet making workshops online



## Creative Ideas

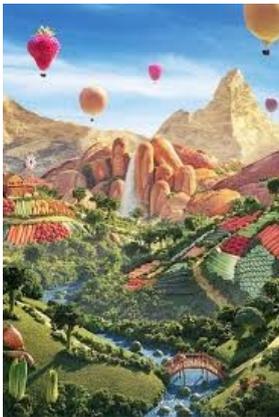
### **Make Some Sculptures**

Why not try re-purposing your recycling into a sculpture or using material collected from a walk or in the forest or making a sculpture out of food or fruit and vegetables. There are some great resources on Pinterest to give you some ideas.



### **Collage**

Take some old newspaper or Magazines and cut up some of the adverts or pictures to make a face or a person or a landscape. Try using portraits to make a landscape, food to make a face or buildings to make a forest....



### **Art Work From Around the World**

Practice drawing or painting to music from around the world: bagpipes, pan-pipes, steel drums, drum and bass, hip-hop, classical, Indian music – see what different shapes you make to different styles of music.

### **Grow your Own Vegetables from Kitchen Waste**

Re-grow vegetables from kitchen waste – some of these are really amazing. Spring Onions you can see the growth after just 12hrs! This great short video from Blossom gives loads of ideas



## Art and Drawing Lessons Online

### Art for Kids Hub

Lions, robots, sonic the hedgehog, people – fun 10 min tutorials where you can draw along – you'll be amazing with what you create!



There are some other brilliant online drawing resources from [Super Simple Draw](#), [Kids drawings](#), with [Mr z](#) and [Red Ted Art](#)

[Doodle Together](#) has some lovely videos and ideas of things to draw and new creations led by different famous artists and creatives. Activities aimed at different ages and abilities.

### Carla Sonheim Classes

There are some really fun classes here – from drawing simple ink figures to simple drawing exercises and mixed media lessons.





### [Tate Online](#)

Has lots of resources and ideas for creative things to make

[Royal Academy](#) From Hockney to the Summer Exhibition the Royal Academy has some amazing videos giving tours of their exhibitions and showing how artists created the work

### [Museum of Modern Art](#)

From making your own version of Bruce Lee's tracksuit to finding out 'What is Contemporary Art' to exploring MOMA's photography exhibition – the Museum of Modern Art has load of free classes and talks available online (aimed at older viewers)



### [Circle Line Art School](#)

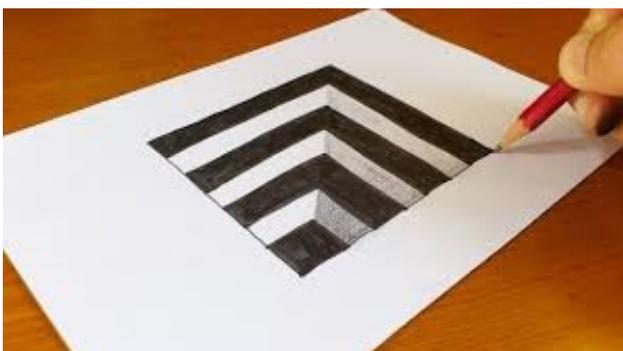
Has some brilliant tutorials on perspective and how to draw architecture, realistic facial features and some optical illusions (aimed at older viewers).

### [Doodle Draw Art](#)

Has some great videos on how to speed doodle, how to draw cartoon faces and painting and drawing tutorials.

### [Pin Koro](#)

Has some good tutorials on how to draw optical illusions and also turning words into cartoons (aimed at older viewers)





## Drama and Theatre Games

**Charades with Actions/Scenarios** – write or draw a list of scenarios ‘In a traffic jam’ ‘stuck in a lift’, ‘flying a kite’ ‘time travel’ ‘going camping’ – take it in turn to pick one and act it out and see if everyone can guess!

**Mood game** someone shouts out a mood or emotion and everyone has to act it out - change when the mood changes! E.g. happy, angry, sad, lonely, jealous, hungry, tired, energised, shocked, cold, nervous, funny, boring, eager etc. Or play guess the feeling where one person acts it out at a time



**I’m friends with who?** Write a list of different characters each put them in a hat. Each person, except the host picks out a name – answer the door to your characters one by one and see if you can ask questions to guess who they are through their actions: a princess, a knight, a baker, your headteacher, Mildred Hubble... you can play with no words just actions or allow the host to ask you questions to help them find out.



**Led by the Nose** Children imagine that strings are attached to various parts of their bodies. They move about the room led by that part. Example: right thumb, nose, knees. Eyelashes etc. One person pulls the imaginary sting and everyone follows.

**Strike a Pose** Form a circle. Each person chooses one other person in the circle to secretly watch. Everyone closes their eyes and strikes a pose. On “GO” — everyone opens their eyes and begins to copy the person they chose to watch. (In posture, pose, stance, etc. Watch as everyone morphs into the same pose!



### Explore the senses

Get children to act out different senses together. E.g. *Touch* a hot stove, ice, velvet; *Taste* a sour lemon, a bag of sweets, Brussel sprouts; *Hear* the sound of the sea, a rock concert; *See* a car coming towards you, a giant, a spider; *Smell* a stink bomb, roses in the garden, a freshly baked cake



### Mirroring

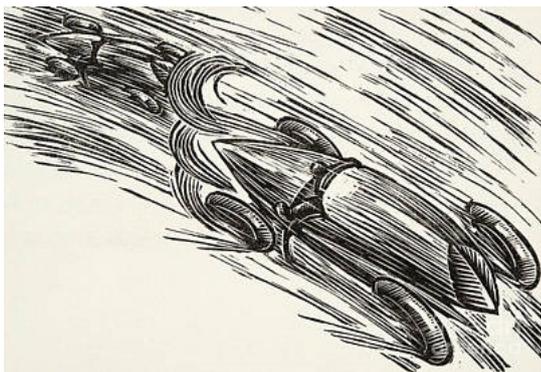
Stand facing one person. One person does the actions, the other is a mirror. Get one person to get ready or eat their breakfast or be in an office or pull the silliest moves and the other person has to try and mirror their body

### Sculptor

Choose a character. One person is the artist, the other person is the model. The artist must sculpt the model into a pose. Eg if they were trying to make the wicked witch they would move their model, stoop their back, mould their face into a cross looking pose, hang their arms down etc... if you have an audience see if they can guess who you have created!

### Slow Motion / Fast Motion

See if you can eat breakfast / have a pretend fight / run a race in slow motion or super fast motion. Change the speed half way through for fun!





## Resources from Theatre Companies

### Miracle Mondays with Miracle Theatre

Miracle Theatre Company are musical-comedy-theatre maestros from Cornwall. They are running one hour Zoom Drama Sessions for free but you need to sign up. Friday 1<sup>st</sup> May 11-15yrs; Friday 1<sup>st</sup> & Wednesday 6<sup>th</sup> May 10am and 11:30am Families. They are also running Miracle Mondays screening their back catalogue of productions on Mondays throughout the summer.

### Learn about being a Journalist with PaddleBoat Theatre

PaddleBoat theatre have some amazing videos and resources to help you discover all the skills you might need to become a journalist. Watch excerpts of Paddleboat Theatre's amazing show online - Clare Hollingworth: The Scoop of the Century – with tailored activities to help you train in becoming a journalist yourself. Clare was a pretty amazing woman she helped refugees in Poland, broke the news of the start of WWII and received an OBE for services to journalism. Last year, PaddleBoat toured this show to Shepton schools – there are some great resources here!



### Listen to Fun Music and Get Puppet Ideas with Squashbox Theatre

Welcome to the ingenious, ridiculous, inspiring, surprising, comical, musical, educational, ecological world of Squashbox Theatre. Craig Johnson is a performer, musician and puppeteer living in Penzance, Cornwall who has been to Shepton lots of times and creates marvellous, quirky and inventive shows incorporating puppetry, storytelling, natural history, live music and comedy. Listen to some of the songs online... you can even buy the CD if you enjoy it!





### [Learn about Travelling to the Moon and Darwin with Ditto Theatre Company](#)

Ditto Theatre Company have some great resources online from their shows  
Learn all about space exploration and travel and life in the 60s in Rocket Girl which toured to Shepton schools last year

Or find out about their new show [Darwin the Chimp](#); learn more about Darwin, Victorian England and London Zoo – the pack has lots of fun creative activities and ideas in:



### [La Navete Bete](#)

Super funny, ever creative, masters of the outlandish: La Nevet Bete are offering [free online workshops: one for primary, one for secondary](#)

### [Kneehigh Theatre](#)

Each week the brilliant Kneehigh theatre are setting a range of bonkers challenges for you to participate in called Windows to the World.

Kneehigh have also created a [Digital Cookbook](#) with lots of behind the scenes information on their creation process and performances (for older viewers)





### The Wardrobe Ensemble Seekers Podcast

The totally brilliant Wardrobe Ensemble from Bristol have created a podcast of their seekers adventures documenting their travels into space, under the sea and back in time—packed with interesting facts and lots of fun this is perfect for 3-7 year olds and anyone wanting a giggle! Find out more about the Wardrobe Ensemble here. [You can also buy their brilliant scripts](#) to support this company here—great for GCSE and above.



### DragonBird Theatre

Masters of early years theatre DragonBird from Bristol create magical theatre shows and interactive workshops. They are in the process of bringing Dragon and Bird to the screen with some beautiful stories and creative ideas for children and their families so keep an eye on their website!





## Above Bounds Collective

Brilliant Above Bounds Theatre Company create amazing shows for families as well as incredible festival acts! They are running lots of brilliant puppet making workshops online as well as live storytelling sessions every evening at 8pm!





## Watch Live Theatre at Home for Free!

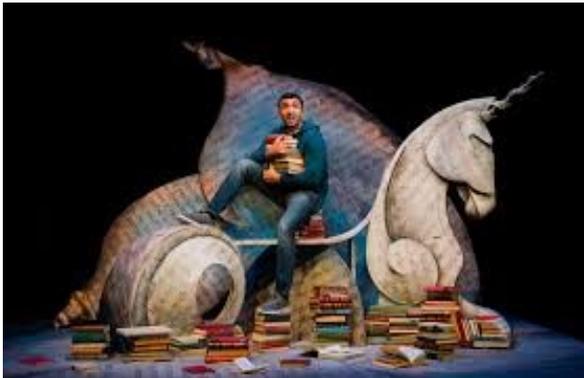
### I Want My Hat Back, Little Angel Theatre Puppets

Enjoy a short show created using very simple puppets on sticks – the story I want my hat back – why not get inspired and use an old cardboard box to make your own puppet theatre and puppets...



### I Believe in Unicorns and Table Mates with Theatre Alibi

Watch two of Theatre Alibi's amazing productions online I believe in Unicorns (which came to St Paul's last year) or Table Mates (suitable for ages 5-12) Theatre Alibi also have loads of great [competitions, creative activities and challenges](#) to keep you engaged



### Miracle Theatre Company

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### Workshops, The Wizard of Oz and Dick Tracy La Navet Bete

La Navet Bete are sharing two of their previous shows online for free: [The Wonderful Wizard of Oz](#) and [Dick Tracy](#). They are also offering [free online workshops: one for primary, one for secondary](#)



### Andrew Lloyd Webber Musicals

Screened weekly for free watch some Andrew Lloyd Webber Musical!

### Tweedy the Clown

Every Wednesday at noon Tweedy the Clown from Gifford's Circus will be running live screenings from The Barn Theatre helping celebrities find their lost belongings!



### Disney Theatrical Productions

Disney Theatrical Productions is offering free downloadable activities to shows such as The Lion King, Frozen, Mary Poppins, and Aladdin. Activities include The Lion King-inspired costume mask-making (ages 6–11) and a script-writing exercise for ages 11–14, as well as an Aladdin-inspired art and design exercise.

### Alvin Ailey's Online Dance



Recorded video dance classes led by Ailey Teaching Artists and Musicians. Styles offered include West African, Hip-Hop, Jazz, and Modern.

[Watch free Alvin Ailey Dance Videos online too](#)



### For Adults and older viewers

Emma Rice's amazing [Wise Children Musical](#) is available on BBC iplayer at the moment.



### Shakespeare Globe

There are some brilliant productions available to watch from the Globe for older viewers



### National Theatre

The National Theatre has lots of resources on how to create shows and lots of free productions to watch online



[Some other great theatre resources here](#) and [here](#)

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