

STORY CLUB

BOUNCE
THEATRE

WANDSWORTH ARTS
FRINGE
IN YOUR
LIVING
ROOM
8-24 MAY



Collagism

**ACTS OF KINDNESS
TRANSFORM THE WORLD**

This week's Story Club celebrates children's stories as part of Wandsworth Arts Fringe

Hello!

Welcome to **STORY CLUB**.

STORY CLUB is for anyone who loves stories! Using the power of our imaginations, we will take ourselves on wild adventures, become superheroes and travel the world!

These books will give you lots of different ideas on how to make art and stories. You can do a section at a time, or you can take different ideas from each bit.

This month, you can send us your stories and we will invite an actor to perform them for us and for Wandsworth Arts Fringe!

We can't wait to hear what you make!

Everyone at Bounce Theatre

You can send your art back to
lauren@bouncetheatre.com to share

MAKING YOUR STORY – KINDNESS SUPERHEROES

We're going to make a story about a superhero whose magic superpower involves being kind to others.

You'll need a pen and a piece of paper.

STEP ONE:

Can you write down some of the qualities that make up a kind person? We've thought of a few; are there any others you can add?

- *Generous - someone who shares and gives to others.*
- *Someone who is a good listener.*
- *Someone who is considerate and thinks about other people's points of view.*
- *Someone who is friendly and welcoming to others.*

STEP TWO:

What are some of the actions we can do to show kindness to others? These can be big or small. How many can you write down? We've thought of some to get you started!

- Give someone a compliment
- Lend or share something you own
- Listen to others' ideas, thoughts, and feelings



STEP THREE:

Now think about what your hero's superpower or special skill might be. It could be something big, like the ability to turn recycling into food for the needy or something small like the power to be friendly and smile at others a lot.

Here are some you could use. Can you think of some of others?

- **Captain Compliment** - a superhero who can see someone's good points and say something nice about that person
- **Ultra the Empathiser** - a superhero who can understand what other people are feeling
- **Jester** - a superhero who can cheer others up with a joke or good deed
- **Helpful Hero** - a superhero who can help out in any situation
- **Tea J Tipz** – a superpower is being able to make others an excellent cup of tea at any time

STEP FOUR:

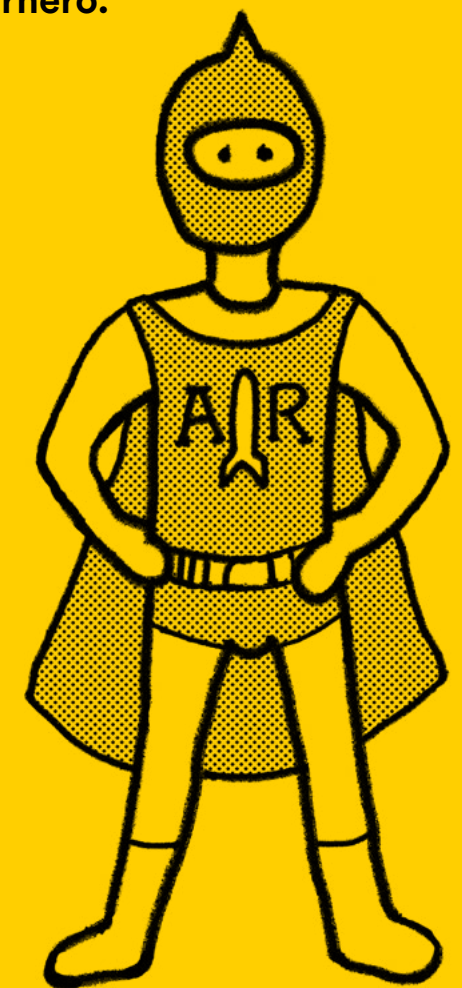
Now think of some more details for your kindness superhero. Use the questions below to help you create your character:

- What is your superhero's name?
- How old are they?
- Where do they live?
- Do other people know about

- their superpower?
- How long have they had it for?
- Does your superhero have a special outfit? Does their superpower make them look different?
- Do they have another job as well as being a superhero? If so, what is it?
- What extra training does your superhero do to help them develop their powers?
- What is the problem that they have to solve in your story? And how do they do it?

STEP FIVE:

Draw a picture of your kindness superhero.



Turn over

STEP SIX:

Now you're ready to start writing!
Here's a story we've written to inspire you with yours!

AUDIO ROCKET SAVES THE DAY

'Oh Audio - where do I start?'

Audio Rocket was trying to eat his Weetabix when he detected that his Mum was acting a bit strangely. She kept sighing and wasn't her usual chatty self.

'Mum, are you alright?' he asked her.

'Well...do you mind if I talk something through with you?'

'Of course not' Audio replied. 'Go ahead, Mum. I'm listening.'

Audio Rocket was London's youngest and kindest superhero - he also had the city's biggest ears. Each ear was the size of a small saucer. They had begun growing bigger as soon as Audio was able to talk, because as soon as he could talk, he had also learnt to listen extra carefully. Even as a toddler, his family members, friends, and anyone he'd met had wanted to tell Audio about their dreams, ideas, and worries. Audio was always ready to lend his listening ears. He could tell when someone needed to get something off their chest before they'd even opened their mouth. Audio put his spoon down, rubbed his ears so he'd be able to listen even better, and smiled at his mum.

'Audio, I'm feeling a bit lonely. Ever since the Atwals moved away I've had fewer friends to speak to', Mum explained.

'Oh no, Mum, that's tough. The Atwals were really good neighbours.'

'I don't know who will want to play cards with me now', Mum sighed.

'Don't worry, Mum, I'm sure you'll make new friends soon. I can learn to play cards with you if you like? And how about I cook us a nice dinner tonight?'

'Oh Audio. You're so kind, thank you.' Mum gave Audio a hug. 'You better go and do your exercises now.'

Audio skipped up to his room to do his ear flossing and stretches. Then he practised his kindness skills, with ten minutes of compassionate nodding practice and thinking about other people's points of view. He was well and truly ready for a day of good listening.

Suddenly his phone beeped. Audio had been sent a video message from his best friend, Nassy. Audio's ears pricked up ready to listen as he pressed play.

'Alright, Audio. Just wanted to say hi and...atchoo!' Nassy sneezed loudly. 'Audio, something funny happened. Yesterday I found a cat in my back garden.'

On the screen Audio could see a black and white cat sitting on Nassy's knees.

'It's a lovely cat. I'm not sure who it belongs to. And the only problem is... atchoo!' Nassy sneezed again. 'I'm allergic to cats. Let me know if you can help. Bye!'

The video finished and Audio sent a

quick message to Nassy: 'Hi Nassy. Cool cat! Oh no, the sneezing sucks. I'll search for the owner.'

Audio headed out of the house, he had a busy day planned of kindness-coaching, compliment-giving, volunteering, and cheering-up sessions.

'Audio, I'm glad I bumped into you!' called his neighbour, Mrs Brown, at the bottom of the road.

'Mrs Brown, what happened to your arm?' asked Audio, noticing the sling she was wearing.

'Oh Audio, I broke my arm in a line-dancing accident.'

Audio's ears twitched, ready to listen.

'I'm sorry to hear that, Mrs Brown. How are you feeling now?'

'Well, Audio. Do you mind if I talk to you about it?'

'Of course not, Mrs Brown. Go ahead!'

It turned out that Mrs Brown was quite fed up. She couldn't return to her line-dancing classes and cooking was a real struggle with a broken arm.

'Mrs Brown I have an idea! Why don't you come round for dinner tonight? I'm cooking for my Mum!' Mrs. Brown's face lit up.

'Audio, that would be wonderful. You're so kind, thank you, you've made my day!'

'4 tins of baked beans. Wow, Audio, what's the big occasion?' Mr Adegun asked as he scanned Audio's shopping at the local supermarket.

'I'm cooking dinner to cheer up my Mum. And Mrs Brown.'

'Good for you, Audio, that's very kind.'

Audio noticed that Mr Adegun looked a little tired. He flexed his ears, ready to listen.

'Are you okay Mr Adegun?' he asked.

'Well funny you should ask, Audio. I've had a bit of a tough time. My cat, Twinkles, has been missing since Sunday. She usually sleeps on my feet during the night, I'm not sleeping well without her.' Mr Adegun's eyes dropped.

'I'm so sorry to hear that Mr Adegun. What does she look like?'

'She's black and white. About this high.'

Audio thought for a moment and suddenly remembered! Nassy's cat!

'Mr Adegun, I think I know where your cat is. What are you doing for dinner tonight? And do you have any allergy tablets?'

'Here we are everyone. The finest baked beans, on a bed of lightly-toasted bread.'

'Thank you, Audio!' Mum, Mrs Brown, Mr Adegun, and Nassy all began to eat their beans on toast, whilst Twinkles drank some milk from a bowl in the corner of the kitchen.

Mr Adegun had been delighted to be reunited with Twinkles. And Nassy felt so much better after taking a few allergy tablets. Meanwhile Mum and Mrs Brown had decided to do a skills swap and teach each other cards and line-dancing.

Audio smiled in relief, flexed his ears and ate his beans. Being a kindness superhero was pretty awesome!

MAKE YOUR HOME YOUR THEATRE

This week, we are going to think about different ways of turning your story into a theatre show.

STAGE

Where in your home would be a good place to tell your story? Maybe it'll be near curtains so you can make a dramatic entrance. Or, perhaps you'd like to be near the door so you can disappear in a flash.

COSTUME

Every superhero needs a costume. Can you find things around the house that would transform you into a superhero? A sheet or a tea-towel might be a good cape. You might need a special bit of equipment - whisks and potato mashers can be good props! Put your costume on. How does it make you feel? How can you make the transformation from ordinary person to superhero? Do you have to hide your superhero costume under your ordinary clothes? Or do you carry it around in a bag?

MOVE AROUND AS YOUR SUPERHERO

Think about how your character moves around. Are they fast or slow? Do they jump? Do they run into rooms? Practise being your character - think about how you transform with your costume. Think about the action words in the story you have written. Does your character walk/run/jump/shout? Practise how they do these things before you start to tell your story.

THINKING ABOUT PROPS

Now you know your character, think about how you want to perform your story for others. Do you need any objects to help you tell the story? Get them ready before you start.

WARM UP

Every actor likes to warm up before a performance. So, before you start your performance, give your body a good shake out. Then give your voice a good warm up - try some tongue-twisters. Say the following as fast as you can:

*Peter Piper Picked a Peck of Pickled Pepper
Red Lorry Yellow Lorry*

LIGHTS, CAMERA, ACTION!

Rehearse your story. Make sure everything is in the right place. Then call your audience and go!

CREATIVE CHALLENGES



We have one kindness challenge for every day of the week!



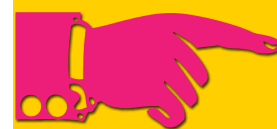
1. Tell everyone in your house today will be good day.

2. Write down three things that are brilliant about you. Now put that list somewhere that you can see it every day!



3 Make a wish for someone.

4. Ask someone in your house if they need help with something.



5. Make the collage and put it in your window to make people smile as they pass.

6. Make the kindness dice (template attached) & come up with your own acts of kindness. You can do them again and again!



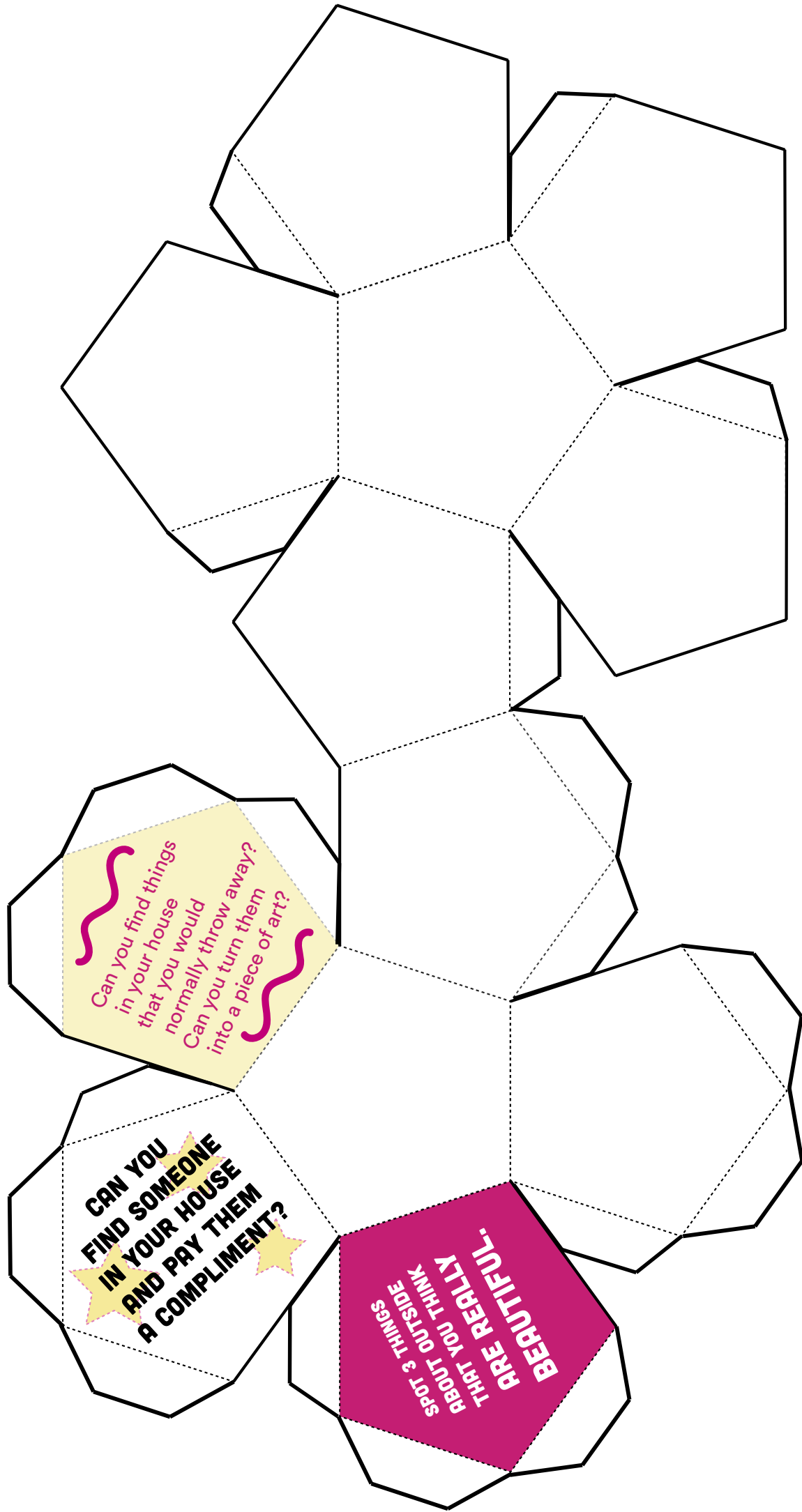
Ask you parents to send us a picture of your dice. We'd love to see it!



THANK YOU! THANK YOU! THANK YOU!

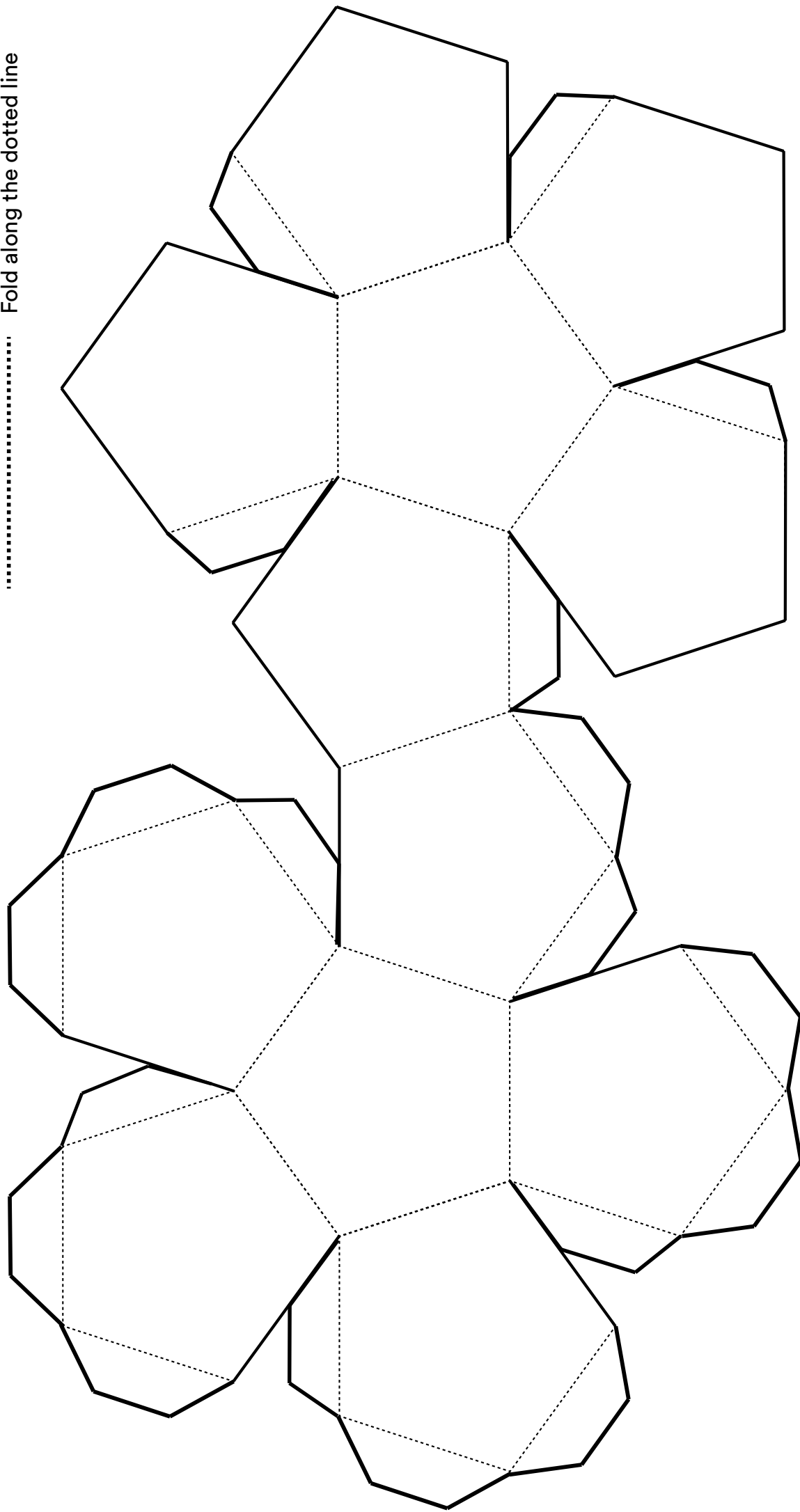
KINDNESS CHALLENGE DICE: EXAMPLE

- We've started this one as an example.
You could decorate yours with colour and patterns.
★ Don't forget to put a kindness challenge on each face



KINDNESS CHALLENGE DICE: TEMPLATE

- Cut along the solid line
..... Fold along the dotted line



Collagism CUT-OUTS



CREATE YOUR OWN WORLD OF KINDNESS
COLLAGE BY CUTTING OUT THESE SHAPES AND
ARRANGING THEM ON A BLANK PIECE OF PAPER.
YOU CAN ADD YOUR OWN ELEMENTS AND USE
MIXED MEDIA TO CREATE YOUR DESIGN. HAVE
FUN AND WHEN YOU HAVE FINISHED GIVE YOUR
COLLAGE TO SOMEONE IN AN ACT OF KINDNESS.



You can send your art back to
lauren@bouncetheatre.com to share