



BOUNCE

CHALLENGE ENTHUSIASTS

Fun things to do about emotions (for age P2-P5)

&

S P A C E

How to be Ready For Anything

Fun things to do for good health and wellbeing
(for age P6-7)

**A FUN PACK
FOR FAMILIES**



www.dirliebane.org.uk

contact; rachel@dirliebane.org.uk

Dirliebane Theatre Company is a Scottish Charitable Incorporated Organisation SCIO SC047455

Hey! We're Fiona and Rachel from Dirliebane (which means funny bones in Scots) Theatre Company and we have been doing lots of work about emotions and health and wellbeing.

If you want to, you can watch our films, but you don't need to see the films to use this pack.

All the films are easy to find on our website

www.dirliebane.org.uk.

They are also all on YouTube at Dirliebane Theatre Company.

So, grab your family and friends, and get ready to have fun!

BOUNCE – CHALLENGE ENTHUSIASTS for P2-P5

Sally and Destiny are Challenge Enthusiasts who do different challenges.

| | |
|---|--------|
| BOUNCE – The Flour Challenge | Page 3 |
| BOUNCE – The Slidey Slide Challenge | Page 4 |
| BOUNCE – The Words Challenge | Page 5 |
| BOUNCE – The Yoga Challenge | Page 6 |
| BOUNCE – The Who Can Sing the Longest Challenge | Page 7 |
| Other stuff to do for BOUNCE | Page 8 |
| How to make a Wheel of Feelings | Page 9 |

SPACE – HOW TO BE READY FOR ANYTHING for P6-P7

Stella and Dorothy and Modern Experts in Transition. The made a presentation called 'How to be Ready For Anything', for good Health and Wellbeing.

| | |
|---|---------|
| SPACE – Top Up Your Charge | Page 10 |
| SPACE – Set A Goal, Break It Down (Give It a Try) | Page 11 |
| SPACE – The Point of Populating Pyramids | Page 12 |
| SPACE – (Express Feeling to Help) Let Everything Bounce off You | Page 13 |
| SPACE – You are now Ready For Anything | Page 14 |

MAKE YOUR OWN FILMS!

Page 15

How to make a Paper Fortune Teller

Page 16

BOUNCE – The Flour Challenge

First, WHAT HAPPENS?

Destiny (in yellow) and Sally (in blue) are going to play Rock, Paper, Scissors. Whoever loses must dunk their head into the pillow of flour. Destiny is too excited about the challenge and unable to concentrate – she needs to pee and then she feels sick! Sally and Destiny come up with some ideas to help her calm down so she can play the game – like think of something boring and take deep breaths. No one wins the challenge so they both enjoy dunking their heads into the flour!



Then, CHAT ABOUT FEELING EXCITED

These are questions that you could ask each other (for grown ups and kids to answer)

- When do you feel excited? When do you feel super excited
- What does your body do when you are excited?
- What do you sound like when you are excited?
- What ideas do you have to help someone calm down if they are too excited?
- Together, list what excited looks like in the body and face.
- What other words are there for excited?

Now, make an EMOTIONS WHEEL

Using the picture of the wheel on page 9, cut it out, trace it or draw your own, write the word EXCITED into one of the sections, then, in smaller writing, add any words that you can think of that are also like excited (like happy, surprised). Colour in the EXCITED section in a colour you think matches excited. This is now your WHEEL OF FEELINGS. Keep your Wheel of Feelings as there will be more emotions to put in.

Finally, you could WRITE A STORY

Using the following as an idea to make up a new story by filling in the blanks together. You can write it out or just say it out loud.

“(Character name) was going to (place). They were really excited! They were (action) and (action) as they walked there. Their friend (name) came along. “You look too excited!” they said. “Why don’t you (advice) or (advice) or (advice)?” (Character name) took their advice and went to (place) feeling much better.

Perhaps the story can continue with what happens when they get to the place where they are going.

BOUNCE – The Slidey-Slide Challenge

First, WHAT HAPPENS?

Sally and Destiny want to run up the tarpaulin full of running soapy water. Destiny sets off but Sally is feeling anxious about it. What if she gets hurt? What if she falls over? A voice in her head gives her some advice like be brave, just give it a try and ask your friend for help. Sally asks Destiny for help. Sally then takes a deep breath, and gives it a try. Ready...



Steady...Go! Sally runs and slips and runs and slips and makes it to the top of the hill!

Then, CHAT ABOUT FEELING ANXIOUS

These are questions that you could ask each other (for grown ups and kids to answer)

- When do you feel anxious or worried?
- What does your body do when you are anxious?
- What do you sound like when you are anxious?
- What ideas do you have to help someone who is feeling really worried and anxious?
- Together, list what anxious looks like in the body and face.
- What other words are there for anxious?

Next, add to the EMOTIONS WHEEL

In your wheel of feelings add the word ANXIOUS into the next section. Now, in smaller writing add any words of feelings that are like anxious (like worried or nervous). Colour in the anxious section in a colour you think matches the emotion. Keep your Wheel of Feelings for more emotions.

Finally, WRITE A STORY

Using the following as an idea to make up a new story by filling in the blanks together.

“(Character name) was going to (place). They were really anxious! They were (action) and (action) as they walked there. Their friend (name) came along. “You look (emotion)” they said. Why don’t you (advice) or (advice) or (advice)?” (Character name) took their advice and went to (place) feeling much better.



Don't forget, we'd love to see any of your activities! You can send photos or films to rachel@dirliebane.org.uk or tag us on twitter @DirlbaneTheatre

BOUNCE – The Words Challenge



First, WHAT HAPPENS?

Sally and Destiny are playing a word association game. They must take turns saying words associated with a given category. Whoever hesitates or repeats a word must put a dot sticker on their face. Destiny gets very flustered playing the game and ends up with lots of dot stickers on her face. She then gets very angry because she's no good at the game. They begin word association of words associated with angry! But then change to words associated with calm to help Destiny take a deep breath and feel better.

Then, CHAT ABOUT IT

These are questions that you could ask each other (for grown ups and kids to answer)

- When do you feel a little angry and when do you feel really angry?
- What does your body do when you are angry?
- What do you sound like when you are angry?
- What ideas do you have to help someone who is feeling really angry?
- Together, list what angry looks like in the body and face.
- What other words are there for angry?

Next, fill in your EMOTIONS WHEEL

In your wheel of feelings add the word ANGRY. Now, in smaller writing add any words of feelings that are like angry (like mad or raging). Colour in the angry section in a colour you think matches the emotion. Keep your Wheel of Feelings for the next emotion.

Finally, PLAY THE WORD ASSOCIATION GAME

In pairs, play the word association game. Here is a list of categories. Pick a category and take turns to say words in that category. If you hesitate or repeat a word, then you lose. Think about how you are feeling when you play the game – whether you lose or win.

| | | |
|--------------------|-----------------|------------------------|
| ANIMALS | FRUIT | NAMES BEGINNING WITH J |
| FLAVOURS OF CRISPS | TRANSPORT | BODY PARTS |
| HOW TO RELAX | WORDS FOR ANGRY | WORDS FOR CALM |

Don't forget, we'd love to see any of your activities!

You can send photos or films to rachel@dirliebane.org.uk or tag us on twitter @DirlbaneTheatre

BOUNCE – The Yoga Challenge

First, WHAT HAPPENS?



Sally and Destiny are doing a yoga challenge. However, the yoga challenge is only for one person and Sally doesn't let Destiny do the challenge, which makes Destiny really sad. Her feelings become so big she sings a song about feeling sad and all the things that make her sad. Sally becomes sad as well, realising that she has upset her friend. They sing and dance a sad song, and they know that it's okay to be sad.

Next, CHAT ABOUT IT

These are questions that you could ask each other (for grown ups and kids to answer)

- When do you feel sad?
- What does your body do when you are sad?
- What do you sound like when you are sad?
- What ideas do you have to help someone who is feeling really sad?
- Together, list what sad looks like in the body and face.
- What other words are there for sad?



Next, fill in your EMOTIONS WHEEL

In your wheel of feelings add the word SAD. Now, in smaller writing add any words of feelings that are like angry (eg upset or unhappy). Colour in the sad section in a colour you think matches the emotion. Keep your Wheel of Feelings for next film.

Finally, write a SAD SONG

Think about times when you have felt sad. What made you sad?

This is Destiny's verse and chorus from the song she sings.

Can you make up another verse?



VERSE:

*Falling out with friends, people not being nice,
When I fall over, or I don't get something right
When a pigeon eats my snack, or I lose my precious thing
My sadness is so big, I really want to sing!*

CHORUS:

*Don't wipe my tears away cause I, wanna feel them on my face,
I feel sad, I feel unhappy, I feel all over the place, so,
Don't wipe my tears away cause I'm enjoying feeling sad,
I know I'm not alone and sometimes everyone feels bad.*

BOUNCE – Who Can Sing the Longest Challenge



First, WHAT HAPPENS?

Sally and Destiny are seeing who can sing the longest note in this challenge. But, Sally farts in the middle of the note and is really embarrassed. When it happens again, Sally finds it very difficult to admit it was her. Destiny tells her it's okay and that embarrassing things happen to everyone, so she changes the challenge to 'Who has the most embarrassing story?'

Destiny tells stories about someone seeing her snot at primary school, and spilling milkshake on a bald mans' head. Sally tells stories about doing a wee by accident and farting in the middle of a challenge!

Then, CHAT ABOUT IT

These are questions that you could ask each other (for grown ups and kids to answer)

- When do you feel embarrassed?
- What does your body do when you are embarrassed?
- What do you sound like when you are embarrassed?
- What ideas do you have to help someone who is feeling really embarrassed?
- Together, list what embarrassed looks like in the body and face.
- What other words are there for embarrassed?

Next, fill in your EMOTIONS WHEEL

In your wheel of feelings add the word EMBARRASSED. Now, in smaller writing add any words of feelings that are like embarrassed (like bashful or shy). Colour in the embarrassed section in a colour you think matches the emotion. Keep your Wheel of Feelings for the next activities.

Finally have an EMBARRASSING STORY CHALLENGE

Find out who has embarrassing stories in your family! Tell each other one or two embarrassing stories. Try to think of something that's true (but may not have necessarily happened to you).

Together (or in a group) can you act out your favourite embarrassing stories? Make sure to include how the body moves and looks when someone is feeling embarrassing.

You could also write down an embarrassing story (yours or a story belonging to someone else) and draw a picture to go with your story.

Other stuff to do for BOUNCE

First, finish your EMOTIONS WHEEL

Your Wheel of Feelings should now have five completed sections – Excited, Anxious, Angry, Sad and Embarrassed. There are three blank sections remaining.

What feelings would you like to put in to complete your wheel of feeling?

Do the same as before – add other words and colour the sections in.

Then, write an A-Z OF EMOTIONS.

With your family, the first person tries to think of an emotion that begins with A. The next person an emotion beginning with B. Then C, then D and keep going until you get to Z!

Now, make EMOTIONAL MUSIC

Pick an emotion (use your A-Z for inspiration).

Find something to make music with. It could be an instrument, or just a box to hit like a drum.

Think about the emotion that has been picked and play your instrument with that emotion.

Now, everyone picks an emotion without telling anyone else and play your instrument with that emotion. Can anyone guess which feeling it is?

Finally, RELAX – Take 5 for when your emotions are getting too much.

This is the Take 5 Breathing Exercise. (Google it for more information if you want to).

Sally and Destiny do this in The Flour Challenge. It's simple and slows you down a little bit if you feel rushed, or anxious or a little bit out of your depth. Deep breathing has huge benefits to slowing heart rate and panic down, and this one is easy to do!

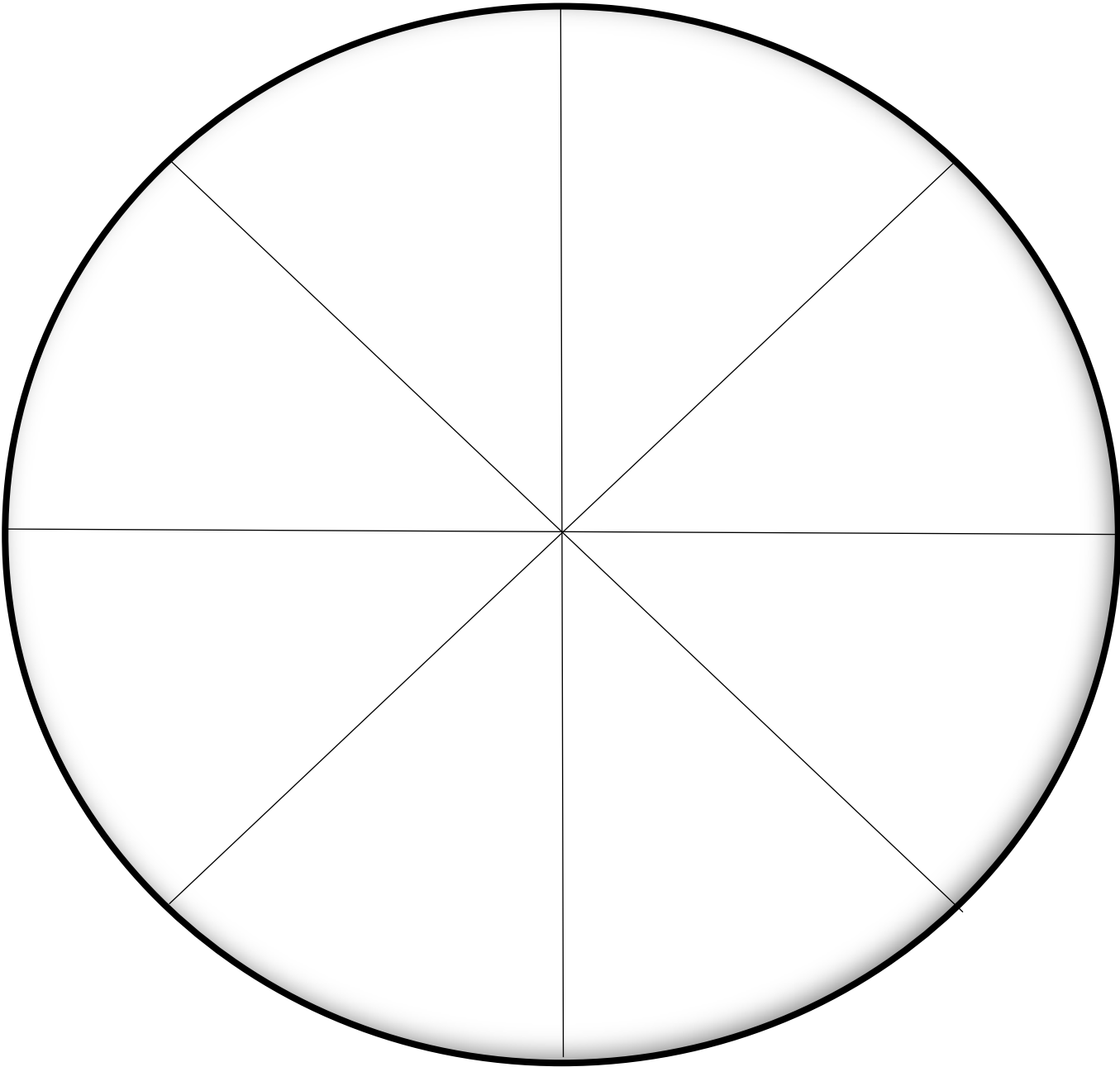
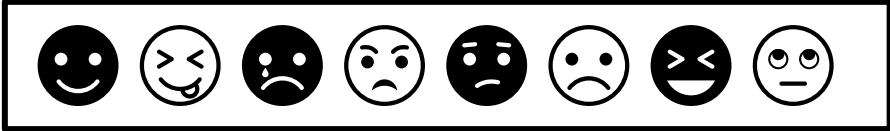
“Stretch your hand out so that you have space between your fingers. Hold up your pointer finger from your other hand. Start at the bottom of your thumb and using your pointer finger trace up your thumb and breath SLOWLY in through your nose. When you get to the top of your thumb, SLOWLY breath out through your mouth as you trace down the other side. Repeat for all fingers until you have traced your whole hand. Taking five breaths will help us be calm and be ready for any emotion”. Ask yourself, how do you feel now?



Don't forget, we'd love to see any of your activities!

You can send photos or films to rachel@dirliebane.org.uk or tag us on twitter @DirlbaneTheatre

Wheel of Feelings!



SPACE Episode 1 – Top Up your Charge

First, WHAT HAPPENS?

Stella and Dorothy get a call from their Boss asking them to make a new online presentation 'How to be Ready For Anything'. This begins with 'Top Up your Charge'. When Dorothy is tired and sluggish she realises she hasn't been looking after herself. Stella gives her a surprising 'charging device' to help her top herself up. It's important to **charge oneself** – eat healthily, get enough sleep, go into nature, drink water, listen to birds, look at clouds, stretch and dance.



Then, CHAT ABOUT IT

These are questions that you could ask each other (for grown ups and kids to answer)

- What do you do if you ever feel a bit tired and yucky?
- Do you think you are good at keeping yourself charged up?
- What things do you like to do to help yourself feel good?
- Make a list with all your family and friends of things they like to do to feel good. Is there any you haven't tried before?
- Write your Top 8 things to do when you feel like you need charged.

Next, make an ORIGAMI CHARGING DEVICE

Make your own paper fortune teller/charging device. There is instructions on the back page or look it up on YouTube. You can fill it with the 'charging' advice above or make your own ones.

Finally, do THE QUICK CHARGE

Are you feeling sluggish right now? Then do this! Quick! Grab a piece of fruit! Now, go outside and **listen to the Birds**. Then, if there is one nearby, **Hug a Tree**, and **Look at the Clouds**. Run back inside and stretch - reach up as high as you can and take 5 deep breaths. Now, stretch your legs and take another 5 deep breaths. Now take a **drink of water** while someone in the house puts on some music. Play the music and **dance!** How do you feel now?

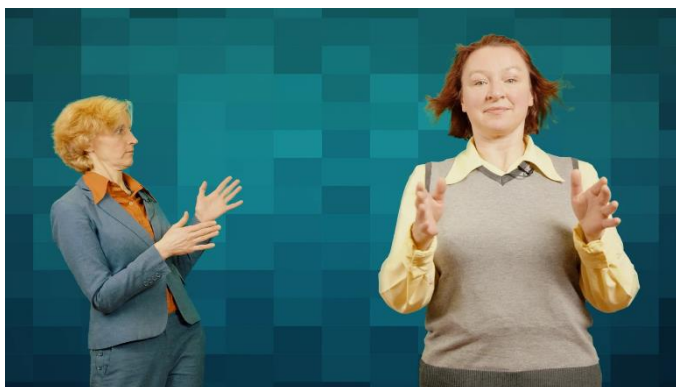


SPACE Episode 2 – Set A Goal, Break It Down (and Give It a Try)

First, WHAT HAPPENS?

Dorothy and Stella assume that if you set a goal and break it down you will always be successful, and they decide to demonstrate this with dance moves. They can both do the 'Robot', but Dorothy is unable to do the 'Moonwalk', and Stella is unable to do the 'Carlton' – even though they broke the moves down. They realise you don't need to always be successful, just successful at trying.

It's important to **set goals to keep mentally active** but you don't need to always be successful at these goals, it's the trying and setting of the goals that keeps you healthy and mentally active.



Then, CHAT ABOUT IT

These are questions that you could ask each other (for grown ups and kids to answer)

- Do you ever not want to try something in case you can't do it?
- Can you think of a time you thought you wouldn't be able to do something, but gave it a try and did it?
- Can you think of a time you thought you wouldn't be able to do something, but gave it a try and couldn't do it? How did you feel? Were you pleased that you had tried?
- What else would you try if you weren't worried about getting it wrong?

Finally, do some DANCE MOVES

Together watch a video of iconic dance moves. You can go to this link or google 'iconic dance moves' <https://www.starquestdance.com/8-iconic-dance-moves-everyone-should-know/>

The videos you find will break the dance moves into steps.

Or, make up your own dance steps. Break them down and try to teach someone else.

Give them a try – set a goal, break it down and give it a try. And have fun!



Don't forget, we'd love to see any of your activities!

You can send photos or films to rachel@dirliebane.org.uk or tag us on twitter @DirlbaneTheatre

SPACE Episode 3 – The Point of Populating Pyramids

First, WHAT HAPPENS?

Stella and Dorothy are presenting their Pyramids of People who get the Point of them.

Dorothy suddenly realises she can't think of anyone who supports or understands her. Stella reminds her of all the people who called her the day before and Dorothy realised there are plenty of people to put in her pyramid – plenty of people who get the point of her and make her feel good.

It's important to **stay connected**. **Everyone need supportive relationships and often it can be hard to remember who is there for you**. The people in your pyramid help keep you healthy and socially well.



Then, CHAT ABOUT IT

These are questions that you could ask each other (for grown ups and kids to answer)

- Do you ever feel that sometimes no one gets the point of you?
- How does it feel when your family and friends help you to do something?
- Dorothy couldn't think of anyone in her pyramid, even though she had lots of friends. What advice would you have given Dorothy?
- List the people who populate your pyramid

Finally, POPULATE YOUR PYRAMID

Take a piece of paper and draw a big triangle that fills the page. Write your name at the top.

Think about all the people who make you feel good. Think about all the things that you do and the places you go. Think about who lives with you and the relatives that you visit, call, zoom or video message. Of course, it doesn't have to be just people – Stella and Dorothy also had pets and soft toys that make them feel good!

On another piece of paper, you can write the names, or draw pictures of all the people you have thought of. You could also use photos and stick them on. Now, cut out all the people who make you feel good.

Now stick all these people, animals and soft toys onto your pyramid.

You don't need to have lots of people in your pyramid, but you do need to know that these are the people that make you feel good and get the point of YOU!



SPACE Episode 4 – Let Everything Bounce off You

First, WHAT HAPPENS?

Stella and Dorothy use the Chicken of Steel to demonstrate that you have to the power to let things bounce off you. Stella usually loves being the Chicken of Steel and letting all the balls bounce off her, but she isn't feeling up for being a chicken of steel today.

Dorothy reminds her that you don't have to bottle up your feelings to let things bounce off you. The feelings

become the 'Chicken of Steel' rap, and Stella realises you can let things bounce off you AND still feel all your feelings. It is important to **express emotions** and try to let things that get you down bounce off you.



Then, CHAT ABOUT IT

These are questions that you could ask each other (for grown ups and kids to answer)

- Do you ever have the feeling you need to be brave even when you're not feeling like it?
- The Chicken of Steel is tough. When did you last have to be tough and let things bounce off you?
- Have a read of the rap lyrics.
- What was Dorothy's advice in the rap?
- What do you think of the advice Dorothy sings to Stella?
- What did Stella learn from Dorothy's advice and put into her rap?
- All your feelings are real and valid and you can still let things bounce off you. Do you think you can do this?

Finally, CREATE A RAP

These are the words to Stella and Dorothy's rap.

Can you make a beat and write a rap that is about emotions?

| | |
|---------|--|
| Stella | <i>Well, I'm a chicken of a steel, but I still feel sad</i> |
| Dorothy | <i>sad might be telling you that you need to cry</i> |
| Stella | <i>I'm a chicken of steel but I still feel embarrassed</i> |
| Dorothy | <i>Embarrassed might be telling you that you need to have a laugh</i> |
| Stella | <i>I'm a chicken of steel but I still feel anxious</i> |
| Dorothy | <i>anxious might be telling you that you need to breathe</i> |
| Dorothy | <i>You've got the power to feel what you feel and still be a chicken of steel.</i> |
| Stella | Really? |
| Dorothy | <i>You've got the power to feel what you feel and still be a chicken of steel.</i> |
| Stella | <i>I've got the power to feel sad because I'm a chicken of steel.</i> |
| | <i>I've got the power to feel embarrassed because I'm a chicken of steel.</i> |
| | <i>I've got the power to feel anxious because I'm a chicken of steel.</i> |
| | <i>I've got the power to feel what I feel and still be a chicken of steel</i> |
| Dorothy | <i>You can feel what you feel and be a chicken of steel. (repeat)</i> |



SPACE Episode 5 – You are now Ready For Anything

First, WHAT HAPPENS?

Stella and Dorothy's recap on a successful presentation. The boss calls and is so pleased with them that she sends presents. Dorothy receives an origami horse and Stella an origami motorbike. Using their origami, they ride off into the distance to take some time out from all the hard work they have done. It is important for good health and wellbeing to **take time out**.



Then, CHAT ABOUT IT

These are questions that you could ask each other (for grown ups and kids to answer)

- Do you think there is any other advice Stella and Dorothy could have given to help everyone be 'Ready for Anything'?
- Where do you think Stella and Dorothy have gone on their motorbike and horse?
- Stella and Dorothy worked hard on their presentations. Do you think it's important to take time out to relax after working hard?
- What makes you feel stressed or anxious?
- What do you do to relax and take time out?

Finally, TAKE TIME OUT – BREATHING EXERCISE

This is an exercise to practice if you ever need to take a few minutes time out.

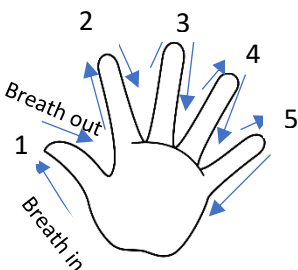
This is the Take 5 Breathing Exercise. (google it for more information)

It's really simple and designed to slow you down a little bit if you feel rushed, or anxious or a little bit out of your depth. Deep breathing has huge benefits to slowing heart rate and panic down, and, of course, you don't have to do it in front of anyone!

"Stretch your hand out so that you have space between your fingers. Hold up your pointer finger from your other hand. Start at the bottom of your thumb and using your pointer finger trace up your thumb and breath **SLOWLY** in through your nose. When you get to the top of your thumb, **SLOWLY** breath out through your mouth as you trace down the other side. Repeat for all fingers until you have traced your whole hand.

Taking five breaths will help us be calm and be ready to work."

Ask yourself, how do you feel now?



Make Your Own FILMS!

1. PICK A CHALLENGE OR PIECE OF ADVICE

Here are some **challenges** we liked but didn't make films of (like Sally and Destiny);

- Write with the wrong hand challenge
- Mirror writing challenge
- Draw blindfolded challenge
- Try not to laugh challenge

Here is some **advice** we liked but didn't make films of (like Stella and Dorothy);

- Bad times don't last, and things get better.
- Other people can only help if you share with them.
- Concentrate on the good things in life, no matter how small.
- Unhelpful thinking only makes you feel worse.

2. THINK ABOUT THE STORYLINE – WHAT PROBLEMS ARE THERE GOING TO BE?

Pick a theme and then plan what is going to happen to each character. One of your characters should have a difficulty – either they don't understand, or their feelings are big. Write a summary.

3. WRITE A SCRIPT

Firstly, act out your summary. Once you have finished then write down any of the lines you said that you liked and keep improving it until you have a script you really like. Is it in the style of Destiny and Sally or Dorothy and Stella? Now practice again and again.

4. FILMING IT

Who is going to film it and can you film it all in one take? Keep it simple but make sure all your ideas are included. Do you need any costume? Or props?

5. MAKE THE FILM!

It's time to film it! Make sure you are happy with the characters, your challenge, the emotion and the advice!

6. HAVE A PREMIERE

A premiere is the first time people will see your final film. You can invite people to watch it, create tickets and show them to their seats. Or, you can get people together online (on zoom for example) and share the screen showing your film. Good luck! Or if you can't film it, you can do a stage show!

Don't forget, we'd love to see any of your activities!

You can send photos or films to rachel@dirliebane.org.uk or tag us on twitter @DirIbaneTheatre

HOW TO MAKE A PAPER FORTUNE TELLER

1. Fold your A4 piece of paper diagonally so as to make a square, then cut off the excess.

2. Fold the square in half one way, open then fold in half the other way. Open.

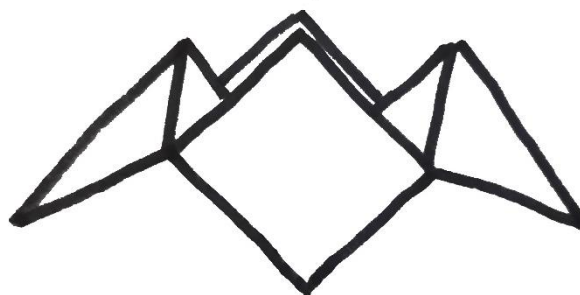
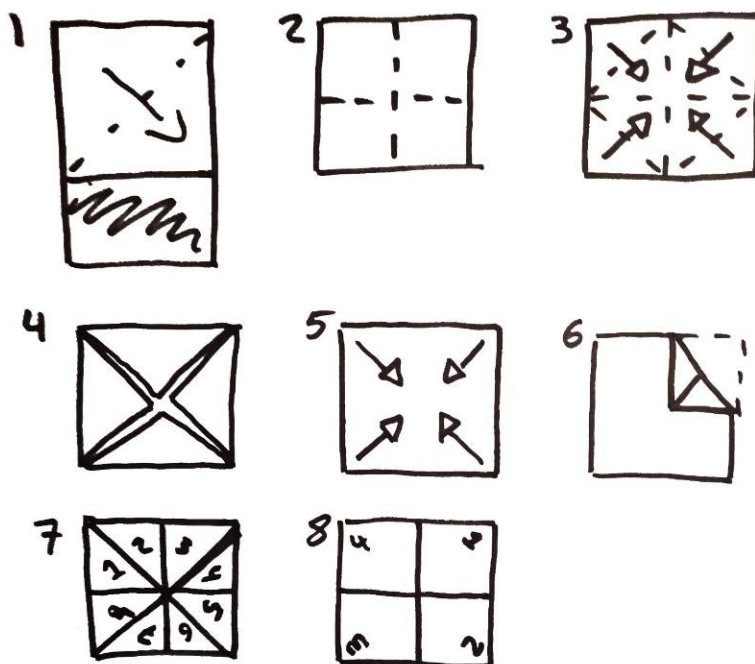
3/4. Fold all four corners into the centre point of the square.

5/6. Flip over and repeat by folding the new four corners into the centre point.

7. Number each section on this side from 1 –

8. Beneath each of these numbers write your advice.

8. Turn over and number the four corners from 1 – 4. The square should fold in half easily and pop up as the fortune teller in your thumb and forefingers.



We'd love to see any of your activities!

You can send photos or films to rachel@dirliebane.org.uk or tag us on twitter @DirliebaneTheatre

| | |
|--|--|
| <i>Performers and Artistic Directors</i> | <i>Fiona Ferrier and Rachel Colles</i> |
| <i>Filmmaker</i> | <i>Kelman Greig-Kicks</i> |
| <i>Designer</i> | <i>Katie Innes</i> |
| <i>Musician</i> | <i>Susan Appelbe</i> |
| <i>Producer</i> | <i>Robyn Jancovich-Brown</i> |
| <i>BSL Artist</i> | <i>Amy Helena</i> |
| <i>Website</i> | <i>Ben Winger</i> |

Thanks to North Edinburgh Arts Centre, and Platform Arts Centre.

Created with funding from



The Arthur & Margaret Thompson Charitable Trust