



BOUNCE

CHALLENGE ENTHUSIASTS

Fun things to do after watching the films!

**KIDS
PACK**

www.dirliebane.org.uk

Hey! We're Fiona and Rachel from Dirliebane (which means funny bones in Scots) Theatre Company and, if you're reading this, then you have probably been watching our films! And that is very exciting!

**All the films are easy to find on our website
and this pack is full of fun things to do for each film.**

BOUNCE Episode 1 – The Flour Challenge

What do YOU think?

- How was Destiny feeling at the start of the film? How was Sally feeling?
- What happened to Destiny?
- What signals did Destiny’s body make when she became too over-excited?
- What words did Sally use to help Destiny feel better?
- What did they do with their bodies to feel better?
- What advice would you have given Destiny?
- List what excited looks like in the body and face.
- What other words are there for excited?

Make an EMOTIONS WHEEL – just like at the end of the film

Using the picture of the wheel on page 7, 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.

HOW BIG ARE YOUR FEELINGS?

On page 8 there is a page called ‘**Big Feelings**’. Think about when you feel excited. Fill in the first box - ‘I feel excited’ - and then complete all the sections.



BOUNCE Episode 2 – The Slidey-Slide Challenge



What do YOU think?

- How was Destiny feeling at the start of the film? How was Sally feeling?
- What happened to Sally? What were her new feelings?
- What signals did Sally's body make when she became anxious?
- What advice did Sally hear to make her feel better? Who do you think was telling her that advice?
- What advice do you think Destiny gave Sally, using her body?
- What advice would you have given Sally?
- List what anxious looks like in the body and face.
- What other words are there for anxious?

Next, add to your 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.

HOW BIG ARE YOUR FEELINGS?

Fill in another 'Big Feelings' page. Think about when you feel anxious. Fill in the first box - 'I feel anxious' - and then complete all the sections.

BOUNCE Episode 3 – The Words Challenge

What do YOU think?

- How was Destiny feeling at the start of the film? How was Sally feeling?
- What happened to Destiny? What was her new feeling?
- What signals did Destiny’s body make when she became angry?
- How did Sally give Destiny advice?
- What advice would you have given Destiny?
- List what anger looks like in a body.
- 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.

PLAY THE WORD ASSOCIATION GAME

Here is a list of categories. Find someone to play with. Pick a category and take turns to say words in that category. If you hesitate or repeat a word, then you lose. If you have dots, stick them on your face!

ANIMALS

FRUIT

NAMES BEGINNING WITH J

FLAVOURS OF CRISPS

TRANSPORT

BODY PARTS

HOW TO RELAX

WORDS FOR ANGRY

WORDS FOR CALM

HOW BIG ARE YOUR FEELINGS?

Fill in another ‘**Big Feelings**’ page. Think about when you feel angry. Fill in the first box - ‘I feel angry’ - and then complete all the sections.



BOUNCE Episode 4 – The Yoga Challenge

What do YOU think?

- How was Destiny feeling at the start of the film? How was Sally feeling?
- What happened to Destiny? What was her new feeling?
- What signals did Destiny’s body make when she became angry?
- How did Sally give Destiny advice?
- What advice would you have given Destiny?
- List what anger looks like in a body.
- What other words are there for angry?



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.

Try writing 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.*

HOW BIG ARE YOUR FEELINGS?

Fill in another ‘Big Feelings’ page. Think about when you feel sad.

Fill in the first box - ‘I feel sad’ - and then complete all the sections.

BOUNCE Episode 5 – Who Can Sing the Longest Challenge

What do YOU think?

- How was Destiny feeling at the start of the film? How was Sally feeling?
- What happened to Destiny? What was her new feeling?
- What signals did Destiny’s body make when she became sad?
- How big were Sally’s feelings?
- What happened to make Destiny feel better?
- List what sadness looks like in a body.
- What other words are there for sad?



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.

Oh oh - 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).

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.

HOW BIG ARE YOUR FEELINGS?

Fill in another ‘Big Feelings’ page. Think about when you felt embarrassed. Fill in the first box - ‘I feel embarrassed’ - and then complete all the sections.

THEN.....

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.

Make Your Own Challenge Enthusiasts Films

1. PICK A CHALLENGE

You could try out one of our challenges or find a new one. Here are some other challenges we liked but didn't make films of:

Write with the wrong hand challenge

Mirror writing challenge

Draw blindfolded challenge

M&Ms and chopsticks challenge

Try not to laugh challenge

2. THINK ABOUT YOUR FILM STYLE

Sally and Destiny did their films in different styles. They had Bloopers, Silent Movie, Gameshow, Musicals and Olympics. Think about what you watch on TV or Youtube. Is there a 'style' you would like to try out?

3. WHAT EMOTIONS WOULD THERE BE?

Think about what emotions someone might feel when playing this game. How would they feel if they are winning? How would they feel if they are losing?

4. PLAN THE STORYLINE

Plan who is going to win and who is going to lose if there are two of you, or how you could do it alone. Plan what advice will be given.

5. WRITE A SCRIPT

Practice the challenge and write down anything that you like. Now do it again and keep improving it until you have a script you really like. The point of the movie is to have a challenge, big emotions, and get advice. Does your script have this?

6. FILM THE FIRST DRAFT

This is a simple, first version of your film to get feedback from an audience. You also need to think about who is going to film it and whether you can film it all in one take. Keep it simple but make sure all your ideas are included so you can see what people think of it.

7. FEEDBACK

When you are finished the first draft, show your film to someone for feedback. Look carefully at their reactions and ask what they liked and didn't like.

8. MAKE THE FINAL MOVIE!

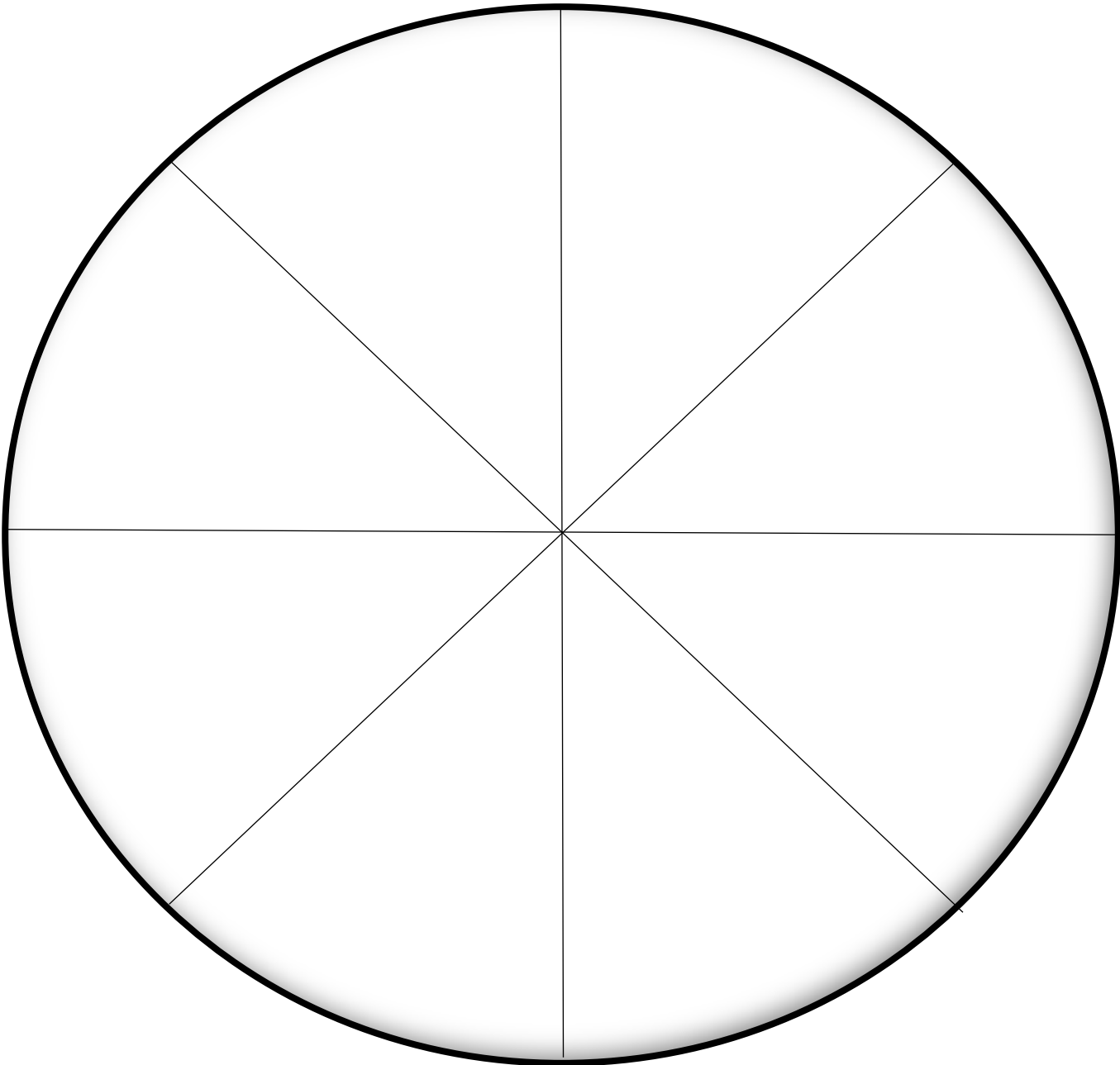
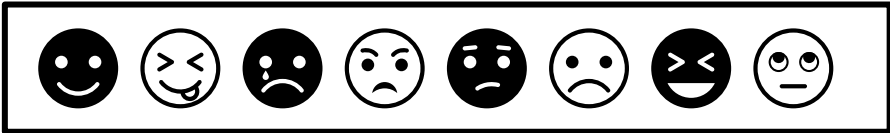
It's time to do the final version! Make sure you are happy with the characters, your challenge, the emotion and the advice! Now, do you need any costume? Or props? Record your film and get it ready to show people.

9. HAVE A PREMIERE

A premiere is the first time people will see your final film. You can invite people to watch it online, perhaps through zoom by sharing a screen. Good luck!

SHARE IT WITH US! Now that you have a film, we'd love you to see it! Ask your parent or carer if you can send it to us! E-mail it to us rachel@dirliebane.org.uk

Wheel of Feelings!

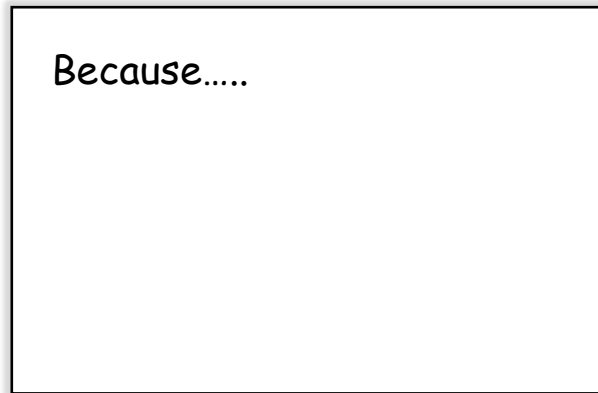


BIG FEELINGS?

I feel.....



Because.....



My feeling
is this big!

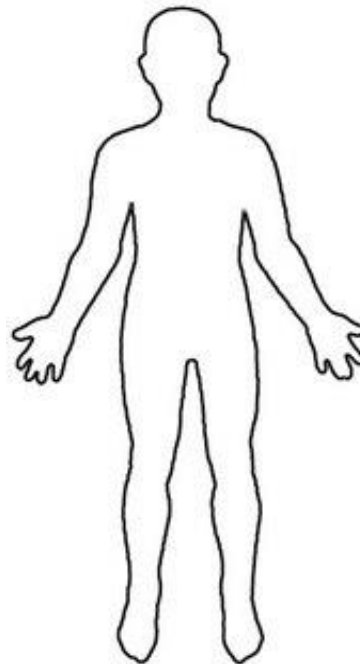
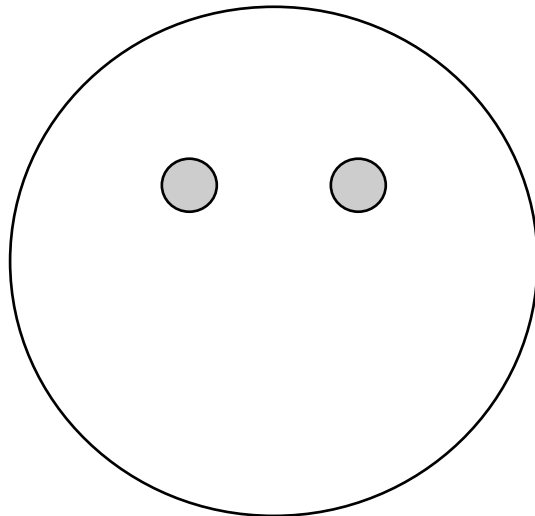
(1 is small,
5 is big)

5
4
3
2
1



My body is doing this...

My face looks like this...



I will feel better by....

