

# SPACE

## How to be Ready For Anything

Fun things to do after watching the films!

**KIDS  
PACK**



**[www.dirliebane.org.uk](http://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.**

## SPACE Episode 1 – Top Up your Charge

### What do YOU think?

- How was Dorothy feeling at the start of the Top Up Your Charge film?
- How was Stella feeling?
- What happened to Dorothy?
- What signals did Dorothy’s body give her when she wasn’t feeling her best?
- What was Dorothy doing that wasn’t keeping her charged?
- What advice would you have given Dorothy?
- List what other things you could do to keep charged?



### Next, make an ORIGAMI CHARGING DEVICE

Make your own paper fortune teller/charging device. There are instructions at the end of the pack on page 7 or look it up on YouTube. Google ‘how to make a paper fortune teller’. You can fill it with the ‘charging’ advice from the film or make up your own ones.

### Draw a CHARGING CARTOON

When Stella and Dorothy created their presentation ‘Top Up your Charge’ they were inspired by an Australian cartoonist called Michael Leunig.

You can find the cartoon they liked on the internet by googling “Michael Leunig recharge cartoon” or at this link; <http://levekunst.com/digital-dilemmas-part-5-how-we-are-affected-spiritually/>

Can you create a cartoon where a character is doing one of the charging activities? Maybe a comic with a character doing all the charging activities?

### Finally, do THE QUICK CHARGE

Are you feeling sluggish right now? How do you feel on a scale of 1-10? Now, do this!

Quick! Grab a piece of fruit! Now, go outside, eat it 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 music and **dance!**

How do you feel now? How do you feel on a scale of 1-10?

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

### What do YOU think?

- How were Dorothy and Stella feeling at the start of the film?
- What happened to Dorothy? What was her new feelings and why?
- How did Stella react to Dorothy's frustration?
- At what point did Stella realise that maybe everyone can't do everything?
- What advice would you have given Stella and Dorothy?
- What would you try if you weren't worried about getting it wrong?

### Next, make an ORIGAMI ROBOT

The Robot is much harder to make!

Google 'Origami Robot' and find one you like. You can also follow the instructions here.

<http://www.pinkstripeysocks.com/2018/06/how-to-make-origami-robots.html>

### Now, THINK OF A GOAL

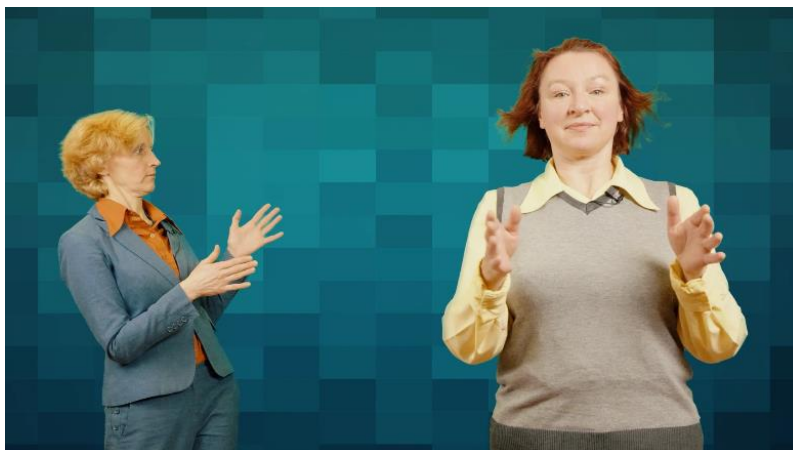
Can you think of something you'd really like to do but haven't? Maybe learn a new skill, like knitting, or train your dog? Write it down and begin breaking it down into smaller steps. Once you have smaller steps, begin at the first step and give it a try!

### Finally, do some DANCE MOVES

Watch a video of iconic dance moves, by googling 'learn iconic dance moves' or google 'learn to moonwalk' or 'learn the carlton' or 'learn the robot'.

The videos you find will break the dance moves into steps. Give them a try! Or, make up your own dance steps. Break them down and try to teach someone else.

Set a goal, break it down and give it a try. And have fun!



## SPACE Episode 3 – The Point of Populating Pyramids

### What do YOU think?

- Who was in Stella’s pyramid?
- Why couldn’t Dorothy think of anyone to be in her pyramid?
- Stella was the only person in Dorothy’s pyramid. What advice did Stella give Dorothy?
- What advice would you have given Dorothy?
- List the people who populate your pyramid

### Next, make an ORIGAMI PYRAMID

Create an origami pyramid, like the one at the end of the film. Follow the instructions here.

<https://www.wikihow.com/Make-a-Paper-Pyramid>

Write the following words on your pyramid

Side 1 - ‘Populate’

Side 2 – ‘Your Pyramid’

Side 3 – ‘with People’

Bottom – ‘Who get you’

### 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.

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

### What do YOU think?

- How was Stella feeling at the start of the film?
- What is a chicken of steel?
- Why didn't Stella feel like being a chicken of steel?
- What was Dorothy's advice in the rap?
- What did Stella learn from Dorothy's advice and put into her rap?
- What do you think the message is?



### Next, make an ORIGAMI BOX OF FEELINGS

Create an origami box full of feelings, like the one at the end of the film. Follow the instructions here or google 'origami box'.

<https://www.youtube.com/watch?v=WtM6jA0TYoc>

Once you have made a box, think of how many different emotions there are. Write them on a piece of paper, cut them out.

On the back of each emotion write down one piece of advice to yourself that might help you when you are feeling that way. Put all the emotions in your box.

Next time you are feeling one of those emotions, take it out the box and follow your own advice.

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

## SPACE Episode 5 – You are now Ready For Anything

### What do YOU think?

- Do you think that Stella and Dorothy covered everything that you need to be Ready For Anything?
- Where have Stella and Dorothy gone on their motorbike and horse?
- Stella and Dorothy open their presents at very different speeds, do you think this reflects their personalities?
- Stella and Dorothy worked hard on their presentations. Do you think it's important to take time out to relax after working hard?
- What do you do to relax and take time out?
- What makes you feel stressed or anxious?



### Next, make an ORIGAMI MOTORBIKE AND HORSE

Our designer did this and we have no idea how she did it! Google it and good luck!

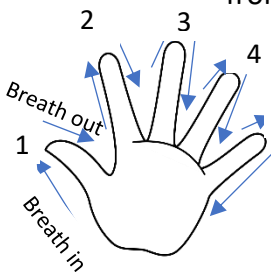
### Finally, TAKE TIME OUT – BREATHING EXERCISE

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 How to be Ready For Anything Film

## 1. DECIDE UPON A PIECE OF ADVICE YOU WOULD LIKE TO GIVE IN YOUR FILM

You could copy one of our titles or find a new one. Here is some other advice we found that is given for emotional resilience using the acronym BOUNCE:

- B – Bad times don't last, and things get better.
- O – Other people can only help if you share with them.
- U – Unhelpful thinking only makes you feel worse.
- N – Nobody is perfect – not you, not your friends, not your family, not anybody!
- C – Concentrate on the good things in life, no matter how small.
- E – Everybody suffers, everybody feels pain and experiences setbacks; they are a normal part of life.

## 2. THINK ABOUT WHAT THE PROBLEM IS

In each of the films either Stella or Dorothy had a problem. Now that you have picked your piece of advice, what could go wrong? How can you visually demonstrate that one of them doesn't have it quite right?

## 3. PLAN THE STORYLINE

Plan what is going to happen to each character. Which one needs the extra advice or help? Now write a summary of the film, think about it being one of Stella and Dorothy's presentation films. How can it be in the same style? Think of acronyms for the title. Decide what kind of characters you are going to be.

## 4. WRITE A SCRIPT

Firstly, act out your summary. Once you have finished, write down any of the lines you said that you liked. Now do it again and keep improving it until you have a script you really like. Is it in the style of Dorothy and Stella? (Make sure you say "Well done" a lot!) The point of the film is for two people to demonstrate the advice they have. Does your script have this?

## 5. 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 can you film it all in one take. Keep it simple but make sure all your ideas come across so you can see what people think of it.

## 6. FEEDBACK

When you have 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.

## 7. MAKE THE FINAL FILM

It's time to do the final version! Make sure you are happy with the characters, your chosen piece of advice and the script! Do you need any costumes? Or props? Record your film and get it ready to show people.

## 8. 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!

## 9. 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](mailto:rachel@dirliebane.org.uk)

## 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.

