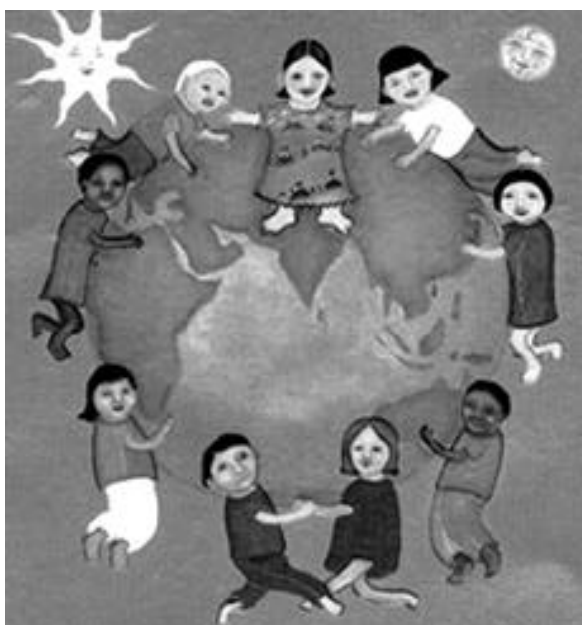


## ACTIVITY PAGES

## Activities Recommended for 2003

Activities in four categories that you can do with your students both before and after the show and some yummy traditional recipes.



### I. Thinking and Talking

**New in 2003:**

*The Art of Seeing* – An exploration of our imagination!

*Cultural Appreciation* – The power of positive words and understanding and appreciating differences.

**Recommended Thinking and Talking activities from past years** (Note: Reference past year's PDF downloads)

*Why and How We Dance* – an exploration of human reasons to dance

*Designing Dance* – How and where dances are created, how choreographers work

### II. Movement and Music

**New in 2003:**

*Dance with a ribbon* – A cooperative creative movement adventure for groups of 3-4 students

*Object Puppetry* – Learn some of the secrets of bringing ordinary objects to life!

**Recommended Movement and Music activities from past years:**

*Body Language* –experiment with how our bodies and faces reveal our feelings, thoughts and ideas.

*Body Music* –Students learn to make music with their own bodies

*Mapping a Dance* –a challenge to make up their own movement phrases, and document them in their own special way.

*Gestures and Movement Games* –give you the vocabulary to guide the children through selected movement qualities and styles in their own movement.

### *III. Art and Construction*

**New in 2003:**

*Making Maori Poi* – Learn how to construct your very own poi to swing and dance with!

**Recommended Art and Construction activities from past years:**

*Get Ready* – shows students a glimpse of what it takes to put on a performance and prepares them for the crucial role of audience member.

*Picture Yourself*– children express their visual experience of the show by drawing their impressions

*Make a Musical Instrument*– make something tangible to use in future creative projects.

*Memory Art* – a good post show activity, create work for next year's Kid's Art Gallery!

### *IV. KidsRoom*

**New in 2003:**

*CrossWorld Puzzle*

### *V. Recipes*

**New in 2003:**

*Beijanos de Moca* – “Maidens’ Kisses” – Sweet treat from Brazil

*Chinese Birthday Noodles* – Good luck meal from China

*Dulce de Leche* – “Sweet of the Milk” – Milk jam, popular in Argentina and Uruguay

## *1. Thinking and Talking Activities*

### **The Art of Seeing**

*(For all ages - Best before the show)*

In many puppet and theatrical shows, and especially in the world of TV and film, the audience members really see just what the artist wants them to see. The puppeteers, the cameramen, the people who create the illusion, are usually invisible. In *People Like Me 2003*, Lunatique Fantastique does a kind of puppetry called “Object Animation.” In our show, the audience can see the puppeteers. The children can see that only three people cooperating bring the character magically to life! However, this requires you, the audience, to be more active in using your imagination!

The tiniest children have a magical sense of belief. Their imaginations take them away into a fantasy world, so they don’t notice that daddy or mommy is making the doll move. Later, children work hard at figuring out what is real and what is make believe. While this is a very important cognitive task, during *People Like Me 2003* we ask our audiences of all ages to come with us on our adventure, and let go of “reality” for a bit. Going to the theater is a wonderful chance to let ourselves believe the impossible!

Here’s an exercise to get you and your students all warmed up to enjoy this show the most you can! Get into pairs, and take turns being puppeteer and audience. One of you plays the puppeteer, so pick up an object, (for example a pencil, a book, or a pair of glasses). Animate your object, put all your feelings into it! Make the object move and make silly sounds (but no real words!). Think of it like the world of cartoons!

The partner who is the audience member, notice where your eyes go. What are you focusing on? See if you can ask yourself to pay attention to the puppet instead of the person moving it.

What role does color play? Would it help to place a colorful object onto a black cloth so that the colors are contrasting?

What role does distance play? Can you focus more on the object when it is closer to you, or further away?

What role does your mind play? How can you control what you focus on?

After each of you has a turn, come back together as a whole group and discuss if you were really able to see the object as a character. What parts of the illusion worked because of what the puppeteer did? What did you do as the audience member? Now, bring this ability to the show, and fasten your seat belt!

## Cultural Appreciation

### *Thinking while we're talking*

Positive language empowers. Always, but especially when dealing with persons different from ourselves, it's important to be sensitive to how our words might be heard. Think about the words that we use to describe and categorize others, whether it is to their face or behind their back. Discuss with your students how to speak kindly about and to others.

It is important to see both similarities and differences in a positive light! These differences might be cultural, racial, physical, or religious. They could seem trivial or like very very important differences. How can we not only tolerate our differences, but appreciate them, without changing ourselves?

Our program, People Like Me, presents dances and music as cultural expressions that were created by (and performed by) people from around the world and from right here in Northern California. Even dances born here in the U.S., like physically integrated dance, give you and your students a chance to discuss, and empathize with, a different way of life, a different culture.

For physically integrated dance, ask yourselves and your students the following questions, and then think of some of your own:

- Do disabled people dance?
- How do they dance at all?
- How would you dance if you couldn't use your legs? If you couldn't see?
- Can you feel rhythm if you are deaf?

What other ways do cultures come in contact with each other? How can we contribute to appreciation of many different kinds of cultures? What would it take for everyone to be able to support that goal? How can we start right here at home, with our friends and family?

## *II. Movement and Music Activities*

### **Dance with a Ribbon**

Traditional Chinese Ribbon dance has a long history and very specific movements. However, dances are born every day, and you can do your own dance with a ribbon, a string, a veil, or another flowing type of fabric, and discover some of the beauty and fun of the Ribbon Dance.

#### What you need:

Pick your material. For a “ribbon” like the ones in the Chinese dance, you’ll need a length of lightweight fabric 4 to 5 yards long, and about 45cm wide. You can place a stick or staff about 45 cm long in the corner of the ribbon and sew it up. When you dance, the sticks help you manipulate the ribbons into beautiful shapes.

Now, be inventive! Try using a different shape of fabric. Make a very large triangle, or square. This is especially fun and exciting to do with two or more people. See how the fabric moves when you dance with it. How can you work together to make the fabric flow into the shapes you want?

Teachers: Break your class up into groups of 4-6 children, and give each group a piece of fabric. Have them cut or sew the fabric into a ribbon or other shape, and create a dance featuring the fabric. Help them pick music to fit the mood of their dance. Have the groups show their dances to each other. This activity helps to promote co-operation and collaboration, as the children must work together to move together with the fabric and with each other.

### **Found Object Puppetry**

*Grades 2-6 (with guidance, younger children can do this too!)*

Puppetry is an age-old art that exists in many many cultures around the world. But ANY object can become a puppet or part of a puppet!

In groups of 3-4, look around you and pick out three everyday objects from your schoolroom or your house. Place the objects on a table, and really look at them. Notice their sizes, shapes, their weight, and their texture. Each person uses both hands, and holds the objects in different spatial relationships to each other. See if they give you any ideas, or make you feel any emotions.

Now this is the really fun part! Put on your imaginations, and ask yourselves and each other if you see anything that makes or almost makes the shape of a person, an animal, or a living being? See if you can come up with a character using all three of these objects. What are the parts of the body you

can represent with your objects? How would this character move? How would this character sleep, eat, dance? What feelings would this character have, and how would these feelings be expressed without words?

Here are some important secrets of puppetry from *Lunatique Fantastique's* director, Liebe Wetzel:

1) **The head is the key!** The head or seeing part of your puppet must look and see. Try this: Take a jacket or a piece of cloth and make part of it into a head. Practice making the head look and see, and then return to normal. Have your puppet head look at the table, the clock on the wall, the window.

2) **Breath is life!** Your puppet will really come alive if you make it breathe. First, take a moment to notice your own breath. What parts of your body move when you breathe? Make sure your puppet breathes, and it will really come to life!

3) **Look and see!** Now get a partner and have one of you work the head, and another the body. Have the puppet look, see, and then wave. Now add a third person to work the feet! Have your puppet move. Have it walk, skip, and jump. Have him look and see. Make sure he breathes.

Finally, get together with another group and have your characters meet each other. Use your imagination skills to see only the character, and not the people moving the objects. Make up a short story of your characters meeting. Have fun showing the other groups! And remember to be a great audience member!



### *III. Art and Construction Activity*

#### **Making Maori Poi**

Here's an easy way to make poi similar to those that the Maori use in their poi dances.

##### HERE'S WHAT YOU NEED:

Red, white and black wool or other kind of strong yarn or string  
Newspaper  
Colored paper, cut to 12-15" square  
Plastic wrap or Plastic supermarket bags, cut to doubled 12-15" square  
Scissors



##### HERE'S WHAT YOU DO:

Measure your yarn into 3 or 4 pieces, which are each 24-30 inches long.  
Braid or knot the different colored pieces of yarn together. 4-stranded braid is best, if possible.

Crumple up the newspaper into a ball. It should be about the size of an orange.

Wrap one end of your cord around the ball four times (to surround the ball) and tie securely.

Cut the colored paper into a square about 12-15" square.

Place the ball in the middle of the paper and gather the material over the ball.

Tie another piece of cord to tie up the opening in the material.

Now place the ball in the middle of the plastic square.

Gather and smooth the plastic over the ball as you did with the paper before.

Tie securely around the opening, and tie the ends of that string to the braided cord.

Trim the gathered end of the paper and plastic with scissors.

Repeat to make your second poi, and you are ready to learn to swing and dance with your poi!

Just be careful to practice in a wide-open space!!

### IV. KidsRoom Activity

#### CrossWorld Puzzle

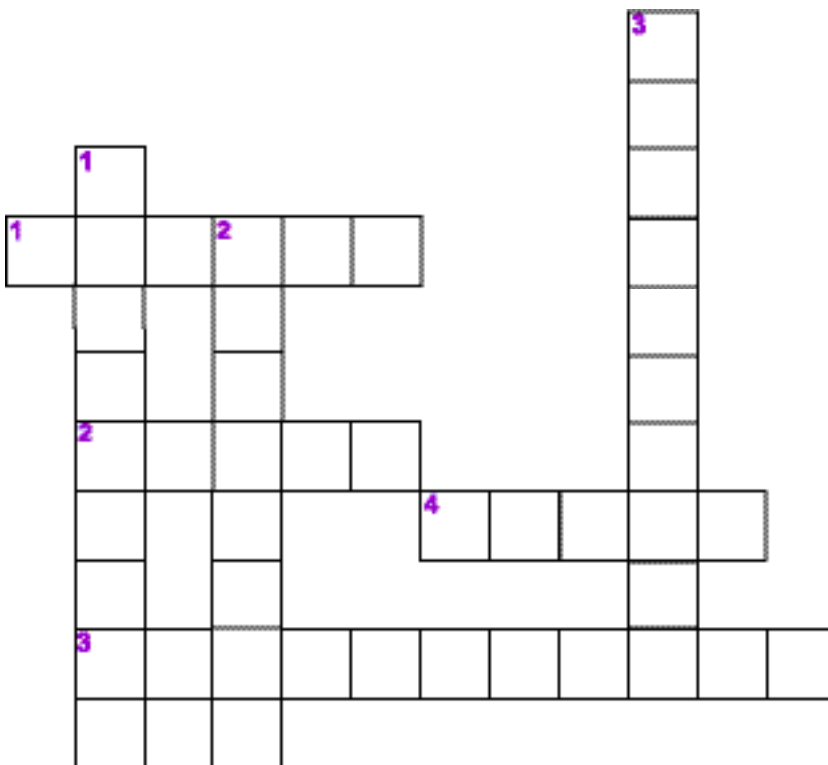
##### CROSSWORLD PUZZLE CLUES:

##### DOWN:

1. A country in South America, where gauchos used boleadoras.
2. A country in Africa, whose people play and dance mbira.
3. The state in the U.S. where the groundbreaking dance company AXIS does physically integrated dance.

##### ACROSS:

1. A country in South America where the martial dance Maculele began.
2. An ancient country in North Africa, which was flooded by the Aswan dam.
3. An island considered part of Polynesia, where women dance with poi. (2 words)
4. A country in Asia where the Ribbon dance probably began thousands of years ago.



## **CrossWorld Puzzle**

### **Useful Vocabulary Hints**

*(Use these hints at your discretion – beware, the answers are contained in the hints!)*

Aswan Dam - A body of water, which covered the land of Nubia, built to control the floodwaters of the Nile River.

Boleadoras – Originally a weapon used by the indigenous people of Argentina, Uruguay, and Southern Brazil. They were made of 3 stones or wood and are now used in a dance called Malambos.

Gauchos – “Cowboys” of the South American plains, of indigenous and/or European descent

Maculele – A martial dance performed with sticks, which comes from Bahia, Brazil.

Mbira – A musical instrument, dance style, and ceremony from Zimbabwe.

Physically integrated dance – A dance form in which dancers with and without disabilities dance together.

Poi – Balls on strings used in Maori dance from New Zealand.

Ribbon Dance – A classical dance from China that is depicted in paintings from the Tang dynasty, A. D. 618 – 907.

### CrossWorld Puzzle

#### Answers



## V. Recipes

### **Beijinhos de Moca** “Maidens’ Kisses” *From Brazil*

This is a very popular sweet treat that is easy to make!

#### HERE’S WHAT YOU NEED:

- 2 egg whites
- 1 1/2 cups sugar
- 1/8 teaspoon salt
- 1 cup shredded coconut
- 1 teaspoon vanilla
- 6 oz. Package of chocolate bits or chips

#### HERE’S WHAT YOU DO:

Beat eggs until stiff; then fold in the sugar, salt, coconut, vanilla, and chocolate bits.

Mix well and drop by teaspoonfuls onto greased baking pan.

Bake 10 minutes at 325F. (160C)

### **Chinese Birthday Noodles** with Peanut Sauce

In China and other Asian countries, it's a custom to eat noodles on your birthday because long noodles are believed to mean you'll live a long life. On your birthday, serve yourself a bowl of noodles. You can find Chinese-style noodles in the refrigerator section of your grocery store.

Top your noodles with this tasty peanut sauce.

#### HERE'S WHAT YOU NEED:

- 2 tablespoons (25 ml) smooth peanut butter or sesame paste
- 1/4 cup (50 ml) hot water
- 3 tablespoons (45 ml) soy sauce
- 1 teaspoon (5 ml) honey
- 4 cups (1 l) cooked Chinese-style noodles or spaghetti
- 2 scallions, cut in 1/2-inch (1 cm) pieces (if you want)
- Bean sprouts (if you want)
- Chopped peanuts (if you want)

HERE'S WHAT YOU DO:

In a large bowl, use a fork to stir the peanut butter or sesame paste with the water until it is creamy. Stir in the soy sauce and honey and set aside.

Drain the cooked noodles and add to the bowl with the peanut butter mixture. Toss well.

Refrigerate until ready to serve.

Serve the noodles cold, topped with scallions, sprouts, or chopped peanuts, if you want.

Eat with chopsticks.

Serves 4 noodle fans.

**DULCE De LECHE** *Sweet of the milk – Argentina and Uruguay*

This is a Milk Jam that is a South American favorite, somewhat like caramel. This is the easiest way to make Dulce de Leche...the taste is pretty authentic and the work is almost completely eliminated!

HERE'S WHAT YOU NEED:

1 can sweetened condensed milk

large pot with metal rack

HERE'S WHAT YOU DO:

Place the can inside the pot on top of the rack. Add water to completely cover can, plus 1-2 more inches. Simmer for 4 hours, making sure the can is always completely covered with water....if not...there is an explosion !!

Leave the can to cool several hours and only then open it and serve.

Serve the golden-brown confection over flan or pudding, as a filling for crepes, cakes or just plain. For breakfast you can spread it on croissants, rolls or toast! For snack time try it on crackers with tea, or on a banana!