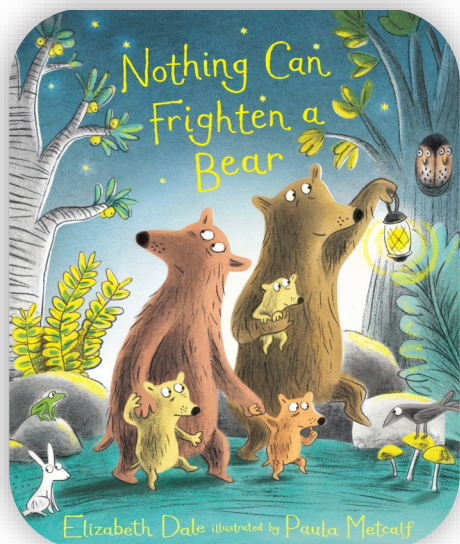


Lockdown Tales Activities



Nothing Can Frighten a Bear

Written by Elizabeth Dale, with illustrations by Paula Metcalfe (Nosy Crow, 2016)
Read for Wonderful Beast's Lockdown Tales by Ann Penfold.



Turning stories into music

Re-telling tales in your own way can be really fun — acting out the events, making up your own ending, or miming the story without words.

The activities here are about making music from a story. How do you think you might do this? What sorts of sounds do you think of when you hear Ann reading *Nothing Can Frighten a Bear*?

Some musical stories use instruments to represent characters — like in Prokofiev's *Peter and the Wolf*, where the wolf is played by the French Horn. What instrument or sound would you say is most like a bear? We'll think about this idea more, later.

Rhythm: clap it, say it, sing it!

No-thing-can/ **frigh** -ten -a/ **bear grrr**/. (6/8) Clap it/ say it /sing it using just 2 or 3 notes. Listen to each other's song and repeat all together. Sing it **quietly**, then a bit **louder**, then **VERY LOUD**, and end very quietly with a loud '**BEAR!**' at the end!

Find other phrases from the story to clap or tap or step out their rhythms.

Sound and Movement

Monster Roars! Can you be a frightening monster and roar **really loudly**, showing how scary you are, using your body and face?

Move round your space. Someone claps or drums to make you **STOP**. Change direction, wait ready to go again on another 'action' sound. Repeat 2 x more, changing direction each time.

Become a *sleeping monster* with a **BIG** snore, and don't forget to make that breathing-out, blowy sound afterwards. You might need to lie down for this.

Frog (there are frogs that **chirp**, **whistle**, **croak**, **ribbit**, **peep**, **cluck**, **bark** and **grunt!**) Try lots of different sounds then choose the one you like doing best. Make a **frog chorus** with everyone joining in. You can jump like a frog round the space making your chosen sound.

Send us your creations! Use the hashtag **#LockdownTales** or email info@wonderfulbeast.co.uk
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Sound and Movement

Crow (harsh, rasping, **cawing** sound).

Can you become a crow, flapping your wings and opening your big sharp beak as you caw?

Let's Make a Song

Here are some words from the story:

*Why don't we go looking for monsters tonight?
You'll see there is nothing so scary out there
And anyway, nothing can frighten a bear! Oh No!
Nothing can frighten a bear!*

For teachers and parents: A good way to start is by **saying** the words and **listening** to how the sound **rises** and **falls**. Then make it more sing-song and you have a melody! Try asking a child to sing a line and have everyone copy how it sounds. When it's established move onto the next line encouraging different children to experiment, or experimenting back yourself. Keep going until you have made a complete song. Record it so you will remember it for next time how to sing it together, and of course to make the children feel proud of what they have created.

Group Soundscape

Deep in the woods with the moon shining bright

Make very quiet **vocal sounds** with **lots of silences** in between to make it scarier: e.g. clicky sounds, whishh, squeak, whoooo, shhhhh, tttttt, creaking(errrr) for branches for the **dark, dark wood**.

What **instrument** would make a lovely **long** sound for the **moon**? A **bell**, **triangle**, or **gong**?

Maybe you could gently hum, or sing 'oooo' together creating beautiful **silvery moonshine** with your voices.

Can you find an **instrument** or an **object** to make the sound of a **bear**? Would it be a **DEEP** or **high** sound? **quiet** or **LOUD**? Or a brushing sound, as though its walking through a forest.

Now try fitting your sounds together to make a soundscape of the story.

Marching and Freezing!

Walk **BOLDLY** around the space, just like the bears when they set off to the wood, and then **FREEZE** on a **sudden** sound (drum, saucepan tapped with a wooden spoon, or a rattle) played by a leader.

On a signal to start again, move a bit more nervously. Walk more slowly, looking around you.

FREEZE on another sound. You might end up tiptoeing. Repeat several times.

What did you imagine you saw? Can you draw or paint it?

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