

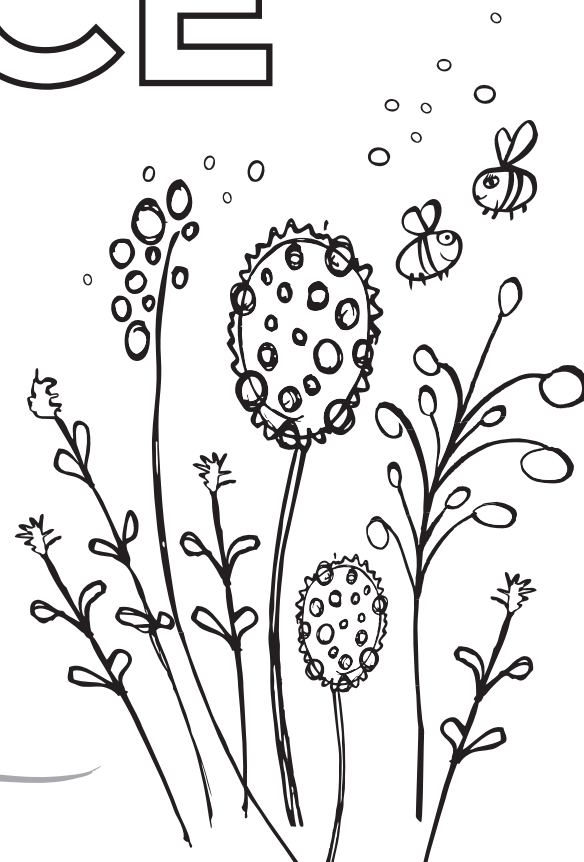


Everyday
Miracles



RESOURCE BOOK

by Guildford Shakespeare
Company



Build your world

Complete this sheet below to build the world of your play. Answer the questions to help you fill each section with words and/or pictures.

What can your characters see?



What are the key colours? What can you smell? What's the weather like?

Who lives there?

Is this a busy or a quiet world? Is everyone the same age? Does everyone get along?

What does everyone do?

Do your characters work? What's their main hobby? What do they eat?



What else do we need to know about this world?

Fill this section with any other ideas

Complete the spider diagram

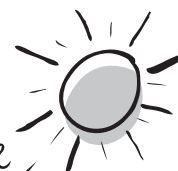
Burdock Leaves



Lake

Why not add more ideas to help duck on his adventure?

Sunshine

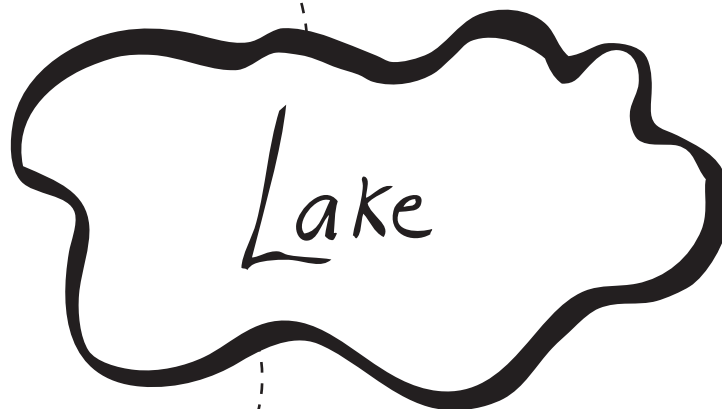


fields

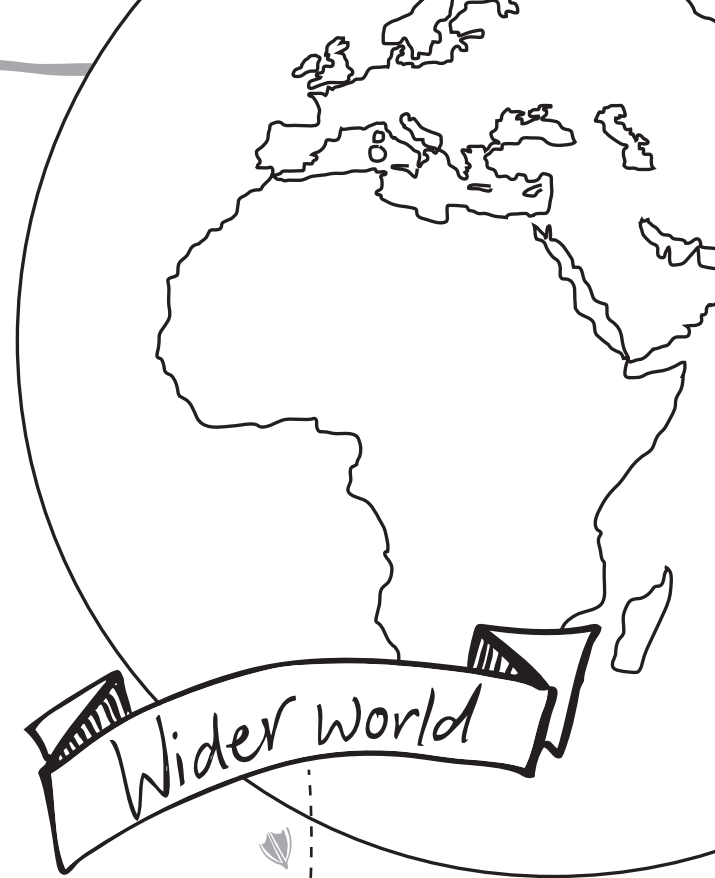


Exploring the environment

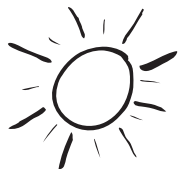
Use this picture to explore what the surroundings will be like when the egg has hatched. Which places are safe and which are scary? You can use colours, words, pictures, collage - there is no right or wrong.



forest



Safe spaces



During the guided visualisation, how did it feel to be 'in the egg'? (You can use words or pictures here)



Are there any environments that feel scary to you at the moment? Write them down here if you want.

When the duckling is hatched, which parts of the environment might feel safe? What might the duckling need to help it feel safer?



Which places feel safe to you?
What activities help you to feel safe?
Write as many ideas down here as you can.
When you feel overwhelmed you can come back and look at this list to remind yourself.
If you can't go there at the moment, you can imagine yourself being there.

Which parts of the environment might feel scary or dangerous to the new duckling?



When you have finished this worksheet, I invite you to go and create a safe place for yourself somewhere in your environment - this could be a small secluded corner or a big den with sheets and cushions! This can be somewhere you go when you need some time out and you could also do an activity there which help you to find some comfort.



Character Profile

Complete this sheet below to explore a character in your play. Answer the questions to help you fill each section with words and/or pictures.

What does your character look like?

How old are they?
Do they have any distinguishing features?

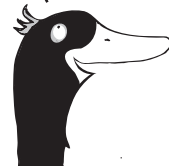


What do they think about?

Do they like to play? Do they like everything to be tidy?

What's their history?

Have they travelled? What do they do each day?

Other Information

Fill this section with any other ideas

Silly spectacles



Loves to bake
(but burns everything!)



Baking Without Eggs



Care plan for the duckling

These are some of the things the duckling has said about him...

•• That's a frightfully big duckling

What an ugly-looking fellow that duckling is

He's too big

The poor duckling did not know where he dared stand or where he dared walk. He was so sad because he was so desperately ugly

How we wish the cat would catch you, you ugly thing ••

What words could you use to describe how the duckling may feel about his situation?

- Stuck
- Lonely

-
-
-
-
-
-



What words or sentences might he need to hear?

- This time won't last forever
- I'm sorry you're suffering

-
-
-

What useful things might he do to help him cope? (remember all of these answers are imaginary)

- Take a walk in the fresh air or a swim by himself
- Take a deep breath
- Listen to music
- Exercise

What things might he do that aren't helpful

- Keep his thoughts all to himself

-
-
-
-
-
-



What would his ideal support network look like:

- A good friend
- Family members

-
-
-
-
-

Achievements:

- Survived by himself
- Good Swimmer

-
-
-
-
-



Hopes for the future:

- Great friendship group
- To be fed lots of bread

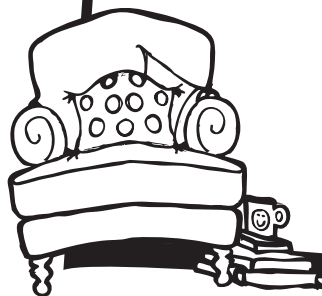
-
-
-
-
-
-



My care plan

You can add your own drawings, photos or images to this plan

What words could you use to describe how you are feeling at the moment?



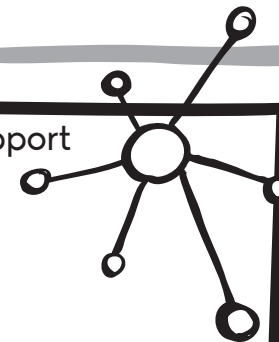
What words or sentences might you need to hear?



What things do you do that aren't always helpful to help you cope?



What does your support network look like?



Achievements:



Hopes for the future:



Character Diary

Complete this sheet below to further explore a character in your play. Choose a day in the life of your chosen character and write a page in their diary.



Morning

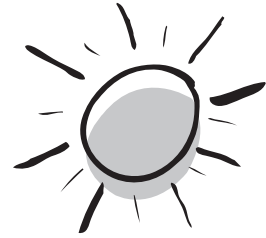
What did you do today?

Evening

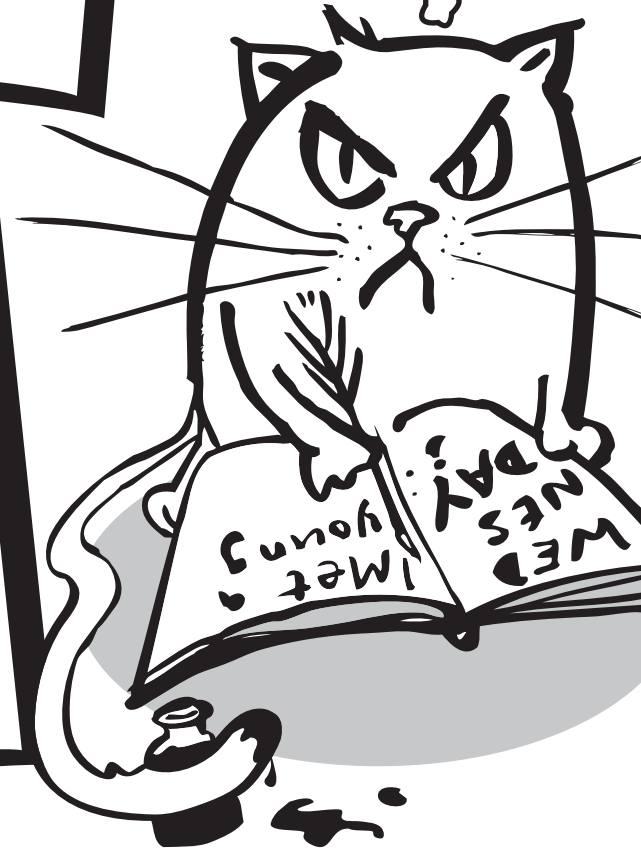
What did you hope would happen?

Afternoon

How did you feel?



I met a young duck today. He kept mumbling his words. This was extremely annoying

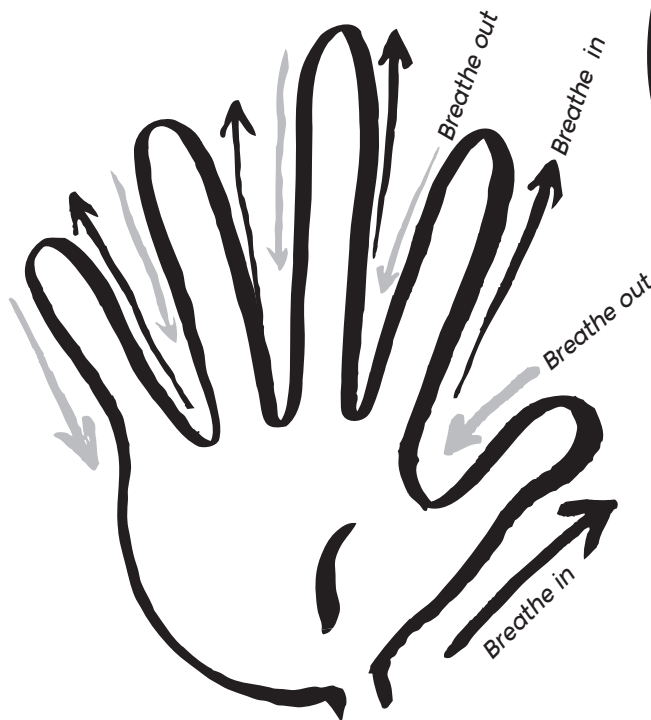
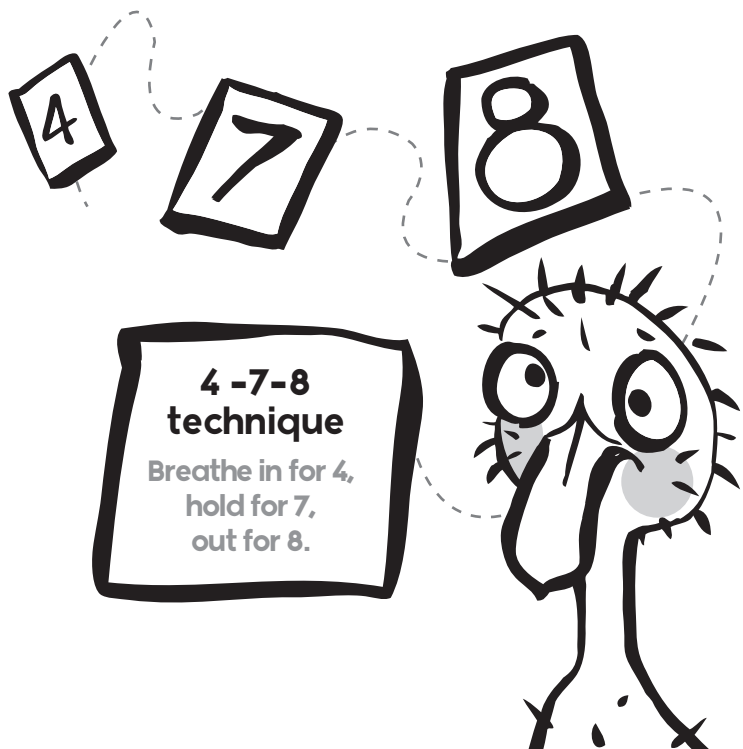


Breathing in to the now

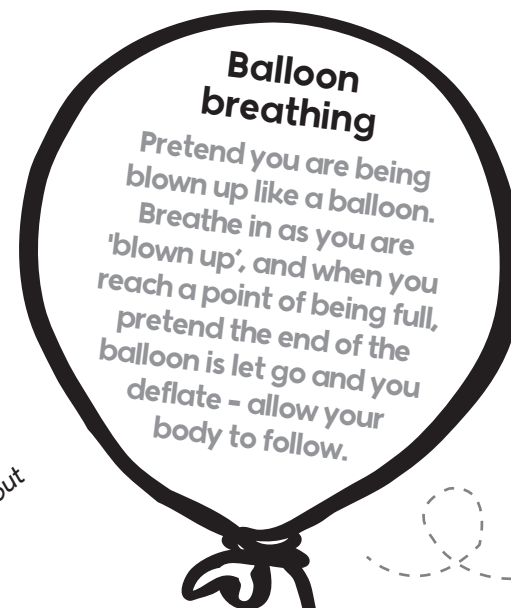
As the duckling transforms from duckling to swan, he faces some incredibly difficult times along the way. In one part of the story it says:

"it would be too sad to tell of all the hardships and wretchedness he has to endure during the cruel winter..."

Sometimes it is too difficult to put into words when things are really tough for us. We can use breathing techniques to help us to stay calm in the moment - breathing sends a message to our brain to calm down.

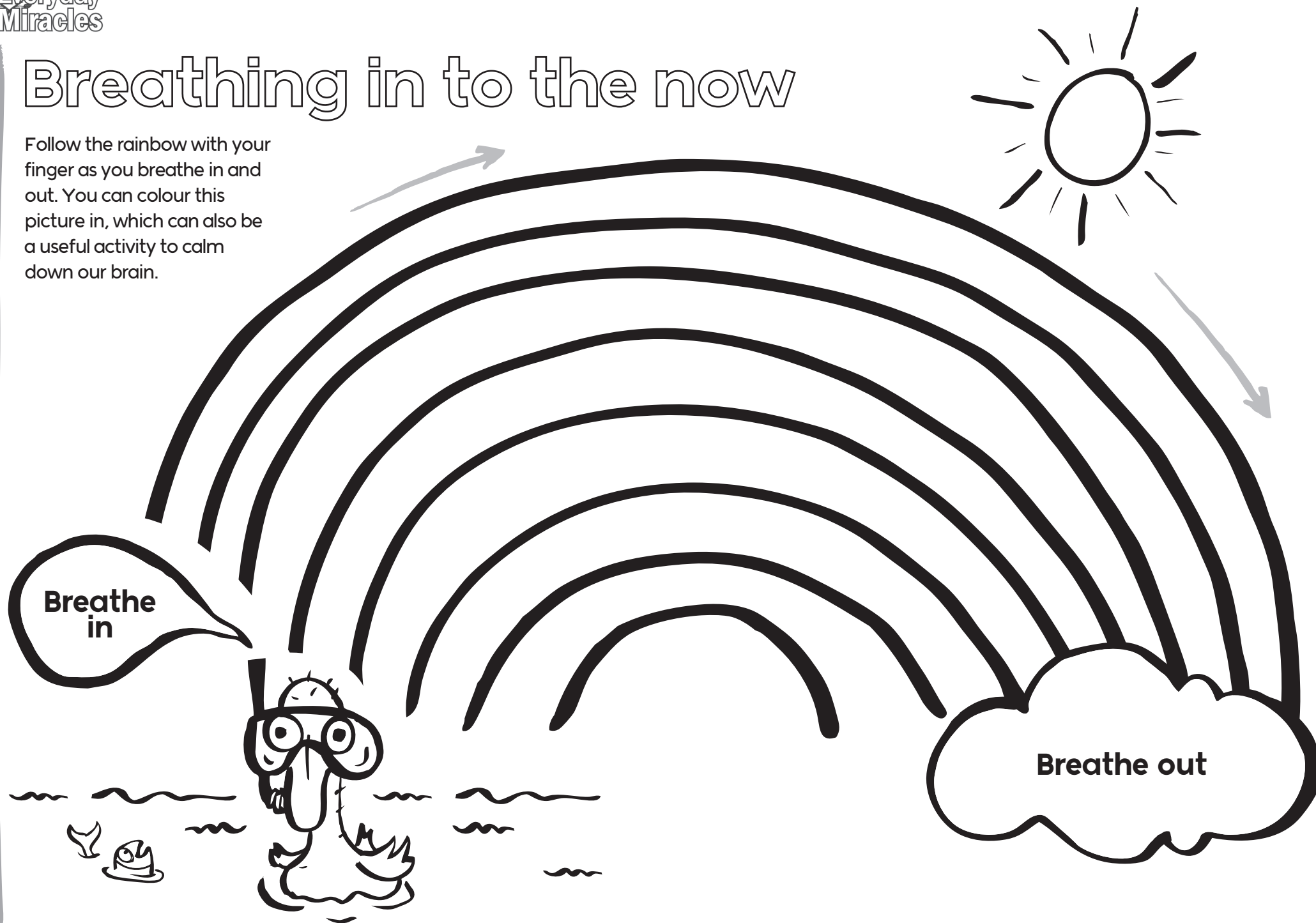


Little duckling will have to do 3 Toe breathing!



Breathing in to the now

Follow the rainbow with your finger as you breathe in and out. You can colour this picture in, which can also be a useful activity to calm down our brain.



Chain of Events

Complete this sheet below to explore the key events in your play. Answer the questions to help you fill each section with words and/or pictures.

The Beginning

What's the situation?
What are the details?
What's the outcome?

The Middle

What's the situation?
What are the details?
What's the outcome?

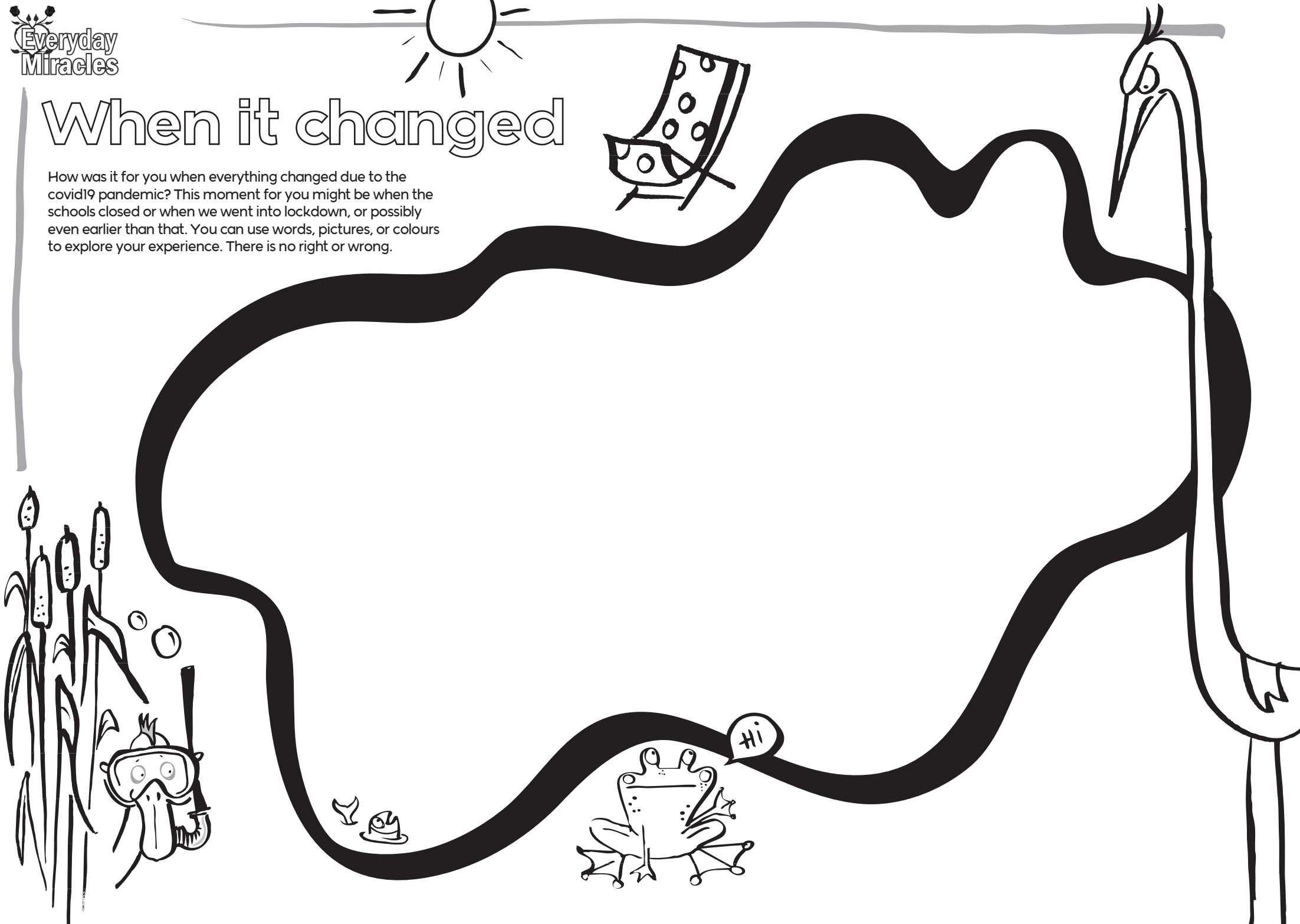
The End

What's the situation?
What are the details?
What's the outcome?



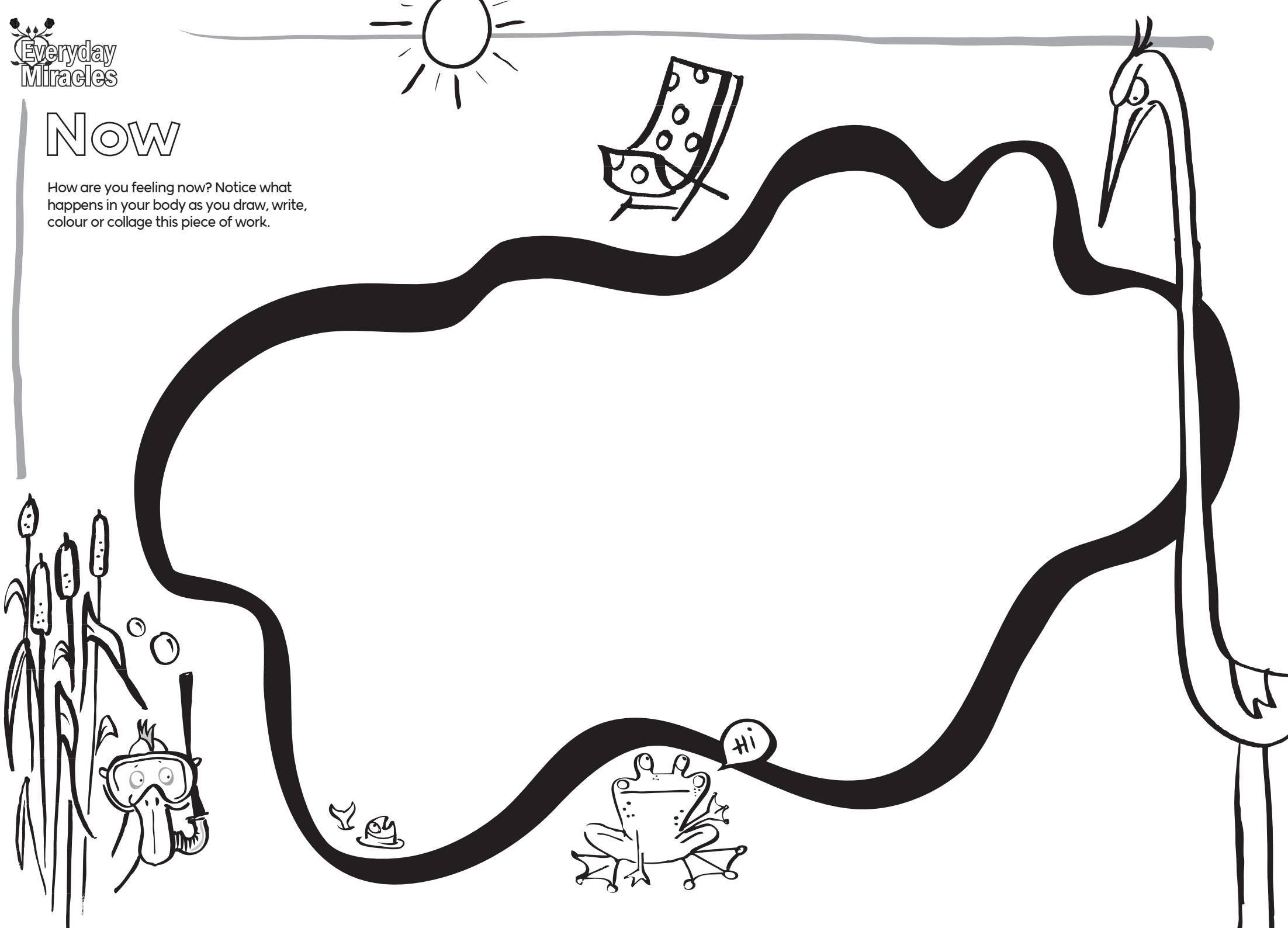
When it changed

How was it for you when everything changed due to the covid19 pandemic? This moment for you might be when the schools closed or when we went into lockdown, or possibly even earlier than that. You can use words, pictures, or colours to explore your experience. There is no right or wrong.



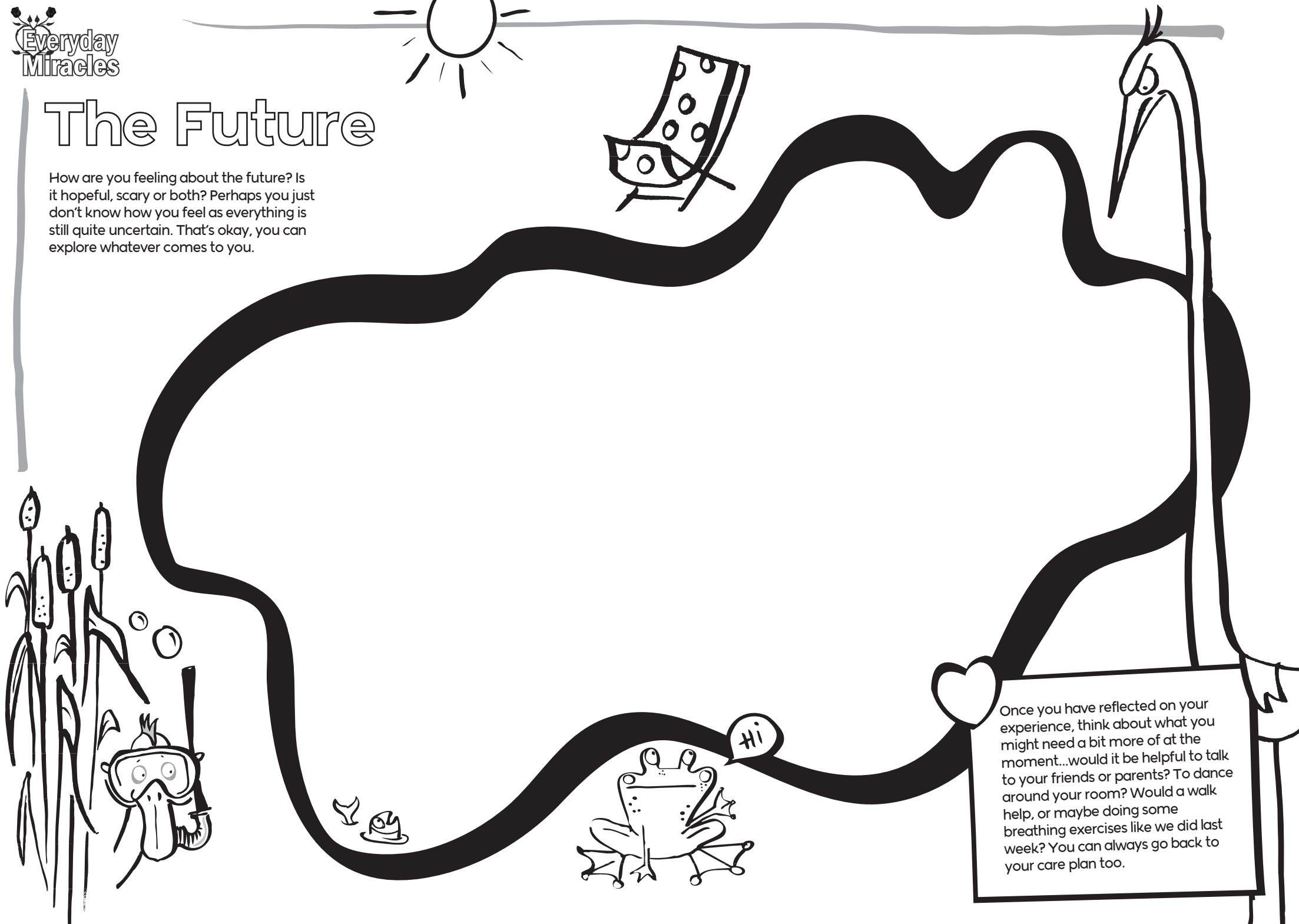
Now

How are you feeling now? Notice what happens in your body as you draw, write, colour or collage this piece of work.



The Future

How are you feeling about the future? Is it hopeful, scary or both? Perhaps you just don't know how you feel as everything is still quite uncertain. That's okay, you can explore whatever comes to you.



Once you have reflected on your experience, think about what you might need a bit more of at the moment...would it be helpful to talk to your friends or parents? To dance around your room? Would a walk help, or maybe doing some breathing exercises like we did last week? You can always go back to your care plan too.

Visualise your world

Answer the questions below with words and/or pictures. You may wish to do two separate ones to show the difference between the start of the story and the end.

What does the world look like?

- What are the colours?
- What is the landscape like?
- Where is it set?

What do your characters look like?

- Will I use actors, puppets, masks, animation?
- What clothes do they wear?
- What personality do they have?

Poop
-poop!



Why am I telling this story?

- E.g. To make people laugh.
- To show that you are not alone

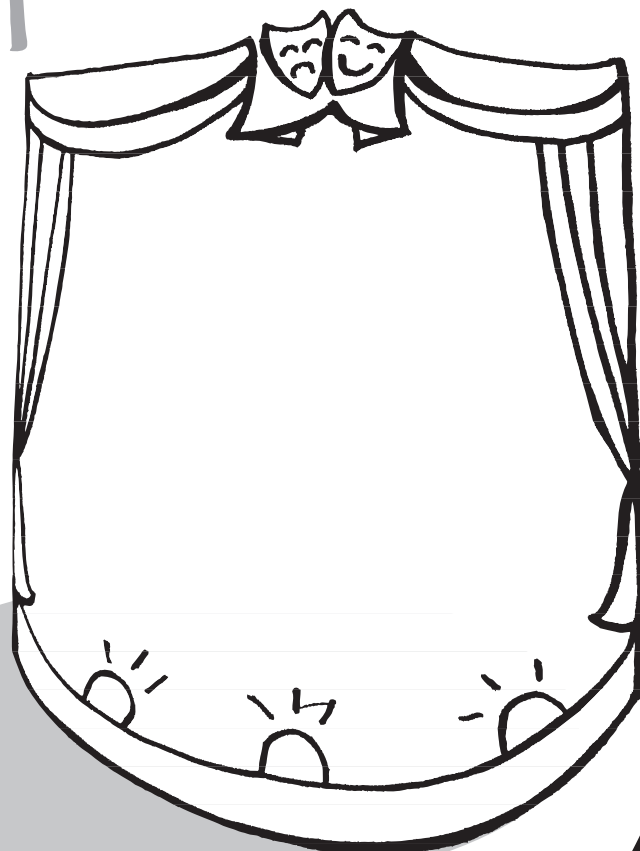


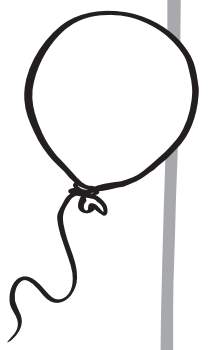
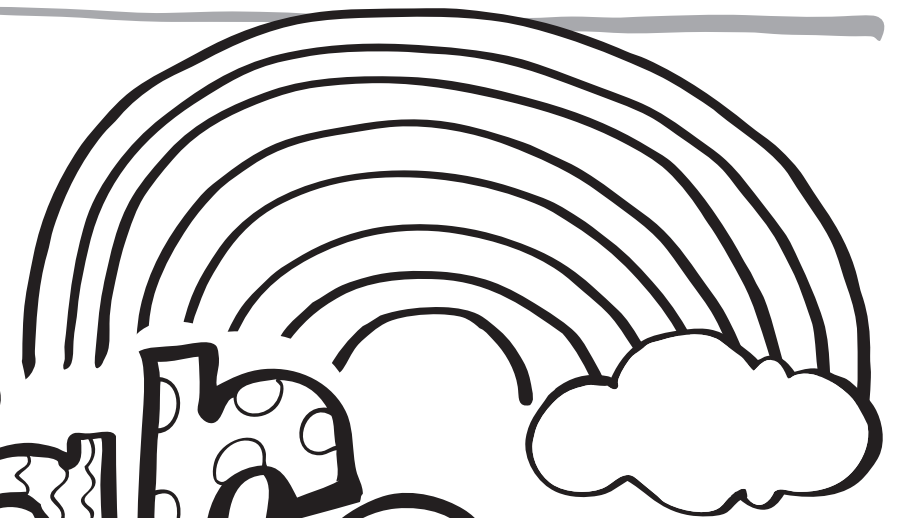
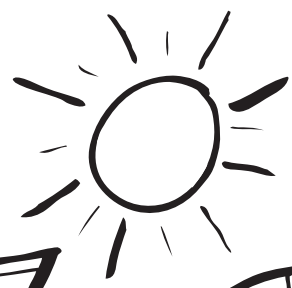
What does it sound like?

- Describe the sounds of the environment e.g. trickling water, cracking ice, hens clucking
- What kind of music might the duckling listen to? Or what might underscore the show?

How does the world feel?

- Big or small?
- Happy or scary?
- Welcoming or isolating?





MY CARE BOX

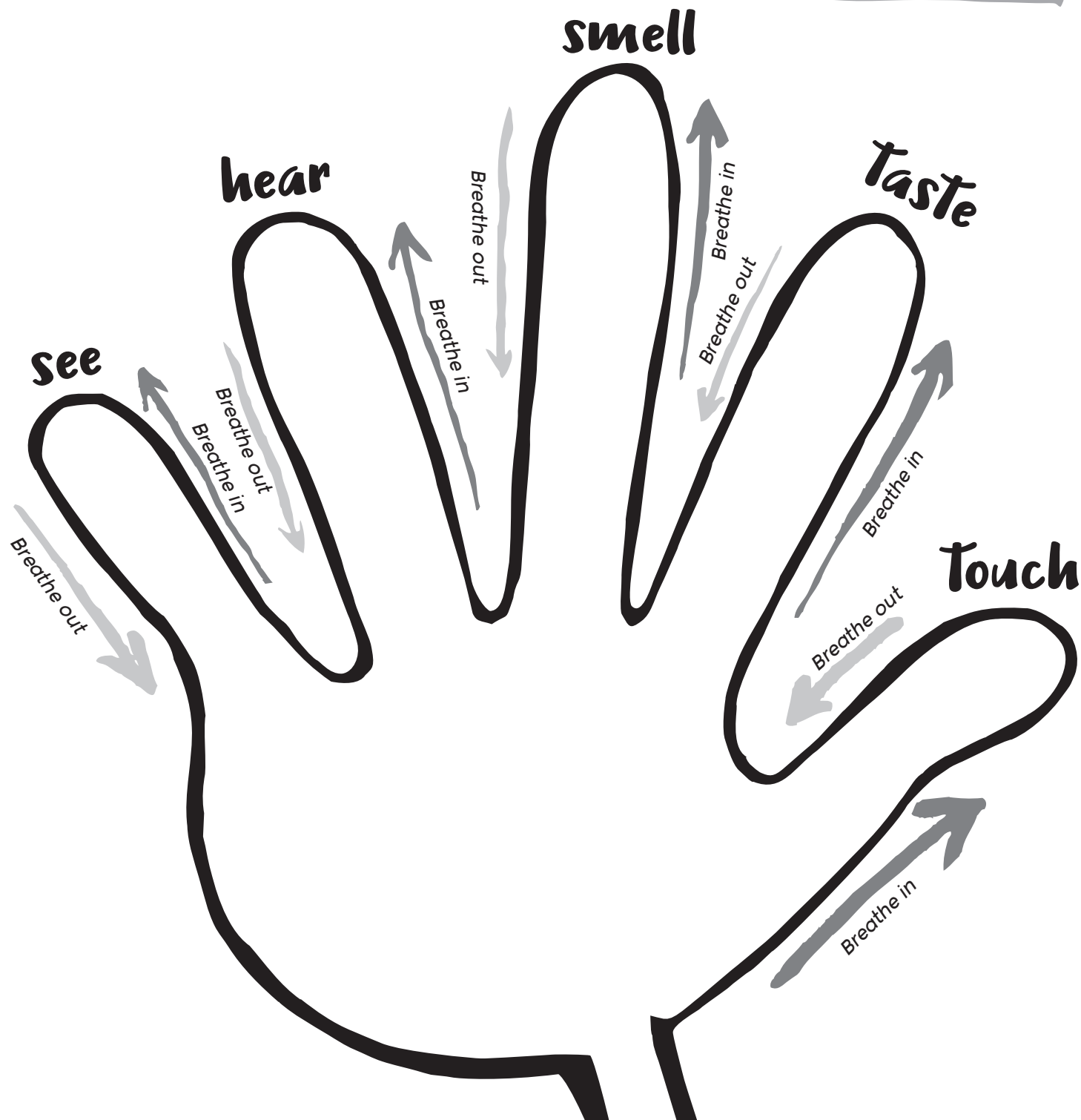


Hi



Think of a memory

- 1** Think of a memory that gives you comfort.
- 2** Write and/or draw about the memory in the palm of the hand.
- 3** Explore the memory by focusing on the senses and write the senses in each of the fingers - write what you can hear, smell, taste, see and touch as part of the memory.
- 4** Once you have done this, you can trace the hand with your finger, breathing in as you trace up one side of the finger/thumb and out down the other side. As you do this, focus on the senses that you have written down.



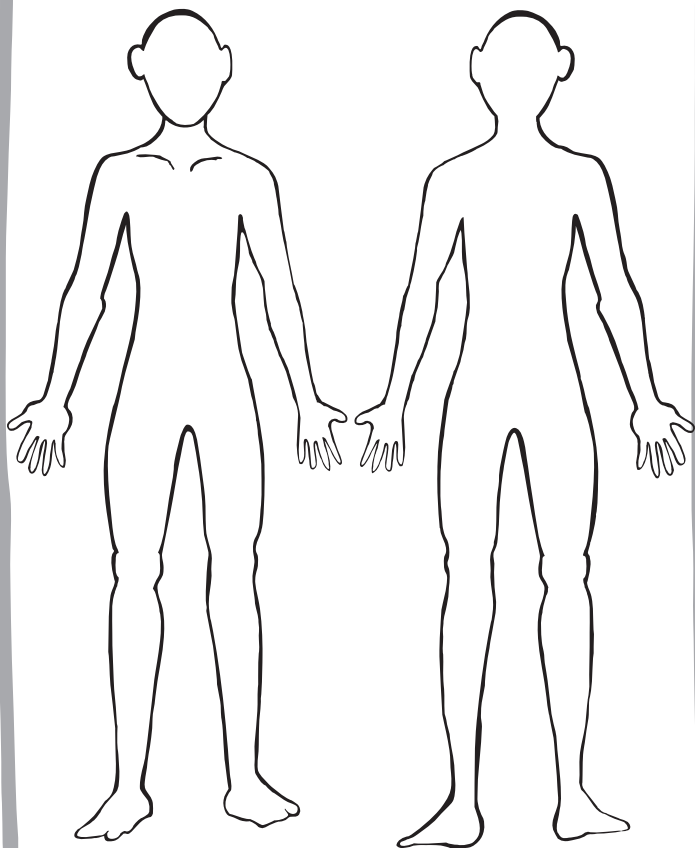
Realising your vision

Complete one (or all!) of the challenges below. You can do this with pictures and/or words.

Design a costume, using the costume outline below.

Things to consider:

- Where is the play set?
- When is the play set?
- What is the character's personality?
- What clues do you want to give the audience?



Choose a venue that reflects your version of 'The Ugly Duckling'

- What type of place would fit the show?
- Is it a castle, church, forest, lake, ice rink?
- How does this place feel?
- Can you imagine your characters inhabiting this world?



the Ugly Duckling

THE UGLY DUCKLING

THE UGLY DUCKLING

The ugly duckling

Design a poster for 'The Ugly Duckling'

For inspiration you can visit <https://www.dafont.com/> and <https://www.shutterstock.com/> (ignore signing up, you can search for free)

- What will make your poster stand out?
- How will you reflect the themes of the play?
- What details do you need to give? E.g. time, date, title



Tension Tapping Technique with Will Shakespeare

Even famous playwrights get anxious, nervous and overwhelmed! Follow the guide below to help your body and mind feel calmer and more relaxed.

Think lightly about whatever bothers you, and tap firmly and rhythmically, approximately 15 times on each point shown below using two fingers, at a fairly fast rate. Take two deep breaths, relax and repeat the whole sequence. Take two deep breaths and relax again when done. Repeat until calm.



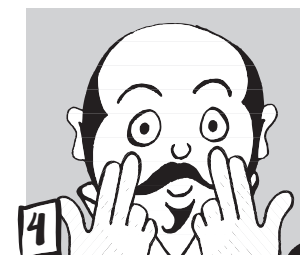
1 Using two fingers, tap the outer side of the hand.



2 Tap the inner edges of the eyebrows, closest to the bridge of the nose with two fingers.



3 Tap the hard area between the eye and the temple with two fingers.



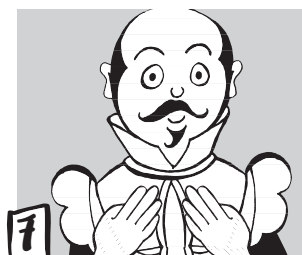
4 Tap the hard area under the eye, in line with the pupils using two fingers.



5 With one hand, tap under the nose using two fingers.



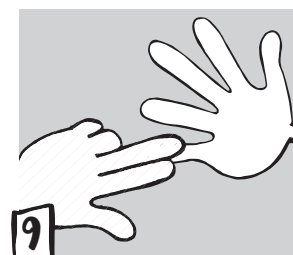
6 Tap the chin with two fingers.



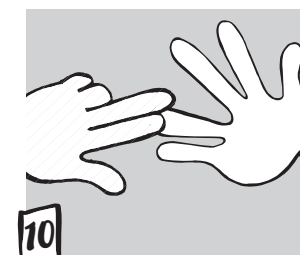
7 Tap just below the hard ridge of your collarbone with four fingers.



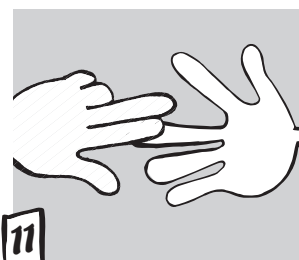
8 Using four fingers, tap your side, just beneath the armpit.



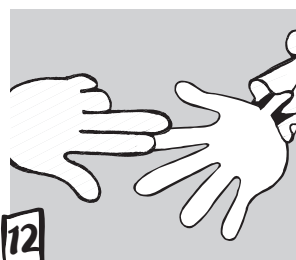
9 Tap the inside of your pinky finger, using two fingers.



10 Tap the inside of the ring finger.



11 Tap the inside of the middle finger.



12 Tap the inside of the index finger.



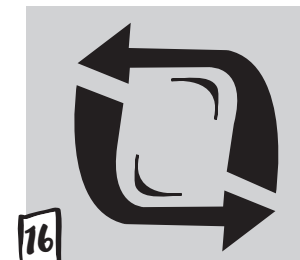
13 Tap the outside of the thumb.



14 Tap just below the hard ridge of your collarbone with four fingers.



15 Take 2 long, deep breaths.



16 Repeat the whole sequence.

Wellbeing Resources

recommended by Louise

MENTAL HEALTH & ANXIETY

There are lots of interesting videos explaining anxiety on **YouTube**. There are two which explain the 'fight flight freeze response' which happens in our brain and can contribute to feelings of anxiety.

- The Fight Flight Freeze Response
- Fight Flight Freeze: Anxiety Explained For Teens

Young Minds is a useful website and resource for both young people and parents on mental health issues which affect young people.



THE TEENAGE BRAIN

A couple of videos that help to explain a little bit about what is going on in the teenage brain. This can be interesting for both adolescents and parents to watch:

- The mysterious workings of the adolescent brain by Sarah Jayne Blakemore
- The adolescent brain by Dan Siegel

Both people have also written books...

- *Inventing ourselves: the secret life of the teenage brain* by Sarah Jayne Blakemore
- *Brainstorm: The power and purpose of the teenage brain* by Daniel Siegel



Playwrighting resources

recommended by Ant

- *The 90-Day Play: The Process and Principles of Playwriting*, by Linda Walsh Jenkins

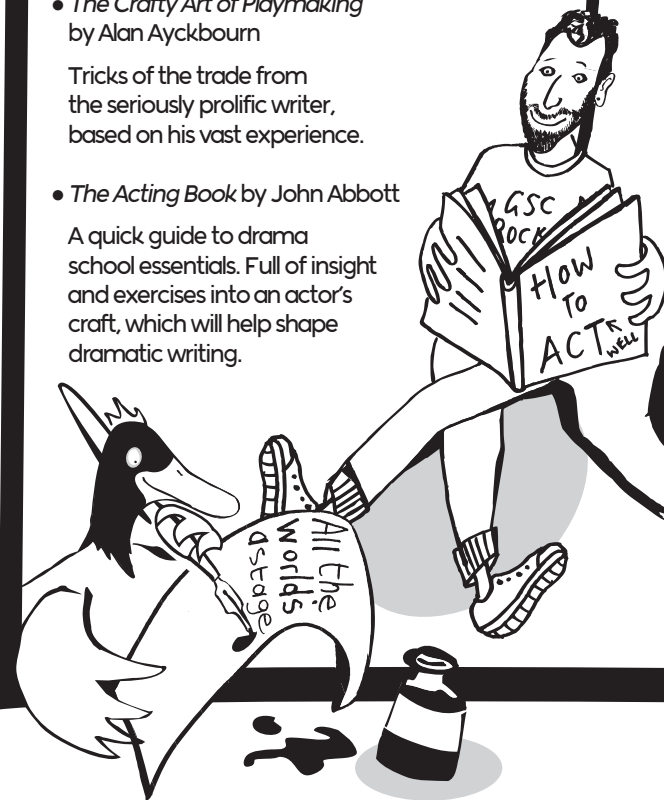
90 daily lessons and more exercises on how to build a play from the ground up.

- *The Crafty Art of Playmaking* by Alan Ayckbourn

Tricks of the trade from the seriously prolific writer, based on his vast experience.

- *The Acting Book* by John Abbott

A quick guide to drama school essentials. Full of insight and exercises into an actor's craft, which will help shape dramatic writing.



General Organisations

SUPPORT ORGANISATIONS

YoungMinds

YoungMinds is the UK's leading charity committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers.

Tel: 0808 802 5544 (Weekdays 9:30 – 16:00)

ChildLine

Childline is a counselling service for parents, children and young people. It also offers multilingual services to South Asian communities living in the UK. Help and advice is free.

Tel: 0800 1111

Mind

National mental health charity, which offers an excellent range of materials on all aspects of mental health. It also lists details of local Mind Associations.

Tel: 0300 123 3393 (Weekdays 9:00 – 17:00)

Text: 86463

Email: info@mind.org

Samaritans

Samaritans is a confidential emotional support service for anyone in the UK and Ireland. The service is available 24 hours a day for people who are experiencing feelings of distress or despair, including those which may lead to suicide. Volunteers offer support by responding to phone calls, emails and letters.

Tel: 116 123

Email: jo@samaritans.org

Address: Chris, PO BOX 9090, Stirling. FK8 2SA

If you are deaf or hard of hearing use the single national minicom number 0845 7909192

London Lesbian and Gay Switchboard

National service for lesbians, gays and anyone needing support regarding their sexuality. Information, advice, listening and referral.

Tel: 0300 330 0630

USEFUL APPS

Headspace

This App teaches mindfulness meditation principles to improve wellbeing.

For Me

Includes all of ChildLine's services in an app: direct 121 access to a counsellor, videos, advice and chat on a range of issues that affect young people. It is safe and discreet, and can only be accessed with a PIN code.

MoodKit

Approved by NHS Choices, this app uses CBT principles to help people with depression and anxiety manage and track their moods. It has a 'thought checker' to identify negative thoughts and an 'activities' tool to suggest wellbeing activities.

StressHeads

Developed by youth charity **The Mix** and approved by NHS Choices website, this app aims to help 16-25 year olds identify and cope with stress. It includes games to help distract young people from immediate stress and monitor causes of stress. Also available as an online game.

SuperBetter

This evidence-based app has been created to help young people build resilience to become stronger, happier and healthier. Activities use gaming techniques to help the young person tackle tough challenges, change what isn't working and reach their goals.

