

CREATE EXPLORE CONNECT

0-19 Early Help Service Activity Resource Pack

PERFORMING ARTS



PERFORMING ARTS

Activity Resource Pack

This resource pack offers ideas and activities to engage your child in Positive Activities at home.

We have several PDF resources packs to choose from as well as this one:

Music and Radio

Sports & Fitness

Arts & Crafts

Health & Wellbeing



All are FREE to downloadable from the www.barnetyouth.uk website. Just follow the instructions and let us know how you get on by sharing your creations with byes@barnet.gov.uk

Age Categories

This resource pack is divided into age categories:

Under 5s, 6-11yrs, 12-15yrs & 15+



Make sure you warm up your voice and body. Look out for this symbol



Some activities you may need equipment. Look out for this symbol



Things to think about to keep yourself safe!

DID YOU KNOW?

We provide online sessions to get young people talking!

Check out www.barnetyouth.uk or to sign your child up and find out more email:

byes@barnetyouth.uk

UNDER 5S

Performing Arts Activity Resource Pack

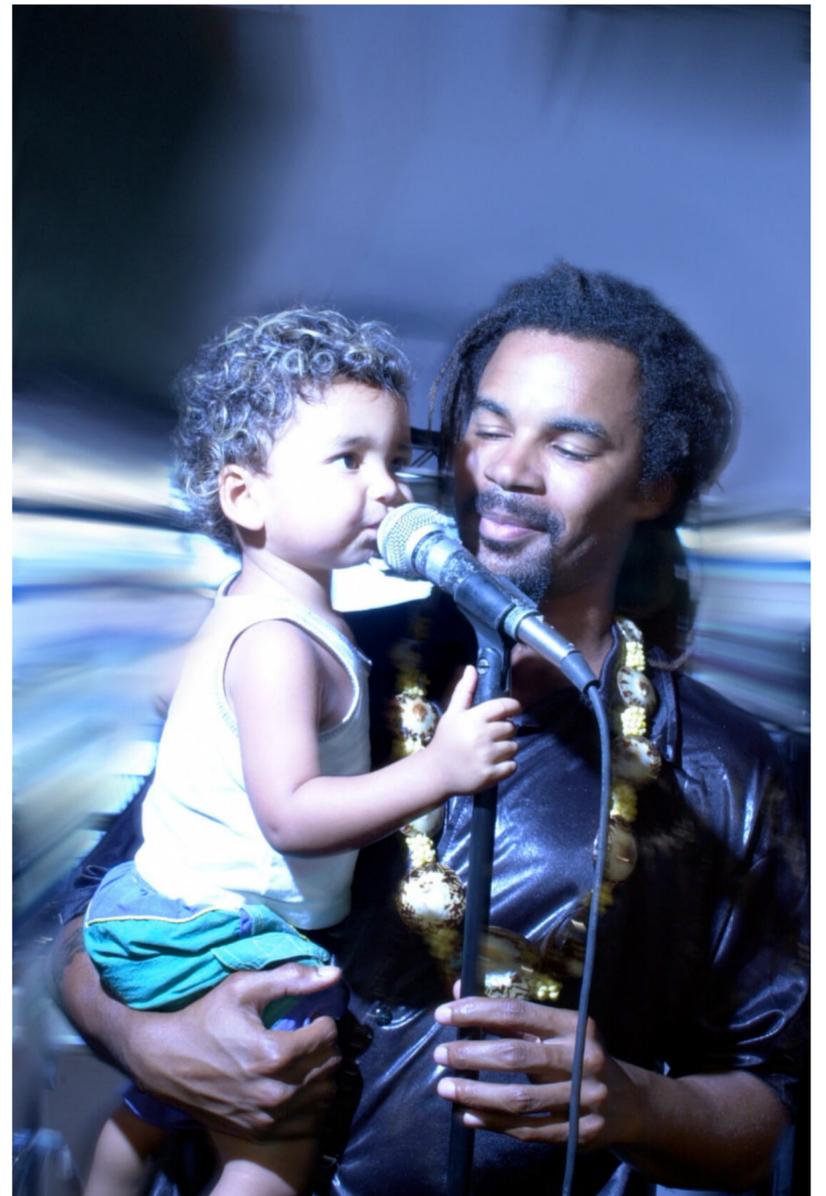
Singing

Singing is a fun activity.

Children get to learn new words and songs which is great, especially as we must be home more than usual due to the quarantine restrictions.

Also singing actually has other benefits it can improve posture, can help with sleep and can help with stress and anxiety.

Aim: Learn Different nursery rhymes



Make sure your child warms up their voice and body before starting to sing



What you need:

- A device to be able to watch BabyFirst Learn Colors, ABCs, Rhymes & More – YouTube Channel (https://www.youtube.com/channel/UCmJ6eP-7_6gqm8moQukzd4A)
- A device to be able to watch (<https://www.youtube.com/watch?v=2DCPZo9lyEY>), Children's Nursery Rhymes YouTube video

UNDER 5S

Performing Arts Activity Resource Pack

Actions, Dance, Movement and Singing

Actions, Dance and Movement are fun elements of performing Arts.

Use your imagination and put on a puppet show with your child's Teddy/Toy. Teach your child actions, songs and dances that they can follow, getting to learn new actions, dances and words and songs which is great fun.

Also movement, actions, dance also have other benefits it can improve coordination, fitness, flexibility and endurance.



Make sure your child warms up their voice and body before starting their Actions, Dancing, Movement and Singing.



Resources:

- A Puppet / Teddy / Toy
- A device to be able to watch
TheLearningStation - Kids Songs and Nursery Rhymes – YouTube Channel (https://www.youtube.com/channel/UC4Hdb26_xnPQsntwLazMqYw)
- A device to be able to watch
(<https://www.youtube.com/watch?v=F2XVfTzel8E>) Boom Chicka Boom Easter Songs for Kids Best Kids Songs The Learning Station YouTube video



6 - 11YRS

Performing Arts Activity Resource Pack

Beatboxing

Beatboxing is a fun activity. Children get to learn a new skill which is great, especially as we must be home more than usual due to the quarantine restrictions. Also beatboxing actually has other benefits it can teach your child a greater sense of timing and rhythm. It can also improve listening skills and can strengthen and potential protect your child's vocal cords.



Tutorial Video 1 (<https://www.youtube.com/watch?v=Balyey.pelqA>)

Tutorial Video 2 (<https://www.youtube.com/watch?v=Hi0gnl1N47Y>)

Tutorial Video 3 (<https://www.youtube.com/watch?v=tDodmVRjGZI>)

Tutorial Video 4 (<https://www.youtube.com/watch?v=zem4mFhLhCg>)

Tutorial Video 5 (<https://www.youtube.com/watch?v=nDNDFYzblwE>)

Once you have learned these skills you can continue to practice and look online for exercises and beatboxing videos that you can try and copy.



Just your mouth!



Make sure you warm up your voice and body.

6 - 11YRS

Performing Arts Activity Resource Pack

Mask Acting

Mask Acting is a chance to bring art and drama together. Create your own mask and take on different characters in different scenarios. Try mining and then adding speech!

Scenario Examples:

- A loud argument.
- A teacher trying to teach a lesson to a well-behaved but hopelessly confused student.
- A tourist is given conflicting directions to his destination by two locals.
- Someone purchases something from a shop.
- Several people pass an accident on the street, with various reactions. (Someone passing buy a beautiful garden, or an unusual store, or anything out of the ordinary try out various reactions.)
- One person makes a mess almost faster than the other can clean it up.
- Make up your own scenarios!



Resources:

- Heavy Paper or Card
- Sewing elastic or string
- Pens to decorate Mask
- Scissors
- How to make a mask - <https://www.youtube.com/watch?v=y15qm-UFks>

12 - 15YRS

Performing Arts Activity Resource Pack

Juggling

Juggling is a fun activity and is a perfect new hobby to learn. Juggling may seem and be difficult to master at first, it becomes easier once you've learned the basics and practiced it. Juggling also actually has a lot of benefits it helps sharpen focus, your concentration and actually helps enhance your brain power.



Resources:

- A device to be able to watch (<https://www.youtube.com/watch?v=dCYDZDlcO6g>). Juggling tutorial YouTube video)
- juggling balls, bean bags, balled up socks or tennis balls (only issue with these they bounce everywhere)



Make sure you warm up and cool down your body



Make sure there is space to juggle so you do not risk breaking anything.

12 - 15YRS

Performing Arts Activity Resource Pack

Vocal Exercises



Vocal exercises are fun and an important element of speaking, communication, singing and all types of vocal performance. The benefits of vocal exercises are that they help strengthen your child's vocal cords and their control over tone pitch and volume.



Resources:



Warm up your voice by Humming and stretching your face and tongue.
Have a bottle of water ready!

- A device to be able to watch Vocal exercises – YouTube Vocal exercise playlist
- Tutorial Video 1 (<https://www.youtube.com/watch?v=WXROzJE8pgM&list=PLScgI9IJBNXM7idnQ-OvMEX2ZkH2Wufe&index=2>)
- Tutorial Video 2 (<https://www.youtube.com/watch?v=VYaEma4G5s&list=PLScgI9IJBNXM7idnQ-OvMEX2ZkH2Wufe&index=3>)
- Tutorial Video 3 (<https://www.youtube.com/watch?v=5pLs8gO0myg>)
- Tutorial Video 4 (<https://www.youtube.com/watch?v=Hjq-laLlkNM>)
- Tutorial Video 5 (<https://www.youtube.com/watch?v=KIFzSYpzNwU>)
- Tutorial Video 6 (<https://www.youtube.com/watch?v=uOoYURjPB2k&list=PLScgI9IJBNXM7idnQ-OvMEX2ZkH2Wufe&index=7>)
- Tutorial Video 7 (<https://www.youtube.com/watch?v=gNPTV09L-rQ&list=PLScgI9IJBNXM7idnQ-OvMEX2ZkH2Wufe&index=8>)
- Tutorial Video 8 (https://www.youtube.com/watch?v=Hs8-5q_L8T0&list=PLScgI9IJBNXM7idnQ-OvMEX2ZkH2Wufe&index=9)
- Tutorial Video 9 (<https://www.youtube.com/watch?v=3ZrUJ0BkBy0&list=PLScgI9IJBNXM7idnQ-OvMEX2ZkH2Wufe&index=10>)

Once you have familiarised yourself with these vocal exercises you can continue to practice and look at these tongue twisters: - <https://www.engvid.com/english-resource/50-tongue-twisters-improve-pronunciation/>

15+

Performing Arts Activity Resource Pack

Shakespeare Monologues

Shakespeare Monologues are great performance pieces and are an excellent way to sharpen and hone acting and performing skills. It's also actually not as hard as you think and it can actually be quite fun. You will also find out that you know more quotes and references than you first thought.



Resources:

- A device to be able to get on the Internet with and access a number of websites- Shakespeare monologues (<https://www.shakespeare-monologues.org/home>)
- How to read Shakespeare beginners guide 1 (<https://www.wikihow.com/Read-Shakespeare-for-Beginners>)
- How to read Shakespeare beginners guide 2 (<https://www.emwelsh.com/blog/read-shakespeare-play>)
- How to read Shakespeare YouTube video (<https://www.youtube.com/watch?v=MVZFt2ST0OA>)



15+

Performing Arts Activity Resource Pack

Script Writing

Script Writing is not only a great way to be creative but it is also a device to transport yourself to a different world and also express yourself. We challenge you to write your own script! Choose a theme, character and let your pen write!

STEP 1. Write or type the name of the play on a piece of paper. When thinking of a name, make sure that you do not plagiarise the name of a book or popular poem. Think of what you want the play to be about before you name it; this will help guide you.

STEP 2. Write down a list of actors and their parts. Do not worry about thinking of a lot of characters, and focus on creating good quality characters. More ideas, and thus, more characters will come to you.

STEP 3. Draw a picture of each character and/or write a paragraph about him/her so you feel like you know your characters. Think about how your character feels, what she/he looks like, and their personality.

STEP 4. Write down your setting. Describe it. Is it in a park or at a factory? Is it sunny or raining? The little details are very important, because they give the work unity and clarity.

STEP 5. Name your characters and some stage directions so that the performers know what they are doing.

STEP 6. Write the lines! Make them fit with your characters' personality and emotions, and make sure that they are not bland. Be creative, and avoid using overly-dramatic scenes (unless it is a melodrama).

STEP 7. Take a break and ask someone to read your script so far.

STEP 8. Take positive and negative feedback on board and develop your master piece.

STEP 9. Repeat until you are happy with your script!



Resources:

- Pen or Pencil
- Note Book or Laptop

0-19 EARLY HELP SERVICE

Children, Family and Young People

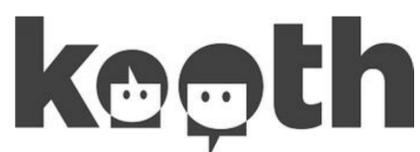


All families face challenges and sometimes need support. Early Help is about providing this support as soon as possible to tackle difficulties for children, young people and families before they become more serious. We work with the whole family and the child / young person is at the centre of all we do.

Working with partners, Barnet's 0-19 Early Help Service provides help and support to families, children and young people up to the age of 19 (or 25 with a disability).

We aim to: Provide the right help first time that meets identified needs Improve outcomes for children and young people Prevent the escalation of issues that would then require statutory intervention.

To access support go to: <https://wwc.barnet.gov.uk/wwc/working-children-barnet/practitioner-guidance/children-family-and-young-people-hubs-0-19/how>



Kooth is the UK's leading mental health and wellbeing platform. It gives children and young people easy access to an online community of peers and a team of experienced counsellors. Access is free of the typical barriers to support: no waiting lists, no thresholds, no cost and complete anonymity.

Go to www.kooth.com

Working together to support Communities

Community groups across our borough are pulling together in an unprecedented way to support vulnerable people during the coronavirus (COVID-19) crisis.

For more information where you can get help, and how you can get involved. Go to:

www.engage.barnet.gov.uk/communityhelphub.

www.barnetyouth.uk

