



PLAYHOUSE PLAYPACK

#03

NOTTINGHAM
PLAYHOUSE



MY AUTUMN

The weather begins to get colder and many trees shed their leaves. The leaves change from green to reds, orange, yellow or brown before falling. There is less sunlight because the days are shorter.

In Autumn I see ...


In Autumn
I hear...

In Autumn I taste...

In Autumn
I smell...

In Autumn I feel...

Try using the scavenger hunt sheet included in this pack on your next walk outdoors. Finding and spotting things can give your brain a lovely rest from the other thoughts that rush around our heads!



WOODEN PEG CHARACTERS

Imagine the round part of your peg is a face. Paint and draw a face on your peg and then paint or felt-tip your peg's body your favourite colour.

Give your peg a Character:

Cut out a cape or wings and stick them on your peg to give them a character. What will yours be? Can you take them on an adventure round your house?

Now be a Colour Detective!
Find lots of things inside your home and outside in a park that match your peg's colour and see if they like lying near it! You can push your peg into some soil for it to stand up.

We've started the head on this peg: now have a think about what we could put on their body!



We would love to see
your pegs online:

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STORY STONES

Find and collect some rocks when out on a walk in a park. If you can find some that are smooth, even better. You can paint, draw or glue pictures onto your rocks when you get home to make story stones!

You can use them as
story-telling pictures:

Choose a stone from the collection and start a story based on the picture on the stone that you've chosen. Another stone is chosen, and the story continues, using this next picture to help you decide what happens next. You can do this with your family too, where you can take it in turns to choose a story stone and add a sentence to the story.



*Younger Children:
You might want to
ask a grown-up to
help you draw or
find pictures.*

Send us your stone
stories online at:

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FUNNY FACES

Let's make some funny faces out of clay!

What to do:

1. In a large mixing bowl, stir together the flour and salt
2. Gradually add water while stirring and mixing to form a dough with a Play-Doh like consistency.
3. Form the dough into a ball and knead for about 5 minutes, adding a bit more flour if the dough is too sticky or a bit more water if it's too dry.
4. Mould the dough into shapes and add in things you have collected. Can you make a funny face? Or an animal?

You will need

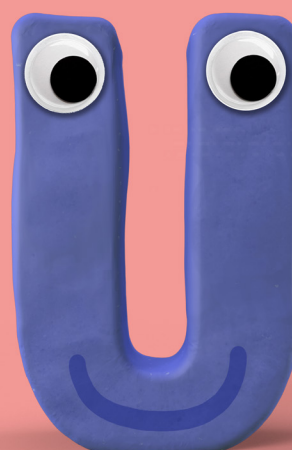
2 cups flour

1 cup salt

1 cup water

Items from a walk in the park or from round your house (like sticks/acorns/dried pasta/stones/spare buttons etc.)

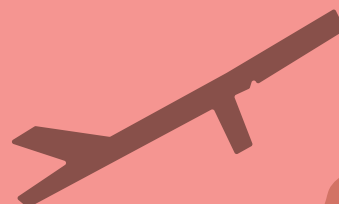
Make a silly face
from your clay!



Once this has
dried hard, it can
be painted too
if you like!

Show us your funny
faces online:

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BUZZY BEES

This is great played with another family member or friend and can even be done over Zoom.

1. Player A says
'Fly around like a bee'.

2. Player B flies around the park or room like a bee.

3. Player A says 'Buzzy Bee, give me the colour red' (they can choose any colour they like).

4. Player B stops and thinks of something that is red (or the chosen colour).

5. Player A counts down from 10-0. Player B chooses something that is red (or the chosen colour) and becomes it using their body.

You can use movement or sound effects if you like!

Then you swap. The idea is to be as silly and unusual as possible!



Older Children:
You can use letters instead of colours; for example: 'Buzzy Bee, give me the letter 'C' and then the other player can choose to become something that begins with the chosen letter.



AUTUMN POEM

Acrostic Poem

In an acrostic poem, the first letter of each line spells a word. The word is the title of the poem. Can you write one about Autumn?

E.G:

Amazing colours

Under your feet


Time for raking leaves

Usually it's cold

Many wrap up

Nice time for a cosy fire!

Make a border for your poem with all the different leaves you have found by gluing them down around the edge of your paper.



Younger Children:
You could ask a
grown-up to help you
write yours down.

Send us your acrostic NottmPlayhouse
poems online at:



GAMES AROUND THE CAMPFIRE

Make a pretend campfire with some sticks and ask a grown-up to make hot chocolates. Now you're ready for some campfire games!

Guess Who?

(For 2 or more players)

1. One person chooses an animal or TV/film character of their choice.

2. This person tells the other(s) whether it is an animal or TV/film character and from now on they can only say yes or no!

3. Everyone else takes turns to ask questions such as:

“Are you furry?”

“Do you live in the sea?”

“Do you have black hair?”

“Are you a tiger?”

4. The person in role as the animal or character answers yes or no until someone guesses right.

You could also try playing Charades or Eye Spy!



WORRYING

We all have worries. But sometimes our worries can feel big and heavy and we find it impossible to stop thinking about them.

By writing down your worries, you feel as though you're emptying your brain, and you can feel lighter and more relaxed. You could also choose to draw a picture of any worries.



Younger Children:

You could ask a grown-up to write your words down or draw with you.

Use the sheet included in this pack to write or draw your thoughts on.

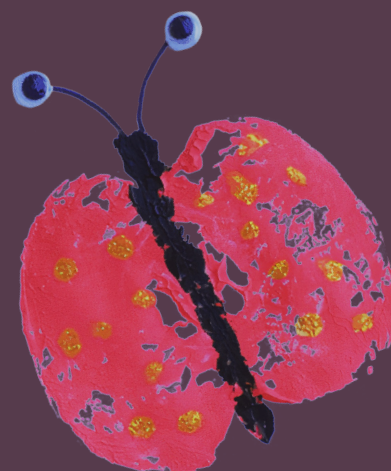
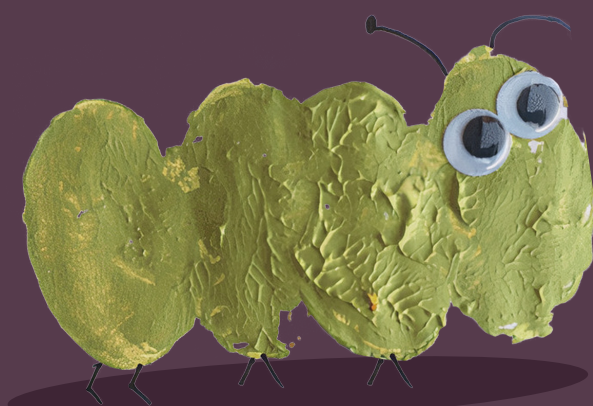


Once you have written the worries down (and talked about them if you want to), you have 'parked' your worries and can come back to them later. Let your brain take a break by asking a grown-up to go for a walk with you. Notice everything that you see: apples, conkers, red leaves, yellow leaves, squirrels.



PAINTING APPLES

If a grown-up cuts an apple in half for you, you can use it to print pictures with paint! How many animals can you make with your apple shape?



Using the tree included in your pack, use your fingertips to print leaves on to the branches. You could add blossom or apples onto the tree too!

Send us your apple paintings online at:

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SONG MAKING AND SILLINESS

This is a funny song made up to the tune of “I’m a Little Teapot”.
Can you try singing it?

Remember to:

- Take deep breaths and sing loudly
- Open and move your mouth well to make the words really clear
- Make up some actions to go with key words
- Practise!

I’m a little snowman short and fat.

Here are my buttons, here is my hat.

When the sun comes out, I can’t play.

I just slowly melt away!

Can you make up your own song about winter coming to a nursery rhyme tune, or another favourite song’s tune?

Send us videos of
you singing online at:

NottmPlayhouse

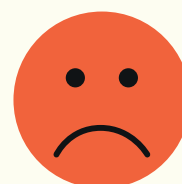


If you wanted to, you could bang a cooking pan drum or shake a packet of crisps to make some music to go with your song.

This is our third Nottingham Playhouse PlayPack, so we would love to know what you think.

Use 3 words to describe your PlayPack

Circle the face that reflects your feelings about this PlayPack



Would it be ok to contact you for more feedback? Yes/No

If yes, please let us know your email address and we will be in touch. We will only use your details for this purpose.

Your Email -----

You can email this slip to us by taking a picture or send us your thoughts at:

participation@nottinghamplayhouse.co.uk