



GAIETY SCHOOL  
OF ACTING

Youth Theatre: *At Home*

# WE'RE GOING ON A BEAR HUNT!



## Drama and Creative Resources for Ages 3-8

Have you spied lots of bears in windows when you're on your family walk? Maybe next time look a little closer! This drama resource is designed for our smaller Young Gaiety kids to use with guidance from older siblings or grown ups. These exercises are based on the brilliant book *We're Going on a Bear Hunt* by Michael Rosen

\*For elements that require adult guidance we will let you know.

*Have fun, be safe, and we look forward to seeing you back at GSA very soon.*

***CONTENTS: DRAMA GAMES, CREATIVE DRAMA EXERCISE  
COLOURING SHEET, CRAFTS AND SCIENCE EXPERIMENTS***

# DRAMA GAMES

It's important to warm up before every drama class or performance. Warm up games are not just great for warming up your body and voice, but for getting your creativity flowing. These exercises are fun, will get you moving when the playgrounds are closed, and are great for ALL ages! As much as possible, furniture should be pushed back to the sides of the room. This is to avoid any accidents. Ask a parent first!

## THE BEAR AND THE WOODCUTTER

1. One person is chosen to be the bear and the rest will be woodcutters.
2. The bear steps outside the room and gets ready to let a huge roar!
3. The woodcutters are to pretend to chop wood in the forest.
4. When the bear enters the room with a roar, the woodcutters must all fall to the ground and stay as still as possible.
5. The bear must sneak up and investigate the woodcutters for any movement. If anyone giggles or moves they must become a bear too and help to try and wake the remaining woodcutters until everyone turns into a bear.

## GRANDMA'S FOOTSTEPS

1. One person (Grandma) must stand at the top of the room with everyone else in a line at the back of the room.
2. Place a set of keys or something that jingles on the ground near the Grandma.
3. Grandma turns her back to the rest of the players says READY SET GO, and on GO the rest of the players have to tip toe as quietly and carefully as they can up to the top of the room, to try to grab the keys before Grandma turns her back.
4. Grandma's job is to try to turn around every so often and catch the rest of the players out.
5. If Grandma sees someone moving when she turns around they have to go back and start again.
6. The first person to get to the top and grab Grandma's keys now gets the chance to play Grandma.

**TIP:** Why not have fun and act as Grandma - how do you think Grandma might act?



# DRAMA EXERCISE

## LET'S GO ON A BEAR HUNT!

The first thing you have to do before going on an adventure is pack your bags.

Everyone sits in a circle. Place a backpack in the middle of the circle. Now everyone must come up with three things they want to bring with them on the bear hunt. With big groups we just ask for one thing but you should have time in your family to choose three.

When you have picked three things, pretend to put them into the bag. How do you hold each object? Is it heavy? Is it light? Is it big or small? Do you have to be verrrry careful in case it breaks?

If you're having trouble deciding what to pack here are some ideas!

- Something to eat or drink
- Something to protect you from different weather
- Something you would bring camping
- Maybe something that bears like!

When everyone has picked three things to bring and put them in the backpack, everyone has to get ready for the adventure.

Everyone mime putting on a coat and hat, pulling your backpack on your back, perhaps check your map.

If you have "We're Going On A Bear Hunt" you can read along here, but if you don't you can all say the following words together with the actions beside the words.

We're Going on a Bear Hunt (Hands by your Side)

We're Going to Catch a Big One (Hands out really wide)

What a BEAUTIFUL DAY (stretch your hands up and above your head and sweep them down your sides.)

We're NOT SCARED (With one hand point a finger and put your other hand on your hip)

Next pretend, that you are travelling through the following land: Long grass, a deep river, squelchy mud, a snowstorm, a forest, a cave.

How do you walk through these different places? Do you have to change shoes? Are you slow or quick? Are you scared?

At the end of the cave, on the count of three, everyone must let out a big yell when they find the bear - all together now!

# COLOUR ME IN!

# CRAFT CORNER



## SENSORY STORY BOX

**\*\*PARENTAL GUIDANCE IS RECOMMENDED HERE WHEN USING SCISSORS**

Stories can be told in so many different ways, through poems, on stage, through dance, on screens, in song, and even without words through mime. We're going on a bear hunt is such an adventurous story and will appeal to story lovers of all ages but how can we tell the story in a slightly different way? The answer lies in our senses.

This tale of a family in search of a Bear is perfect to add a sensory storybox to.

But what's a sensory storybox I hear you ask?

A sensory storybox is simply a collection of items in a box that links to the items/places mentioned in a story that appeal to your senses.



### What you need:

- \* An empty cereal box
- \* Water
- \* Markers
- \* Ice
- \* Glue/Tape
- \* Milk carton lids x 3
- \* Mud ( Replace with Gloop if you want)

- \* Grass
- \* Egg Carton
- \* Scissors
- \* Twigs

Did you know that we have 5 senses?  
They are: sight, smell, touch, taste and hearing. Our senses help us to understand what's happening around us. Our senses send messages through receptor cells to our brain, using our nervous system to deliver that message. When we are watching a movie or a theatre show we are using our sense of sight and hearing to understand things. When we use the sensory story box we are using our sense of touch.  
Why don't you see if you can create a sensory storybox for another one of your favourite stories?

### How to:

- Cut one of the larger sides of the cereal box and remove
  - Lie it down so the open section that you cut away is on top
  - Using tape or glue start sticking down your sensory items in the order they come in the book
  - For the swishy swashy grass tape down grass from your garden or outside
  - For the deep dark river tape a milk carton lid down.
- Fill it with water
- For the thick oozy mud - tape another milk carton lid down and fill it with some muck from the garden and add water (You can also use some of your monster slime from last week's Monsters From the Movies Resource)
  - For the snowstorm, tape another Milk carton lid down and add an Ice cube
  - For the forest, tape down some twigs
  - For the dark gloomy cave, Cut the lid off a small egg carton. Use your markers to colour it in a dark colour. Tape down onto the cereal box

**Your sensory story box is now complete! Read or listen to the story and trace along the Story box with your fingers as you go!**

# LET'S GET SCIENTIFIC!

## SNOWSTORM IN A JAR

When theatre makers are designing their shows they have to think about how they will show the change of time and scenery. They use sound effects, backdrops and even lighting changes to give the impression of change. Creating storms is hard to do on stage but is much easier to do on a smaller scale. In this experiment you can create a storm small enough to fit into your hand!

### What you need:

- Oil
- Alka Seltzer Tablets
- White water based paint
- Jar

### How to:

- Add 1 cup of water to the jar
- Mix in 1 tsp of paint
- Pour oil in almost to the top of the jar
- Break the Alka Seltzer tablet into pieces and drop one at a time into the oil



### Watch as the blizzard starts!

### The Science Bit:

This experiment involves density and chemical reaction all in one little jar. So start by asking what is heavier - Oil or Water? Notice how the oil sits on top of the water. Where is the paint? Next consider what happens when you add the Alka Seltzer. The tablet contains an acid and a base that when mixed with the water, creates the bubbles. The bubbles are a result of the carbon dioxide gas that is released during the chemical reaction. To make the snow effect, the bubbles pick up the white paint and carry it to the surface. Once the bubbles reach the surface they pop and the paint/water mixture drops back down!

We hope you enjoyed the Bear Hunt fun! We'd love to hear how you get on! You can tag us on Facebook, Instagram and Twitter @GaietySchool or email [marketing@gaietySchool.com](mailto:marketing@gaietySchool.com).

You can find out all about our Young Gaiety classes and Summer Camps at [gaietySchool.com](http://gaietySchool.com)

