



GAIETY SCHOOL  
OF ACTING

Youth Theatre: *At Home*

# SUPERHEROES!



## Drama and Creative Resources for Ages 5-12

Our theme this week is Superheroes! There are lots of movies that feature superheroes, all with different powers - what is YOUR superhero power?

\*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! Even better if you can play outside in the garden.

## WHO'S THE HERO?

### WHAT YOU NEED:

A piece of paper and pen for each player

We're going to start by deciding what superhero each person is! Here are some questions to ask yourself.

What's my name?

Where do I come from?

Who is my biggest enemy?

What is my superpower?

Once you've got the answer to all these questions, all the superheroes must stand in a circle.

## PASS THE POWER

Take it in turns to introduce yourself to the rest of the superheroes.

You must say:

My name is \_\_\_\_\_

I come from \_\_\_\_\_

My biggest enemy is \_\_\_\_\_

And my superpower is \_\_\_\_\_

When you say your superpower make sure you do an action and a sound with it. Then "pass" your power to the next person in the circle who will do the action and sound and pass it on again until it makes its way around the whole circle.



# IMPROVISATION

## HOLY IMPROV BATMAN, LOOK WHO IT IS!

1. Before the game starts brainstorm funny superhero names, write them down and pop them in a hat.

2. Pick one person to start the improv. This person is to pretend to turn on the TV or Radio and hear of a massive DISASTER! They have to decide what the disaster is. Here are some ideas:

- Big Fire
- Train Crash
- Bad Guy Terrorising Town
- Flooding



They must announce -

"Oh, no, if only we had some help!"

On this cue one other player must appear on the scene in classic superhero stance.

The first player picks a superhero name from the bag and announces "Oh look who it is, it's \_\_\_\_\_!"

For example, it could be WinkMan, he's a superhero who winks at people to freeze them, or HoneyGirl, who fires honey from her hands.

3. The superhero has to try and solve the disaster improvising their superpower.

4. Every few minutes introduce a new superhero to help solve the disaster.

5. The aim of this game is for everyone to think on their feet and be creative, and importantly - it doesn't have to make sense and should be FUN!



# MAKE YOUR OWN PLAY!

## WHY NOT TURN YOUR IMPROVISATION INTO A PLAY?

When you've finished the game on the previous page "Holy Improv Batman, Look Who It Is!" make some notes about what characters worked, what jokes were funny and what stories made sense or would work well for a script.

Now you can write out a script, making sure everyone has some dialogue for the play. You could add some characters too. For the play you can add in the television presenter who announces the disaster, and maybe some people involved in the disaster.

Once you have your script ready, take some time to memorise your lines and then get rehearsing!

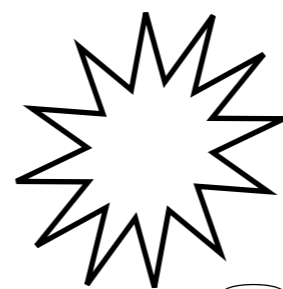


## TOP ACTING TIPS FOR A GREAT SHOW

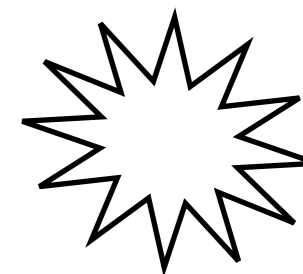
At the Gaiety School of Acting we have been running acting classes for 34 years! Here are a few tips to remember when putting on your play.

1. Make sure you face the audience as much as possible when saying your lines - this means they will be able to hear you better!
2. Project your voice - this doesn't mean you need to shout, but make sure you use your breath to superpower your lines.
3. It can be hard when you're nervous but try not to fidget too much or shuffle your feet (this is ok if you are PLAYING a nervous character!)
4. Have fun - if you are enjoying your performance, then the audience will too!

Don't forget to make your poster for your show to drum up an audience!



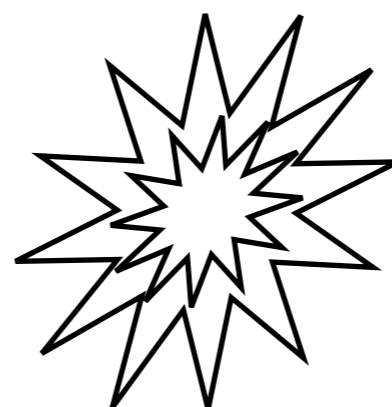
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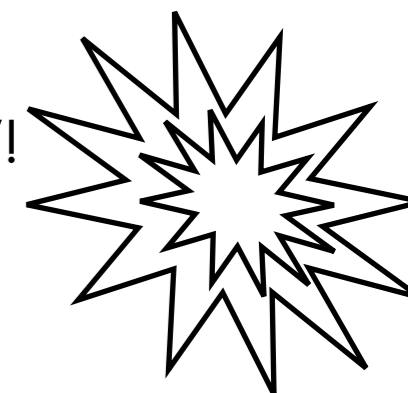
# THE SUPERHEROES SAVE THE DAY



DATE:  
TIME:  
PLACE:



TICKETS AVAILABLE NOW!



# SUPERHERO CHALLENGE

Superheroes that we see in Marvel and DC movies, all originated from Comic books. Comic books became popular in America in the 1930's. Well known superheroes such as Superman and Batman, all have a long history in Comic books. We may not be able to replicate their powers exactly but we can create some superhero challenges for you to take part in as part of your superhero training!. Our first superhero challenge will focus on one of the youngest Superheroes, the friendly neighbourhood Spiderman!

## STICKY SPIDER WEB CHALLENGE

Spiderman acquired spider-related abilities after a bite from a radioactive spider; His abilities include clinging to surfaces, shooting spider-webs from wrist-mounted devices, and detecting danger with his "spider-sense". For this challenge, we are going to test your web making abilities and test how sticky the web is.

### WHAT YOU NEED:

A roll of duct tape or painters tape  
A hallway  
Old Paper

### HOW TO:

Get an adult to help you create a web using the duct tape.  
Criss cross the hallways in 45 degree angles to start and then layer the tape to create a web shape

### HINTS:

- Keep the sticky side facing all one way
- Make the web high up so you can get under the web if needed

### TESTING THE WEB

- Scrunch up the old paper into balls
- Throw it at the web and see what sticks
- You can experiment with other materials to see what else will stick to your web



## AQUAMAN CHALLENGE

Aquaman can breathe underwater, has super strength, can control underwater animals and in the movies at least has some control over water. Your next superhero challenge to make water bend without touching it. Sounds impossible ? well let's find out...

### WHAT YOU NEED:

A balloon  
Cup full of water  
Container for the water

### HOW TO:

- Blow up the balloon and rub it against your head for 30 seconds
- Hold the balloon and pour the cup of water slowly into the container
- Move the balloon closer to the stream of water
- Be careful not to have the water touch the balloon
- The water will start to bend towards the balloon

### THE SCIENCE BIT:

Rubbing the balloon on your head causes static electrical charge. The water bends towards the balloon because water is attracted to the electrical charge. The stronger the charge the more water can be moved and the farther the water can be moved.



We hope you enjoyed the Superhero 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)

