

# ACTIVITY PACK



COMPANY PARTNER



OFFICIAL TLC LEARNING PARTNER





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# ABOUT THE ACTIVITY PACK



We are delighted that you will be joining us for SRT's The Little Company's production of *Fly High*. It is our mission and passion to bring the arts to children and allow them to experience the magic of theatre.

Engaging with the performing arts exposes children to new ideas and forms of creativity. This allows them to engage with issues and ideas through fiction, encouraging empathy and critical thinking.

The activities in this Activity Pack are useful for integrating arts activities based on the play into your home. Designed by SRT's Learning & Engagement team to extend and deepen children's experience of the play, the activities relate to different aspects of the play such as the characters, plot, themes, songs, and setting.

This Activity Pack aims to have activities for children of different ages. Some activities are designed for children to work independently and others require more structured guidance. Each activity also aims to relate to specific learning goals such as language and literacy, motor skill development, discovery of the world, aesthetics, numeracy, and social & emotional development. As parents, you know your children best and are therefore welcome to use or adapt the activities and questions to suit their needs.

Thank you for sharing the gift of theatre with your children!

## About SRT Learning & Engagement

SRT Learning and Engagement is committed to bringing meaningful and relevant programmes to young people, educators and the theatre industry. We believe that theatre has the power to engage and transform. Our mission is to harness the learning power of theatre to **excite**, **enrich** and **educate** young people, communities, and professionals.

**Excite:** Creating a safe, immersive, and stimulating environment

**Enrich:** Enhancing lives through holistic development

**Educate:** Pushing the boundaries of learning





# 1 FLYING AROUND

Language/Drama/Movement

Flying machines move in different ways and speeds! Here is a fun dramatic exercise that you can try out with your children while teaching them various modes of movement.

**Duration:** 15 Minutes

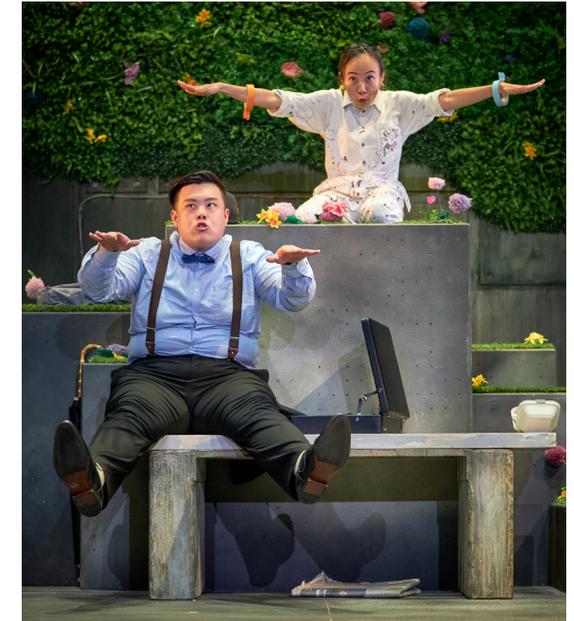
**Venue:** A large open space

**Materials:** Speakers and music player

## Instructions

*This exercise is similar to the game Simon Says.*

1. Inform your children that they are to become pilots enrolled in flight school and that you will be their instructor.
2. Invite your children to physicalise the shape of their flying machine using their bodies. (Encourage them to be creative by inventing their own unique flying machine!)
3. Next, share with your children that they are to pilot their flying machines around the room according to the instructions called out.
4. Begin by having the flying machines start on the ground and ascend to a count of 10.
5. The flying machines are to fly around the room (Tip: Having some background music will help add to the atmosphere).
6. When you shout “Stop!”, the flying machines are to freeze in motion.
7. After a moment, shout “Go!”. The flying machines are to then continue moving in space.
8. This exercise can be varied by using the table of suggestions on the right to vary how the flying machines are to move. Or encourage your children to suggest another way that a flying machine might move!



## SUGGESTIONS:

- Slow
- Fast
- Forwards
- Backwards
- Glide
- Turbulence

## Extension

**K1 and up:** Swap roles with your children and allow them to take on the role of instructor. Allowing your children to take on leadership helps to build their character and confidence.





# BALLOON ROCKET RACE

Physics/Teamwork

“Drag moving backwards, thrust forward again. When we rise, we’re lifting up. Weight it takes us down again!” While experimenting with how to build a flying machine, Poppy and Mo learn that every action has a reaction.

Set up a Balloon Rocket Race at home as a fun way to show how the generation of thrust propels an object forward.

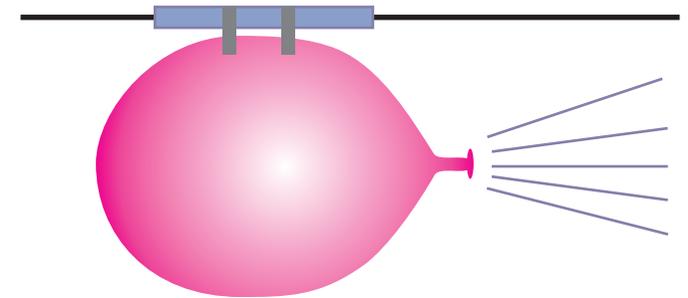
**Duration:** 15 Minutes

**Venue:** An open space

**Materials:** Balloons, bubble tea straw (about 3 to 4cm long), string, tape, balloon pump, chairs, and binder clips

## Instructions

1. Place 2 chairs about 3 metres apart from each other.
2. Assist your child in taping one end of the string to the top of one chair.
3. Instruct your child to thread the string through a bubble tea straw.
4. Support your child in taping the end of the string to the top of the other chair.
5. Have you and your child each inflate a balloon and label them 1 and 2 accordingly.
6. Clip each balloon with a binder clip to prevent the air from escaping.
7. Tape the middle of the first balloon to the straw. (Ensure that the opening of the balloon is aligned straight and not up or down to allow the balloon to move forward smoothly.)
8. On the count of three, remove the binder clip.
9. Note the distance travelled by the first balloon.
10. Repeat Steps 7 to 9 with the second balloon.
11. The balloon that travelled the longest distance wins the race!



## SCIENCE FACT:

According to Newton’s Third Law, for every action, there is an equal and opposite reaction. When we release the binder clip, air is being forced out of the balloon backwards (action), this results in a forward force (thrust) which pushes the balloon forward (reaction).

Rockets also force large amounts of air out by burning fuel to generate thrust for taking off from the ground.



# BALLOON ROCKET RACE

Physics/Teamwork

## Extension:

**KI & UP** – Investigate the relationship between balloon size (balloon circumference) and distance travelled by each balloon. Using the data collection sheet below, guide your children to measure and record the distance travelled by balloons of different sizes. You could also introduce balloons of different shapes and ask them to observe how the distance travels differs

	Balloon size (in cm)	Distance travelled (in cm)
Trial 1		
Trial 2		
Trial 3		
Trial 4		

(Note: Measure the circumference of the widest part of the balloon for balloon size.)





# CALM DOWN JAR

Art & Craft/Socio-emotional

When Mo gets upset about being unable to fold a paper plane, Poppy calms him down by passing him a Calm Down Jar. As the swirling glitter falls from one end of the jar to the other, Mo feels comforted. This motivates him to try again at folding the paper plane. Create one that you can have ready on hand to pass to your children when they are upset or need a time-out.

**Duration:** 15 to 20 Minutes

**Venue:** A workspace

**Materials:** Small jar with lid, clear glue, super glue, glitter, sequins (optional), food colouring, hot water, stirrer or chop stick

## Instructions

### Part A: Creating the Jar

1. Fill the jar with clear glue till it is a quarter filled.
2. Next, pour hot water into the jar until it is half-filled. Mix the two liquids together using the stirrer/chopstick.
3. Add some glitter, food colouring, and/or sequins of your choice. Stir well again.
4. Allow the mixture to cool.
5. Once cooled, fill the jar with water until it is nearly full.
6. Seal the jar with super glue to prevent young ones from opening it.

### Part B: Introducing the Jar

1. Inform your children that this jar is used to help calm people down when they are feeling upset.
2. Encourage your children to say a word/sound to describe how it makes them feel.

### **Extension:**

**ALL** – A variation of the Calm Down Jar is to add a plastic object like a small toy in the glitter mixture. This creates a fun game where the child can play spot the object. You could also replace the glitter with glow-in-the-dark figurines, this way the Calm Down Jar can even act as a night light!





# PAPER AEROPLANE

Art & Craft/Physics

Whilst trying to figure out how to build a flying machine, Poppy folds a paper aeroplane that manages to take flight. Inspired, Mo tries to fold one too but fails repeatedly. Teach Mo how to fold a paper aeroplane by following the instructions below.

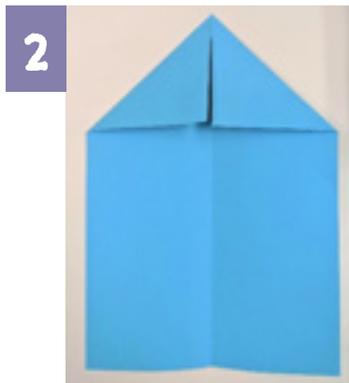
**Duration:** 15 Minutes

**Venue:** An open space or outdoor area

**Materials:** A rectangular piece of paper (per child)

**Instructions** (Tip: Form sharp creases, accurate folds, and wings of equal sizes to allow the paper aeroplane to fly well.) See pictures below for reference.

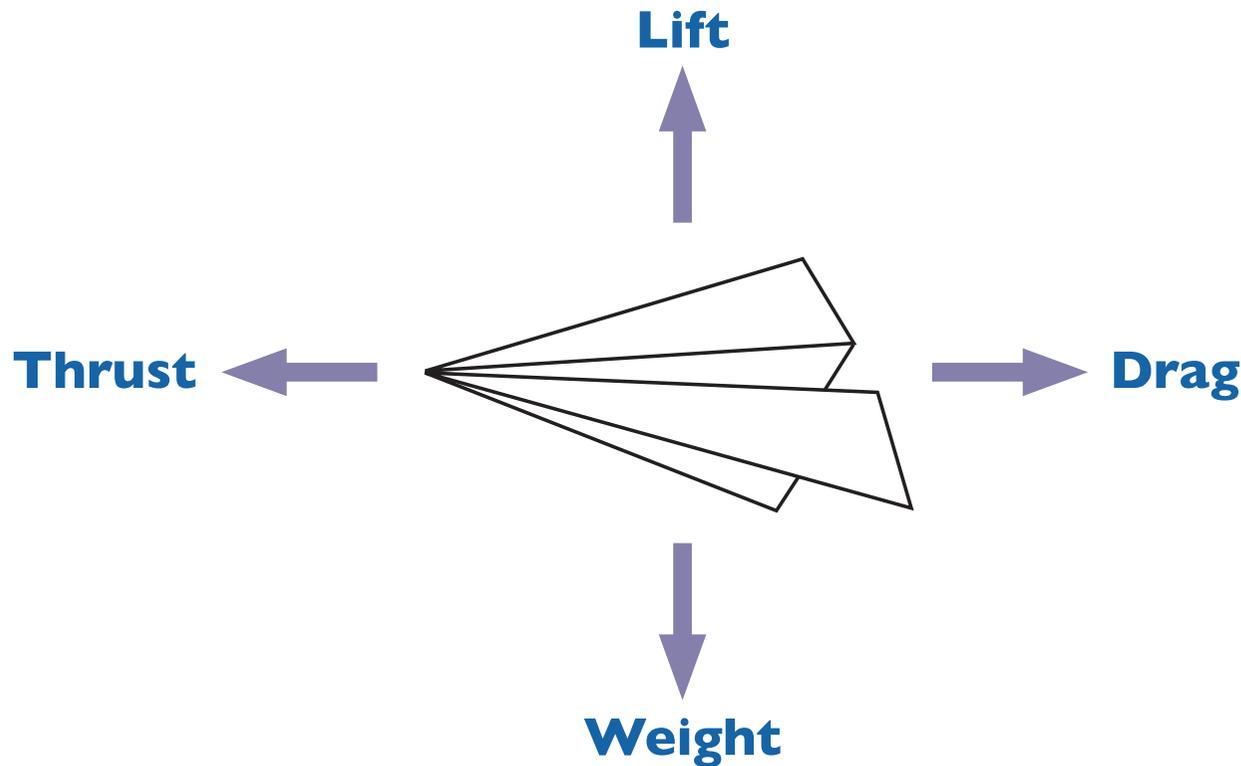
1. Fold the paper in half.
2. Unfold and fold two corners to the centre line.
3. Fold the two top edges to the centre line.
4. Fold the plane in half.
5. Fold the wings down to meet the bottom part of the plane's body and it's complete!





# PAPER AEROPLANE

Art & Craft/Physics



## SCIENCE FACT:

Four forces of flight act on a flying paper aeroplane as shown in the diagram. Weight pulls it down while lift enables the aeroplane to stay in the air. Drag pulls it backwards when it is moving across the air while thrust comes from us when we throw the paper aeroplane to help it move forward.

The paper aeroplane flies in a level direction with the same speed when all four forces are in balance with each other. It flies up if the forces of lift and thrust are more than gravity and drag. It goes down if the forces of gravity and drag are more than lift and thrust.

## Extension

**ALL:** Experiment by bending one side of the wing and see if it causes the plane to make a turn. A bend on the wing increases the drag on that side of the paper aeroplane, causing it to turn in that direction.





# LET'S BUILD A ROCKET

Poppy wants to attach rocket boosters to her boots and zoom off to outer space. But Mo and her don't really know how a rocket works! Help Poppy and Mo better understand how a rocket travels by building your very own rocket model.

The activity below is a creative way to learn about the various parts of a rocket and how the use of different materials might affect its movement.

**Duration:** 15-20 Minutes

**Venue:** A workspace

**Materials:** A 500ml flat plastic bottle, 2 toilet rolls, 1 small cardboard, some coloured paper, recycled bottle caps, scissor, glue, paint, and hot glue

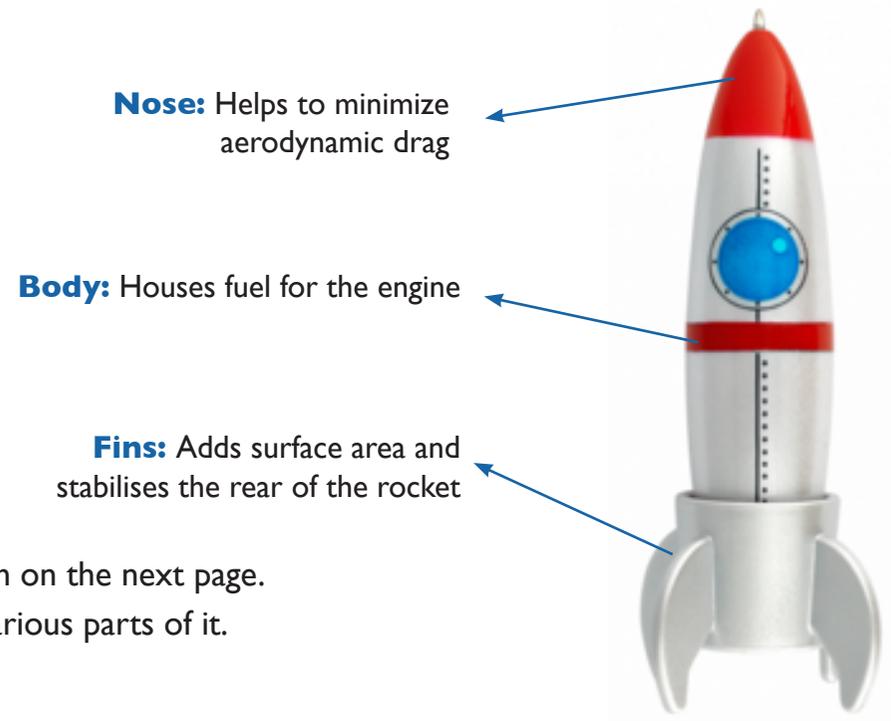
## Instructions:

### Part A: Creating the Rocket

1. Paint the plastic bottle and let it dry.
2. Cut the cardboard into 2 triangles as wings.
3. Cut coloured paper into tails as flames.
4. Stick some coloured flames onto each toilet roll.
5. Use hot glue to stick the 2 rolls onto the painted plastic bottle.
6. Stick the wings and the bottle caps onto the plastic bottle.

### Part B: Labeling the Parts of a Rocket

1. Introduce your child to the different parts of a rocket referencing the diagram on the next page.
2. Using the rocket model that was created, challenge your child to name the various parts of it.





# LET'S BUILD A ROCKET

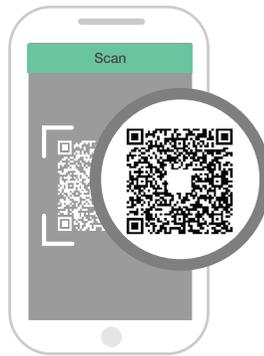
## Exciting New Experience While Reading

1



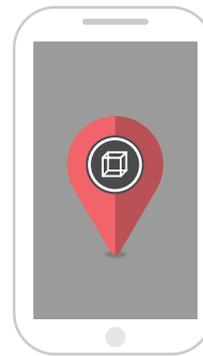
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