



FIRST STAGE
THEATER IN EDUCATION
AT HOME



DEAR FAMILIES AND TEACHERS,

Welcome to First Stage's online Education resource page. Every Tuesday, First Stage's Education Department will upload new content based on past First Stage productions for families to explore together. Each week we will include games and activities meant to spark imagination and dramatic play in new and engaging ways. These resources are free for you to use, and we encourage you to share these activities with others who you think would like to play along! Share your dramatic play shots with us at **#FSathome**

THE VERY HUNGRY CATERPILLAR SHOW

A show that encompasses four favorite tales by Eric Carle, we are able to bring these playful characters to life in big and bold ways! Starting with the story of *The Artist Who Painted a Blue Horse*, we can imagine fun and fantastical creatures of all shapes and colors. The tale of *Mr. Seahorse*, it is up to all the daddies in the sea to help and support Mr. Seahorse as he care for his babies until the eggs pop and the little seahorses are able to swim away on their own. In *The Lonely Firefly*, we follow firefly through the night sky as she searches and finally finds her family. The final story is *The Very Hungry Caterpillar*, a delightful tale about a young caterpillar who cannot stop eating because he is growing and changing right before our eyes into a beautiful butterfly!

LET'S TALK ABOUT IT!

- THE VERY HUNGRY CATERPILLAR SHOW is based on four books written by Eric Carle: *The Artist Who Painted a Blue Horse*, *Mister Seahorse*, *The Very Lonely Firefly*, and *The Very Hungry Caterpillar*. Have you ever heard or read those stories before? If so, which story is your favorite, and why?
- All of these different stories include many different insects, animals, and sea creatures. How many different creatures can you name? Where can you find those creatures? What about in your backyard - what sort of wildlife do you see in Wisconsin?
- Mister Seahorse releases his babies and says that they are ready to be on their own. What sort of things can you do without your parents' help? What sort of things are you learning to do all by yourself?
- The Very Lonely Firefly was all alone, but finally, she met fellow fireflies and became friends. Have you ever been in a brand new place and made new friends? What sort of things do you think make a strong friend?
- The Artist Who Painted a Blue Horse likes to paint things in their own special way. Do you enjoy painting? What sort of things do you like to paint? Do you think people should always paint things the same way or in different ways? Why?

THE VERY HUNGRY CATERPILLAR STORYTELLING



ACTOR TOOLS: Body, Voice, Imagination

TIME: 10 minutes

MATERIALS: Access to YouTube video

NUMBER OF PLAYERS: 1+



Join First Stage, as we go on an adventure with little Caterpillar, as he eats through the days of the week on his journey to becoming a beautiful butterfly!

All the players will need to use their actor tools of body, voice, and imagination – along with their actor skills of concentration and cooperation, to help Miss Kim bring this story to life. As you listen to the story, make sure to play along - we need your help to act out this story.

CATERPILLARS, FIREFLIES, AND SEAHORSES

ACTOR TOOLS: Body, Imagination

TIME: 5-15 minutes

MATERIALS: None!

NUMBER OF PLAYERS: 3+



Eric Carle's stories let us meet all different kinds of creatures, big and small. In this game, you get to recall these different animals and transform your bodies into these creatures.

This game is a lot like Rochambeau, but instead of "rock, paper, scissors," we are going to use "Caterpillars, Fireflies, Seahorses." And although you can create these little animals using your hands - similar to the original game - we encourage you to get your whole body involved, and make this a full body games that gets your family up and moving around!

- You are going to need a fairly large, open space for this game, especially if you want to encourage some fun running in the game. A driveway, backyard, or cleared out play space will all work great!

CONTINUED ON NEXT PAGE

#FSathome

CATERPILLARS, FIREFLIES, AND SEAHORSES

- Start by dividing your players into two teams - it is okay if the teams are not even to start with. Each team will move to an opposite side of the playing space, and will have about 10 seconds to work together as a team and decide whether they are going to be caterpillars, fireflies, or seahorses - everyone on the same team has to be the same creature. The teams should also make sure they are quite - you don't want the other team to hear your selection!
- This is how you can make the different creatures with your bodies:
 - Caterpillars: make antennas with your fingers, and wiggle back and forth.
 - Fireflies: make wings by putting your hands on your hips and bending them back and forth, to look like flapping wings.
 - Seahorses: make a long snout with your arms, as you bob back and forth like you are floating in the ocean.
- Once both teams are ready, they should both come to the center of the playing space, facing the other team. Make sure you do not show your animal selection yet. On the count of three, both teams will take on the position of the creature the group has decided on. Just like Rochambeau, each creature can beat other creatures, and lose to other creatures:
 - Seahorses beat Fireflies
 - Fireflies beat Caterpillars
 - Caterpillars beat Seahorses
- The losing team must run back to their playing space, while the winning team tries to tag as many of the players on the losing team as they can before they reach their "home base." The captives now become part of their captor's team.
- Continue until one team wins.

If you only have two players, you can still play with your whole bodies. Instead of running to the other playing space side, just keep track of who wins each round. The first player to win ten rounds, wins!

SCULPTING



ACTOR TOOLS: Body, Imagination

TIME: 5-15 minutes

MATERIALS: None!

NUMBER OF PLAYERS: 2+



In the story of *The Artist Who Painted a Blue Horse*, the artist shares her colorful paintings of all different sorts of animals - big and small! In this game, you will get to be artists and create your own incredible pieces of art, but instead of becoming painters creating artistic paintings, we will become sculptors creating artistic sculptures.

Sculpting is a drama exercise that allows one player to gently shape the other players into a statue. You can sculpt your partner using two different methods: First, you can physically move their arms and hands into the position you wish them to hold. Second, you can model - or demonstrate - how you want them to stand, or the facial expression you wish for them to capture.

The Artist in our story likes to paint animals. Before you start, come up with a list of as many animals, insects, and sea creatures you can name. Make sure you think of creatures that are big and small, some that walk on four legs and others that walk on two...or even fly.

CONTINUED ON NEXT PAGE

#FSathome

SCULPTING

- Start by choosing one player to be the sculptor, while the other players become the clay that will get sculpted! The players starting as the clay should stand straight, with their hands at their sides, showing that they are a blank canvas ready to be sculpted.
- From here, the sculptor gets to choose an animal to sculpt the clay into. Use the animal list you created ahead of time for the sculptor to choose from. The sculptor can physically move and model for the clay the pose they wish them to hold.
 - For example, if the sculptor chooses a Cat as their animal, they may model having their partner lower their bodies down to the floor, either sitting in a squatting position or standing on four legs. The sculptor could also model having their partner use their arms to create cat ears, or perhaps to pretend they are licking their paws!
- Once the sculptor has successfully completed their animal sculpture, they can declare, "I am an artist, and I sculpted a (*state the name of the animal sculpted*)."
If you wish, you can invite the sculpture to then come to life, and act out that animal.
- From here, switch who is the sculptor and who is the clay, to create an entirely new artistic sculpture! And don't forget to take pictures of your sculptures to share with First Stage, just include **#FSathome** with your post.

ANIMAL YOGA



ACTOR TOOLS: Body, Imagination

TIME: 10 minutes

MATERIALS: None!

NUMBER OF PLAYERS: 1+



Eric Carle's stories all have different animals in them. As actors, we use our bodies to become different characters, even animals. We must stretch and warm up our bodies to become these different characters, and yoga is a great way to move our bodies and increase our flexibility, strength, coordination, and body awareness.

Try out some of these animal yoga poses to stretch your body! Make sure you find a space on the floor that is not too close to any other player or furniture.

CONTINUED ON NEXT PAGE

#FSathome

ANIMAL YOGA



I AM AN ELEPHANT

WIDE-LEGGED STANDING FORWARD BEND

From standing, step your feet hip-width apart, bend your upper body, clasp your hands together, and sway your arms like the trunk of an elephant.



I AM A CROCODILE

PLANK POSE

Come down to a plank on your hands and toes like a crocodile.



I AM A BEAR

BEAR WALK OR DOWNWARD-FACING DOG POSE

Come back to hands and feet in an upside-down V shape then walk like a bear.



I AM A TIGER

CAT POSE

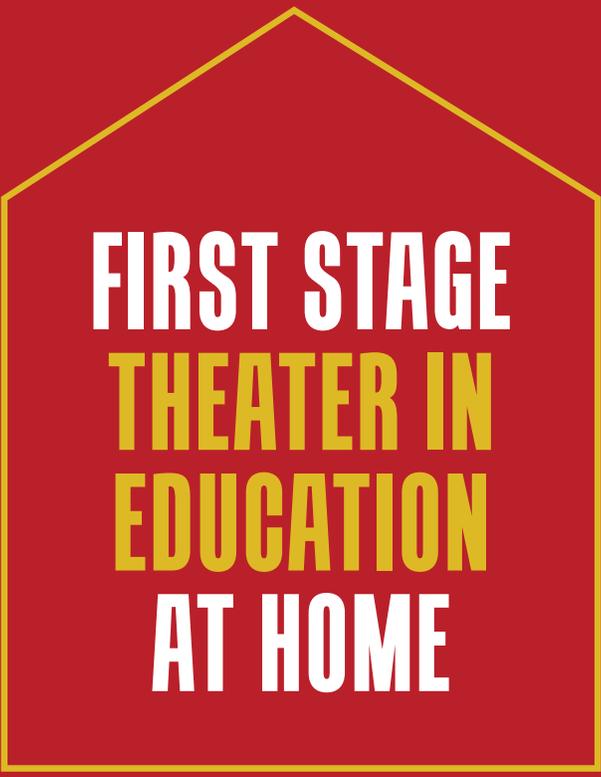
Come down to all fours, tuck your chin into your chest, and round your back like a tiger.



I AM A HIPPO

CHILD'S POSE

Come to sitting back on your heels, slowly bring your forehead down to rest in front of your knees, rest your arms down alongside your body, and take a few deep breaths. Pretend you are a hippo resting in the water.



**FIRST STAGE
THEATER IN
EDUCATION
AT HOME**