

Dear members,

Welcome to our second newsletter with activities to keep the whole family busy and engaged with the arts during times of corona. We are working behind the scenes to see how we can see you all again soon (in a safe and managed way of course), but in the meantime we hope this newsletter helps – and would love to see what you get up to as well! So please feel free to share any videos or links to other activities in our facebook group! If you have not joined the group yet, search for Stretford Children's Theatre Group

<https://www.facebook.com/groups/462009840646086/> and join the fun.

Sending warm wishes to all of you,

Stretford Children's Theatre

A note from our lovely staff

Hello everyone.

This is Mica here. Most of you won't know me very well as I am new to the team. I wanted to say a big hello to you all and send you lots of love and smiles. A smile a day keeps the doctor away is what they say.

I hope you are all finding ways to smile in this lockdown. Finding ways to be creative and when you can spending time outside exploring. Have you recently had a dance? Why not pull your parents or your siblings or whoever lives with you or just yourself, put on a tune that you love and have a good boogie?

Start by wiggling your toes, your fingers and see where they lead you. Dancing makes you feel amazing and gets your energy flowing. Go wild.

Keep on going guys, you'r doing amazing and we got this. I'm very much looking forward to joining together again when we can. To explore, play and perform together in our lovely Stretford Public Hall.

Take is easy, keep it breezy.

(Mica, Junior group facilitator).

Something to do together



Be Part of a Guinness World Record

Register to be part of breaking the Guinness World Record title for the Largest Online Art Lesson ever led by Rob Biddulph. Thursday, 21st May at 4pm BST

<https://www.facebook.com/events/162318971834079/>

Choose your own expedition

Art With Heart have teamed up with Z-Arts to design an exciting and accessible activity for young explorers. Choose an exciting expedition, design & colour your own explorer backpack, complete an official expedition log & get awarded a certificate.

Plus you can win an Art with Heart Explorer Kit! Deadline is 6 June. Click [Here](#) for your pack.



Something to watch together



M6 Theatre's 'A Tiger's Tale' available until 24 May (4-11years)

A high spirited balancing act of circus, puppetry, music and song. A ramshackle travelling troupe tell the unbelievable true story of their adopted tiger cub. The show was inspired by the book 'Tiger on a String' by Kassie Overend.

Film and resource pack available here: <https://m6theatre.co.uk/latest/tt/>

'Oh no George' (age 3+)

A delightfully playful tale about a dog who wants to be good, but just can't resist temptation by Half Moon Theatre. Adapted from the award-winning picture book by Chris Haughton, this new show use acrobatics, slapstick comedy and live music to bring George's chaotic and joyful escapades to life.

<https://vimeo.com/414940560>



Boys Don't (age 8-12 & adults)

What's a boy to do? From the playground to the classroom, from home to the uncharted waters of online, boys learn that displaying their feelings is a no-no. But what happens to emotion that can't be let out? Boys Don't was nominated for Best Production for Young People aged 8+ at the Off West End Awards 2017.

A Half Moon Presents & Papertale production in association with Apples and Snakes (South East), filmed and edited by Brighton Metropolitan College in partnership with Brighton Dome during the Brighton Festival.

<https://vimeo.com/223319992>

Something for the seniors & parents



An introduction to Performance Art

Performance Art relates to artworks that are created through actions performed by the artist or other participants, which may be live or recorded, spontaneous or scripted. A short introduction provided by TateShots

<https://www.youtube.com/watch?v=6Z-YZ3A4mdk>

I, Cinna (The Poet) - by Royal Shakespeare Company (age 11+)

I, Cinna (The Poet) is Shakespeare's Julius Caesar told through the eyes of a jiggling fool. This is the latest in a series of solo shows written and directed by Tim Crouch inspired by Shakespeare's lesser characters and was commissioned as part of the RSC's World Shakespeare Festival.

<https://www.youtube.com/watch?v=6xQAr5le0UU&feature=youtu.be>



Something to keep active

Gemma recommends - Stay active with Sweaty Betty

Work out from home with Sweaty Betty's online fitness classes. With workouts ranging from yoga to HIIT, explore the video library to find a class to suit your time frame and fitness level.

<https://www.sweatybetty.com/workout-videos.html>





Relaxing and calming exercises from Mind.uk

If you are feeling anxious, scared or panicked there are many things you can do to help yourself cope. Mind have pulled together some simple exercises you can try that might calm you down in these uncertain times. Stay safe and well.

<https://www.mind.org.uk/need-urgent-help/what-can-i-do-to-help-myself-cope/relaxing-and-calming-exercises/>