

activity pack



Welcome to the Tell Tale Hearts

yummm! activity pack

We hope that you and your child / children have enjoyed the performance and 'play' session that followed the show. This pack is full of ideas for playing, moving, making, tasting and baking designed to link in to your experience of the show. We very much hope that you will enjoy sharing in these activities with your little ones and if you have had any particularly surprising or amazing findings we'd love to hear about them - please feel free to contact us!

Tell Tale Hearts believe in engaging children in meaningful theatrical experiences where they can actively participate in the magical world created around them. A key element of our success in this aim is constantly returning to the wonderful world of play! Games, imagining, make-believe, role-play, pretending - all these are ways in which young children explore, digest and make sense of the world around them. Children don't stop playing just because it is meal time, so we thought it would be fun to explore some of the games and creative activities in this pack in the context of meal time & food.

This pack offers ideas in which you can join your child/children in the world of play & creativity; tasting and digesting different activities as you continue your meal time together. Our activities can be dipped in and out of at your leisure or you can follow the pack from start to finish completing every activity on the way. We have included activities which cover several art forms and provides stimulus for many different tastes - depending where your child's imagination takes you! We have linked them all to recipe guidelines to follow the theme of Yummm! The list of things you will need are under 'ingredients', the 'making' activities fall under 'mix it up and make it nice', with suggestions of how they can be used in, 'cooking', and if that isn't enough we suggest ways that you can 'play' and enjoy role- play, games and tasks under, 'serving suggestions'. We have tried to make some activities suitable for the younger ones and then given further developmental suggestions for older children. We hope you will enjoy these whacky recipes with your child/children, and most importantly have fun!

**Before you start on our creative recipes
~ Here's a message from our artist to you...**

Each 'Yummm!' art activity requires adult supervision and assistance. Some projects (and some little cooks) will need more help than others.

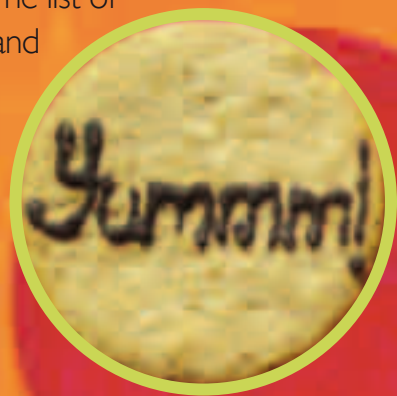
Little cooks lead the way. They decide how things look, where things go and what colours and materials they want to use. Our job is to help with the tricky bits like cutting bits out, holding things and helping to stick bits together.

Read through the activities before you begin and make sure that you've got all the ingredients and materials that you need. Good messy fun is a key part of some of these activities. Get ready for mess and enjoy!

These ideas are starting points for creative journeys. Have fun and let your Little Cooks experiment - there are lots of different ways to make cake!

**Artist / Cooking activities
by Helen Thomas**

**Story & Serving Suggestions
by Natasha Holmes**



Picnic Sculptures



Picnic sets come in lots of exciting colours! Even better than that is that they are often made in unbreakable plastic!

Little cooks can have great fun learning through play with these plates, bowls and cups. Invent amazing imaginary puddings and cakes, market stalls, anything... If they want they can even lay the table!

mix it up & make it nice!

Stack, arrange, balance, place...

Cups in bowls, bowls on plates...

One two three four pile them up and they fall to the floor...

How many shapes and things can you make?

Serving Suggestions...

- + Add coloured card and paper; cut, tear, fold, and scrunch. What can we pretend to have for lunch?
- + Can you make a fair ground, park, buildings or bridge?
- + Little cooks can add their puppets, lego characters, toy animals, cars etc to their landscapes. You can play with your children using similar objects. Invest in making sounds for the objects you are using ie. brum brum for a car - or wait to hear what noises your little ones make and try and copy theirs! The mini world can always change when they are tired of it as one thing ie. a city, change it to a hillside, car park or farm!
- + If you want to mimic the show you can also find out new ways to move with the plates, bowls and cups. How many can you balance on your back, head, arms, etc and become part of the sculpture...? Balancing one object at a time how much can you move before the plate, bowl or cup drops? Can you find circular movements to go with the plate? Can it become the steering wheel of a car, with a stack of cups as the gears? Can the bowl be a hat, drum or cave?

ingredients...

- + Plastic or paper plates, bowls beakers etc
- + Drinking straws, clean yoghurt pots and plastic bottles



Jamming in the kitchen

Shake, Rattle & Rolling Pin...

Can you make a whole drum kit with the plates as cymbals, bowls as drums and cups as shakers? Use spatulas or wooden spoons as drum sticks!

mix it up & make it nice!

Add rice or dried pasta into the cups and use cling film (or balloon) lids with elastic bands to hold in place to make a shaker....

If you want a more robust version. Put 2 identical beakers together, drinking rim to drinking rim. Fill with some dried pasta and tape the beakers in place with some coloured LX tape.

Serving Suggestions...

- + Can your little musician make a sweet / sour / savoury sound or sound pattern / rhythm?
- + Which instruments make sounds that are most like the different sweet/sour/savoury characters from Yummm?
- + Yummm! (tune is from the lullabye, "Frère Jacques, Frère Jacques")



*"Tummies rumbling, tummies rumbling,
For some food, for some food,
Lets all sit together, lets all sit together,
Yum, yum, yum! Yum, yum, yum!"*

- + Why not try playing along to this song, or use it as a song to sing when it is dinner time!

SOUND WORDS: Crunchy, Sweet, Tart, Goey, Runny, Sour, Thick, Yummy!

- + Can you make a sound for each of these words?
- + Can your little musician find a movement to go with each word, i.e. a soft and wiggly movement for goey.
- + Try putting the movement and sound together for each word until you have the whole poem. This will give you a movement and sound sequence that your little musician / dancer can repeat or put to a favourite piece of recorded music.



ingredients...

- + Clean dry empty bottles, plastic plates, bowls, beakers and pots
- + Unbreakable kitchen utensils, wooden spoons etc
- + Dried pasta shapes
- + Cling film, elastic bands or electrical tape



Goldilocks & the Three Pancakes

Once upon a time, there was a little girl named Goldilocks...

Now, as everyone knows Goldilocks didn't like to do as she was told. She wouldn't help lay the table, she wouldn't stop picking on snacks whenever she fancied and she wouldn't behave at dinner time. One day she went for a walk in the forest. And because she didn't like to stick to the path, she got lost. After a while she came to a cottage. She knocked and, when no one answered, she walked boldly right in. That was the kind of girl Goldilocks was!

At the table in the kitchen, there were three plates of tasty looking pancakes. Goldilocks was hungry. She was always hungry! She tasted the pancake on the first plate.

"This pancake is too sour!" she said and spat it out!

She tasted the pancake on the second plate.

"Yuk!" she said wiping it on the side of the plate, *'this pancake is too sweet,'*

So, she tasted the last pancake on the smallest plate.

"Ahhh, this one tastes just right," she said happily and ate it all up.

After she'd eaten the third pancake, she was still hungry and fancied something sweet, but not too sweet! She looked in the fridge, nothing sweet there, only savoury! She looked in the bowls and found lemons, olives and pickled onions - yuk! Too sour! When she looked up she spotted a high cupboard, *"Aha!"* she thought, *"just the kind of cupboard my mum keeps secret sweet treats in!"* Goldilocks was too small to reach, but there were three chairs around the kitchen table! One of the chairs was gigantic, so she decided to move it towards the top cupboard to see what there was inside.

"This chair is very big!" she exclaimed, *"but it's not big enough!"*

So with some trouble she lifted the middle chair onto the big chair.

"This chair is too squidgy, I still can't reach!" she whined.

So she lifted up the last and smallest chair and climbed to the top.

"Ahhh, this chair is perfect I can just reach," she sighed. But just as she opened the cupboard door the smallest chair broke into pieces and Goldilocks came tumbling down and landed with a shake, rattle and roll!

Upset, that she would not have her sweet treat she decided to have a rest and went upstairs to the bedroom. She lay down in the first bed, but it was too hard. Then she lay in the second bed, but it was too soft. Then she lay down in the third bed and it was just right. After all the toil, Goldilocks fell asleep.

As she was sleeping, the three bears came home.

Goldilocks & the

“Someone’s been eating my pancake,” growled the Daddy bear.

“Someone’s been eating my pancake,” said the Mama bear.

“Someone’s been eating my pancake and they ate it all up!” cried the Baby bear.

“Someone’s been climbing on my chair,” growled the Daddy bear.

“Someone’s been climbing on my chair,” said the Mama bear.

“Someone’s been climbing on my chair and they’ve smashed it to pieces,” cried Baby bear.

“But at least they didn’t get into the sweetie cupboard”, said Mama Bear.

The bears hunted around the house for the culprit. They went upstairs to the bedroom,

Daddy bear growled, “Someone’s been sleeping in my bed,”

“Someone’s been sleeping in my bed, too” said Mama bear

“Someone’s been sleeping in my bed and she’s still there!” exclaimed Baby bear.

Just then, Goldilocks woke up and saw the three bears. She screamed, “Bears!” And she jumped up and ran out of the room. Goldilocks ran down the stairs, opened the door, and ran away into the forest. And she never returned to the home of the three bears or learnt how to make her own yummy pancakes from all the ingredients in their cupboard and fridge!

mix it up & make it nice!

- + Copy or trace the three bears and Goldilocks’ faces, or draw your own
- + Colour them in and cut them out
- + You’ll need four tubes or pots to stick the faces on. Three different sizes for the three bears and one for Goldilocks
- + Stick the faces on the tubes. Baby bear on smallest tube, Little Cooks decide how tall Mama bear, Daddy bear and Goldilocks are
- + Little Cooks give the bears furry coats by decorating them with drawing or tissue paper
- + What is Goldilocks wearing?

ingredients...

- + Paper or thin card
- + Kitchen roll tubes or clean empty plastic pots
- + Crayons
- + Glue or tape



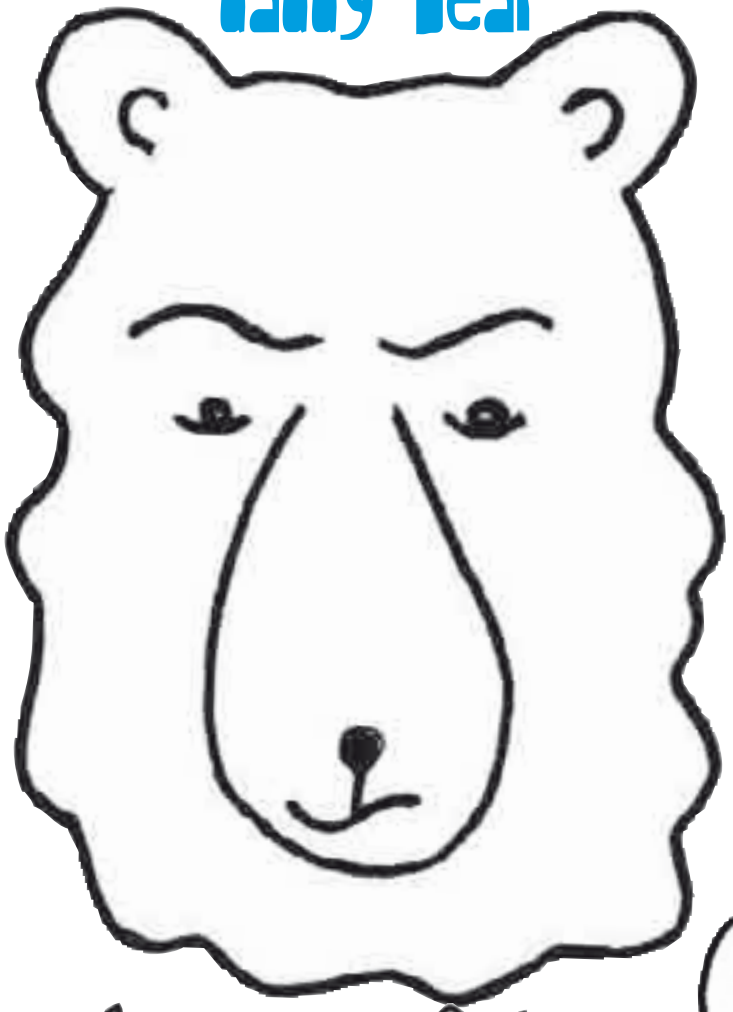
Cooking...

- + Now you have all the characters you need to re-enact the story of ‘Goldilocks and the Three Bears’ with your children



Three Pancakes

daddy bear



mummy bear



goldilocks

baby bear



Goldilocks & the Thr

You should now have 3 bears and your stropy goldilocks doll to use as puppet characters to re-enact the story of 'Goldilocks & the Three Pancakes!'

Serving Suggestions...

- + Use the beakers, bowls and plates to set the table for the story, make the three chairs or to build a house as a home for the three bears
- + If children are confident then it is best to hang back and observe their play. However, if your child or children need a hand then hopefully the following tips should help you.
- + Start animating one of the bears, and try drawing your child/children into the scenario by asking them, 'Where shall we go whilst our breakfast cools down?' Set up the play to see if they copy and mimic your game. As they grow in confidence, then start to lead less and let their game take over - even if it means they stop following the narrative of the original story - it doesn't matter!
- + Ask who wants to be Goldilocks - everyone can have a go - so this a good way of using 'turn taking' if you have more than one eager child. You can swap who is Goldilocks for each event ie the pancakes, the chairs, etc. If you have more children that want to play, repeat the story!
- + If you find your child/children are hanging back and enjoying watching you animate the characters then why not 're-play' the story for them - afterwards leave the house and bears where they are, but move away as if about to do something else. In time see if any of your children are now re-enacting the story for themselves.



Free Pancakes Play

Yummy Pancake recipes: Sweet, Sour, Savoury

ingredients... Basic Batter Recipe (makes about 8 pancakes)

- + 4oz (100g) plain flour.
- + Half a Pint (250ml) of milk.
- + 1 Standard Egg. (Size 2)
- + Pinch of Salt (half teaspoon)
- + 2oz (50g) butter or tablespoon of vegetable or sunflower oil to fry the pancakes



mix it up & make it nice!

Sieve the flour and salt into a mixing bowl

Make a small hollow in the centre of the mixture and drop in the egg (not the shell)

Mix while gradually adding about one quarter of the milk. Continue to mix well until bubbles become visible in the mixture

Gradually pour in the rest of the milk continuing to mix (if it's a bit too thick - then add a little water)

cooking...

Heat the frying pan, and place a small piece of butter/oil in the centre

Get the pan nice & hot and when the butter/oil begins to smoke slightly, pour in a ladle full of the batter - or enough to thinly cover the bottom of the pan

Cook until nicely golden brown on the bottom

And now the only tricky bit of the whole operation - toss / flip the pancake!

Cook the other side until nicely golden brown!

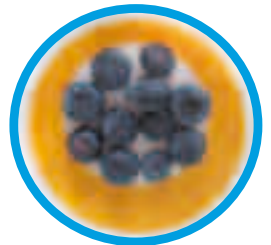
serving suggestions...

Sour: lemon (and go on then add some sugar if you want to!) / grapefruit & orange juice

Sweet: blueberries and golden syrup / bananas and chocolate spread / strawberries & cream

Savoury: cheese & ham / bacon, onion & cheese / Philadelphia (if you want add some spinach leaves)

And anything else you fancy... and let your little cooks be your guide...



Yummy Biscuits...

Painting with Icing...

mix it up & make it nice!

Little cooks can rub the butter, caster sugar and flour together in a big bowl until it looks like breadcrumbs

Add a tablespoon of milk to the mixture and knead for a minute or two until it forms a smooth ball of dough then put it in the fridge for 30 minutes

Roll the dough out on a lightly floured surface to 1cm thick. Cut out biscuit shapes using cookie cutters or upturned beakers

Place the biscuits on a baking tray and prick with a fork. What patterns can you make?

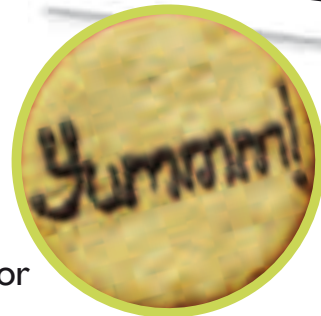
Give them a shake, rattle or roll (or bash if they prefer) what sounds do the different objects make?

Serving Suggestions...

- + Little cooks can mix their own icing. Sift 200g icing sugar into a bowl. Stir in water, a little at a time to make a thick paste
- + Add drops of food colour, using a cocktail stick, until you have just the right colour or try gel food colouring. Stir in the food colouring
- + Carefully spread a little icing on biscuits or drip, swirl and drop different coloured icing to make patterns. Allow icing to harden
- + Have a go at baking and decorating some buns or even a cake
- + Make some butter cream
- + Experiment with other cake decorating items such as ready to roll icing, or tubes of writing icing, sprinkles, chocolate buttons
- + Discuss flavours, colours, shapes and patterns with Little Cooks.

ingredients...

- + 125g butter
- + 50g caster sugar
- + 175g plain flour
- + 1 tablespoon milk



tasty tips

If you don't fancy baking but want to let your children decorate with icing why don't you let them decorate some bought biscuits or cakes?

Why not decorate non food items such as plastic/paper plates or see through plastic/acetate to make window pictures. They won't last forever, as the icing will crumble eventually, but it's a great way to make your own stained glass pictures!



Sweet, Sour & Savoury Play

Blindfold Tastes...

ingredients...

- + Soft scarf to use as a blindfold
- + Selection of different foods

Try some of our suggestions or choose your own...

- + **Sour** ~ grapefruit / lemon / pickled onions / gherkin / olives
- + **Sweet** ~ chocolate / blueberries / strawberries / cake / red pepper / carrots
- + **Savoury** ~ sprouts / mushy peas / ham / cheese / chips / fishcake / oat biscuit



mix it up & make it nice!

Ask your little cook(s) to tell you whether each taste is sweet, sour or savoury (they may be surprised how sweet some savoury foods are)

Can you capture their facial expressions on camera?

Can they make a picture of how it tastes?

Use this as a chance to introduce new foods to their palettes.

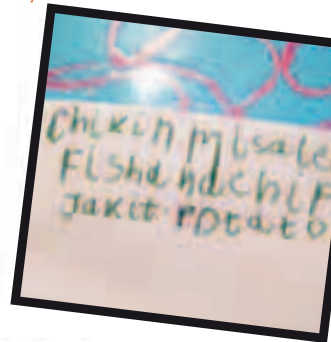
Talk about the textures crunchy gooey, runny

Turn the kitchen into a café...

Cooking ~ Why don't they serve you a menu where they have to serve you a course from each different flavour explored in Yummm!

Serving Suggestions...

- + Use toys / string / fabrics / ribbon / recycled pots and boxes to use as food
- + What colours and textures make you think of the different flavours?
- + **Sour Course:** grapefruit cocktail / lemon and olive tart / pickled onion roll
- + **Savoury Course:** sausage, beans and mashed potato / Yorkshire pudding and mushy peas / green bean burgers / spaghetti bolognaise
- + **Sweet Course:** raspberry ripple / strawberry cream cake / spaghetti ice cream



Dough Play

mix it up & make it nice!

Mix the salt and the flour in a bowl

Make a well in the middle, gradually add the water and keep mixing

Knead until smooth and shape into a ball

If the dough is too sticky add more flour, if it's crumbly add a little more water

Serving Suggestions...

- + Try adding food colouring to the water before mixing
- + Roll out and cut shapes with cookie cutters, jam jar lids
- + Use hands and fingers to make sausage shapes, balls, patterns
- + What food shapes and colours can Little Cooks make?

ingredients...

+ 1 cup of flour

+ $\frac{3}{4}$ cup of fine salt

+ $\frac{1}{2}$ cup of water



tasty tips

You can store the dough in an airtight container in the fridge for up to two days



Spaghetti tangle prints & table mats

Just like in Yummm! we're not using real spaghetti here. Remember the sticky mess that Sweet, Sour and Savoury got into. This fun activity can get a little messy so cover surfaces before Little Cooks simple exciting pictures.

mix it up & make it nice!

Cover the surfaces ~ this could get a little messy

Cut some lengths of string, about the width of this page

Put a little ready mix paint in a container

Dip the string in the paint and coat it using a chubby brush
(you can tie a loop in the end of the string to make it easier for Little Cooks to hold)

Let the painty spaghetti string drop onto the card or paper making squiggly lines or curly, swirly shapes, leave the string on the paper

Add more bits of string

Carefully place another piece of card on the top and press down

Peel off the top piece of card, to see your super spaghetti print

Carefully pick the string off the card, you now have two pictures
(look at the mirror image patterns)

cooking...

Put the pictures to dry... and make some more trying new flavours of colours and patterns!

Serving Suggestions...

Talk about the shapes and colours

Explore different coloured paint and card combinations

Make a raspberry ripple picture. What other patterns can you make?

Try longer or shorter pieces of string, what marks can you make with thicker or thinner string?

Cover with sticky back plastic or laminate to make wipe clean table mats

Stick different patterned and coloured pictures back to back before laminating to make double sided mix and match mats

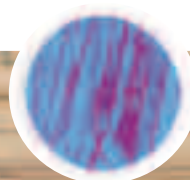
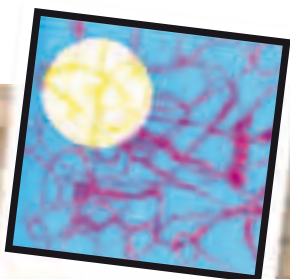
Cut circles or squares and cover or laminate to make matching drinks mats

Cut and stick shapes of different prints to make a picture of a meal or to decorate menu cards, party invitations or use with the "picnic sculpture" activity

Lemon Drizzle & Raspberry Ripple
Table Mats

ingredients...

- + Readymix paint
- + Bits of string
- + A4 paper or card
- + Sticky backed plastic or laminator pouches (to make prints into placemats)



Savour the spills

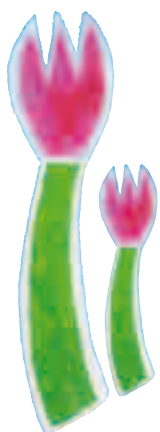
“half a pound of tuppenny rice
half a pound of treacle
mix it up and make it nice
pop goes the weasel”

Little cooks can help plan and prepare a meal
Older children can help write out the menu on A4
paper to be used as place mats

food pictures on your plate...

Sometimes allowing young children to arrange their food in
specific patterns or pictures encourages them to eat everything
on their plate, even the savoury healthy and wholesome bits!

“Very young children
sometimes explore
mark making with the
food and drinks on
their high chair, join in
exploring their shapes
and patterns by talking
about them and what
they might be...”



Use broccoli as trees

Mashed potato as mountains or caves

Sausage boats with green bean sails

Plate faces with carrot eyes, mashed potato hair,
green pea smile, ½ fish cake for each ear!

Feed them the idea and enjoy the results...



musical kitchen chairs...

Play the game at home, at a party, kitchen anywhere!

Choose some good recorded music that your little cooks will want to move to
and give them different foods or tastes to move as: creamy, gooey, sour, crunchy,
sticky, sweet, runner beans, French beans, Mexican beans, etc... mix them up and
add your own!

When the music stops they have to find a chair,
sit on it, and make a food sound or squelch!

If you don't get a chair you can make a sour
face and sit out the next round,
then join back in again!

Can they play their own music
as they go around the chair
with instruments/utensils from
Jamming in the kitchen section?



credits:

Director
Choreographer
Composer / Musical Director
Designer
Costume Designer & Maker
Lighting Designer / Prod manager
Technical Stage Manager:
Original Cast:

Natasha Holmes
Pauline Mayers
Matt Marks
Helen Thomas
Emma Louise Hopkinson
Lars Jensen
Charlotte Carson
Amy Butler
Alice Cade
Carla Piscitelli

Activity Pack Photography:
Show Photography:

Helen Thomas & Natasha Holmes
Amanda Crowther

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Children's Touring Theatre Company



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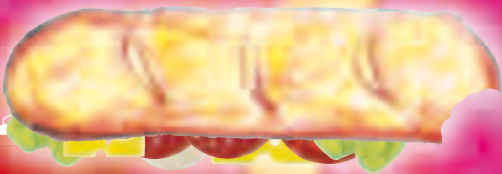
YORKSHIRE
DANCE



LAWRENCE BATLEY
THEATRE
HUDDERSFIELD
INSPIRING PERFORMANCE

15

build your own baguette.



All you'll need is
crayons & scissors...



baguette



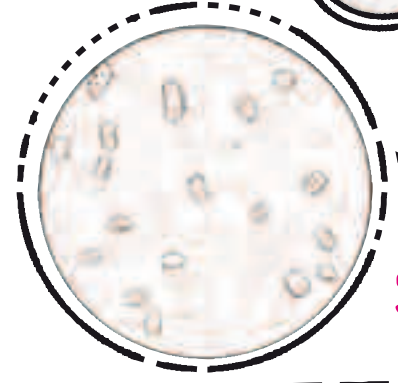
tomato



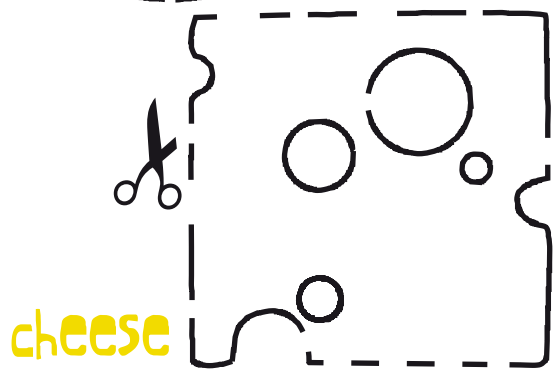
onion



lettuce



salami



cheese

1. Colour in the bread, cut out and fold in half.
2. Now colour in the fillings, cut out and place inside the bread...
3. You've just made a tasty baguette.

YUMMM!