SHAKESPEARE WEEK
Join the national celebration

Shakespeare birthplace trust

Make a creative response to this Shakespeare quote



Have you ever been worried about something that you can't stop thinking about, or felt so anxious that it feels like your heart is beating really loudly? William Shakespeare sometimes wrote about people who had troubles on their minds and it seems that he also understood that physical activity was often a good way to calm yourself down. Physical wellbeing is very important for emotional wellbeing – being active is as good for your mind as it is for your body.

Can you do something creative that shows us what this quote means to you? Here are some ideas to get you started:

Create a piece of writing

- Write a story about how someone who was sad felt better when they did something active.
- Think of a time when you felt sad or unhappy. Did you do something active to make yourself feel better? Write down what advice you would give to someone else.
- Design a booklet that suggests lots of ways to be physically active (Shakespeare-themed of course!). You could take photographs of yourself or draw pictures showing the moves to include in your booklet.

Create a dance

- Create a dance based on a scene from a Shakespeare play such as: the ball in *Romeo and Juliet*; the storm in *The Tempest*; the fight between Mercutio and Tybalt in *Romeo and Juliet*; Puck and the fairies dancing around the forest in *A Midsummer Night's Dream*; Macbeth meeting the weird sisters.
- Learn some Tudor dance moves and use them to create a Tudor-inspired dance.
- Create a dance based on one or more of Shakespeare's characters, such as 'Caliban's monster stomp' or 'Ariel's mischief'.
- Make a video of your dance so that others can follow your cool moves!

Take photographs

Take photographs of yourself or a friend doing different Shakespeare themed moves! Why not use them to make an instruction booklet or poster that helps others' physical wellbeing?

Make some music

Use Shakespeare's words to inspire a song or create a piece of music. What does a 'beating mind' sound like? Does your music go from confused or busy to calm? What rhythms soothe your mind?

Design a Will's Workout

Think about some of Shakespeare's characters and create some actions for each of them. Put these actions into a sequence and add some music. Ideas include stirring the cauldron like the witches from *Macbeth*, climbing a wall like Romeo and skipping like the mischievous Puck! Make a video of your workout so that others can do it too.

Write a rhyme or poem

Use Shakespeare's stories or characters to create an action rhyme. Develop some moves to accompany the words or create a refrain that uses a set of actions. See the activity sheet, 'Create an action rhyme'.

Create a simple Haiku poem in response to the quote: " …a turn or two I'll walk, To still my beating mind." See the activity sheet 'To still my beating mind – A Haiku Poem'.

Make a poster

Being physically active can really help your mental wellbeing.

Can you create a poster encouraging others to be active to help their minds as well as their bodies?

Make up an active game

Create an active game using Shakespeare's plays or characters as your inspiration. Some ideas to get you started include: 'Fairies in the Forest', 'Shipwreck Adventure', 'The Magical Isle', 'Lost in the Woods'.
See the activity sheet 'Active games'.

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Create an action rhyme

Pick a Shakespeare character or story and create an action rhyme with lots of movements that help you to tell and remember the story.

Can you use the words to fill in the gaps in this action rhyme?

LADY MACBETH'S BEATING MIND





Missing Words

Use these words to fill the gaps in the rhyme.

kind
sick
mind
King
sting
stick

I'm Lady Macbeth and I look very ……
(smile sweetly)

But I'm fierce and ambitious and losing my ……
(clench and shake fist then hold head)

My husband Macbeth murdered Duncan the ……
(hold fist like a dagger and move up and down, then move away quickly)

I forced him to do it with words that did ……
(wag finger and then mime a buzzing insect with a sharp sting)

We got what we wanted but oh I feel ……
(mime feeling ill and clutching stomach)

Now the army is coming, each one with a ……
(march like a soldier, waving arms like a branch)

Now try writing your own action rhyme about a different character or play.



To still my beating mind – a Haiku poem

There's a famous Shakespeare quote from *The Tempest* that goes like this:

> "...A TURN OR TWO I'LL WALK,
> TO STILL MY BEATING MIND."

Sometimes when our thoughts are racing and our head feels all confused we can make ourselves feel better by doing something active or by moving in a mindful way. What things calm you? Write them down here:

A Haiku poem is a traditional Japanese poem with three lines. The first and last line have five syllables and the middle line has seven syllables. Traditionally they are about the natural world but they are often created about other things too.



Can you make up a poem that is all about doing something that calms you down (what stills your 'beating mind')?

Write it as a Haiku poem, such as this one:



WALKING BY THE SEA,
SMOOTH PEBBLES UNDER MY FEET.
WIND BLOWING MY HAIR!

You could also have fun creating a Haiku about a Shakespeare character with a troubled mind.

Here's one about Lady Macbeth:

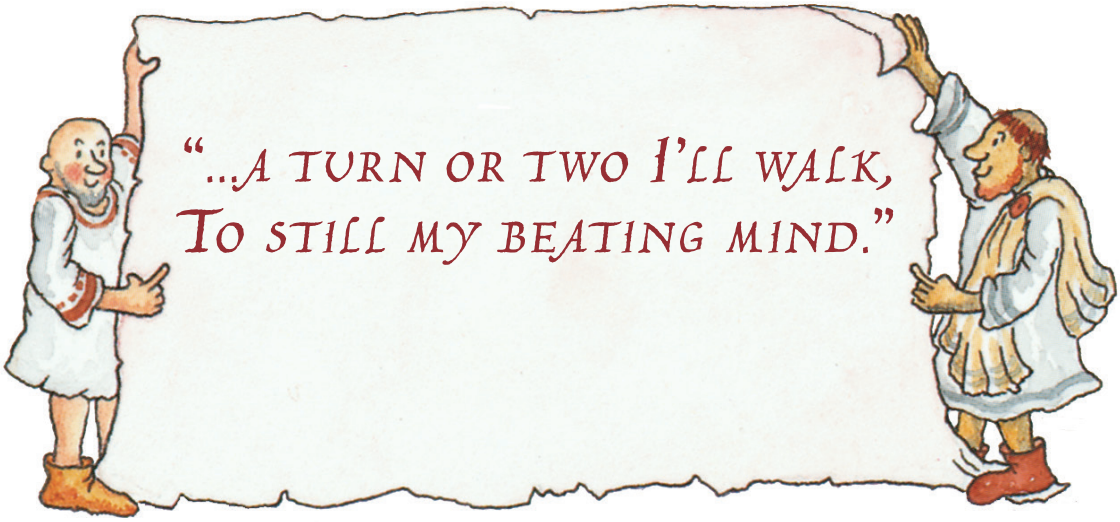
LYING IN THE DARK,
THOUGHTS OF DUNCAN IN MY HEAD.
UP AND PACING – SCARED!



Do you think a 'turn or two' will be enough to sort out Lady Macbeth's troubles?

Active games

There's a famous Shakespeare quote from *The Tempest* that goes like this:



Sometimes when our thoughts are racing and our head feels all confused we can make ourselves feel better by doing something active or by moving in a mindful way. Playing games, getting outside and having fun with our friends also really helps.

Can you make up an active game to play with your friends, using Shakespeare's characters or his plays as your inspiration?

Birnam Woods

This game is similar to the well-known children's game 'What's the time Mr Wolf?'.

Someone plays the part of Macbeth (and wears a crown), someone else plays the part of Macduff (and wears a sash or carries a sword) and the rest of the group are Prince Malcolm's Troops pretending to hold branches from Birnam Woods as they march towards Macbeth!

Here's how to play:

Macbeth stands with his back to the 'troops'. »

The troops move slowly towards Macbeth. »

Every so often Macduff calls out to Macbeth: "Turn hell-hound, turn!" Whenever Macduff calls, Macbeth turns quickly and the troops 'freeze'. Any one that Macbeth spies moving is 'out'! «

Macbeth turns their back again and the game continues. »

Every so often, Macbeth may call out 'Let fall thy blade' and then chase the troops back as far as possible. Anyone that they catch is out! »

The game continues until all the troops are out, or when someone reaches and touches Macbeth!

