
Feelings & Shadows: Shadow Theatre & Regulating Difficult Emotions for Year 4 Groups

Lesson Plans

Throughout this six-week journey, each engaging session spanning 90 minutes, children will delve into the captivating world of shadow puppetry and storyboarding, culminating in the staging of a mesmerizing shadow theatre production. Witness the enchanting "Ophelia's Shadow Theatre," a puppetry show that delves into the complexities of negative emotions, leading to a final presentation based on the insightful children's book, "The Bag of Worries." Throughout the program, children actively participate in a series of workshops, fostering emotional intelligence, creativity, and teamwork.

Materials

- Large white screen
- Overhead projector (OHP)
- Cardstock or black construction paper
- Pencils, markers, and scissors
- Bamboo skewers or other puppet sticks
- Glue and tape
- Cellophane in multiple colours
- Transparent acetate sheets
- Examples of traditional shadow puppetry (images or videos)
- Large sheets of paper or poster boards for storyboarding.
- Pencils, markers, and crayons.
- Container Box (to keep the puppets created).
- "The Bag of Worries" by Virginia Ironside (text only)
- Timer or clock



Week 1: Ophelia's Shadow Theatre Showcase & Workshop

Learning Objectives

Duration: 1 hour 30 minutes

- Experience immersion in the captivating world of puppetry through "Ophelia's Shadow Theatre" puppet show.
- Monitor children's responses during reflection, noting their ability to articulate thoughts and feelings about the workshop experience and express anticipation for future activities.
- Foster experimentation and imaginative play as children explore storytelling and character creation in an informal shadow play setting.
- Facilitate reflection on the workshop experience, promoting self-awareness and critical thinking.
- Generate excitement and anticipation for future weeks of shadow puppetry and emotional exploration.

Lesson Outline

Ophelia's Shadow Theatre Puppetry Show (30 minutes):

- Immerse the children in the captivating puppetry show, "Ophelia's Shadow Theatre."
- Encourage them to express their thoughts and feelings after the show.

Hands-On Workshop (45 minutes):

- Provide materials for creating simple shadow puppets.
- Guide the children in a hands-on workshop to craft their own shadow puppets.
- Foster creativity and exploration as they experiment with their puppets in a small, informal shadow play.

Reflection and Conclusion (15 minutes):

- Discuss the children's experiences during the workshop.
- Conclude by expressing excitement about the upcoming weeks of shadow puppetry and emotional exploration.



Assessment

Evaluate children's participation and creativity during the hands-on workshop, noting their ability to follow instructions, manipulate materials, and engage in imaginative play with their shadow puppets.

Home Learning (optional)

- Encourage children to create a short written response to the puppet show, reflecting on their favorite moments or characters.
- Invite children to practice storytelling with their shadow puppets at home, independently or with family members, and share their experiences during the next session.



Week 2: Introduction to Shadow Puppetry History, Techniques & Crafting an Articulated Shadow Puppet.

Learning Objectives

Duration: 1 hour 30 minutes

- Gain an understanding of the history and cultural significance of shadow puppetry.
- Learn basic shadow puppetry techniques and create articulated shadow puppets.

Introduction (5 minutes)

- Begin with a brief discussion on what the students know about puppetry. Ask if they have ever seen a puppet show and what types of puppets they are familiar with.

History and Culture (25 minutes)

- Introduce the concept of shadow puppetry and briefly discuss its history and cultural significance in various parts of the world (e.g., Indonesia, China, Turkey).
- Show examples of traditional shadow puppetry through images or short videos. Discuss the uniqueness and creativity of this art form and the history and cultural aspects of shadow puppetry.
- Review key points (such as illusion, perspective, positive and negative spaces), encouraging questions and reflections.
- Create a chart on the board or paper to highlight the main characteristics and differences between different types of shadow puppetry.

Hands-On Activity: Creating An Articulated Shadow Puppet (30 minutes):

- Distribute materials for creating shadow puppets - black papers/cardboard pieces, scissors, pencils, markers, bamboo skewers, glue, and tape.
- Instruct students to design and cut out their shadow puppets. Encourage creativity in their designs.
- Assist students in assembling articulated shadow puppets and attaching them to bamboo skewers using glue or tape.
- Allow students to practice manipulating their puppets behind the screen, experimenting with movement and storytelling.

Sharing (20 minutes)

- Have pupils share their puppet with the class, explaining the character they created.



Closing and Reflecting (10 minutes)

- Revisit key points about shadow puppetry and its cultural significance.
- Reflect on the activity as a class, discussing what they enjoyed and learned.
- Conclude the lesson by expressing excitement for the upcoming sessions and the final performance.

Assessment

Observe students during the hands-on activity to ensure they grasp the basic techniques. Assess their understanding of the cultural aspects through class discussions and the sharing session.

Home Learning (optional)

- Encourage students to explore shadow puppetry further at home by researching more about the history and techniques of shadow puppetry.



Week 3: The Bag of Worries & Designing Emotions + Characters Through Shadow Puppetry

Learning Objectives

Duration: 1 hour 30 minutes

- Explore the concept of worries and negative emotions through the story "The Bag of Worries."
- Express their understanding by designing visual representations for different worries and emotions.
- Create shadow puppets based on their designs, fostering creativity and emotional expression.

Introduction (15 minutes):

- Introduce the concept of expressing emotions through art and storytelling. Discuss the difference between realistic and abstract expressions.
- Briefly introduce the story "The Bag of Worries," highlighting the theme of dealing with worries and negative emotions. Explain that they will be reading a story that explores emotions and then creating shadow puppets to represent different feelings.

Reading and Discussion (20 minutes):

- A copy of the book's text is given to each pupil.
- Pupils take turns reading the story aloud.
- Discuss how the characters dealt with their worries and emotions.
- Engage students in a group discussion about the worries and emotions depicted in the story. Encourage students to share their thoughts on different emotions.

Designing Emotions (20 minutes):

- Give each student black paper, pencils, and markers.
- Instruct students to choose at least 2 emotions and one character from the story and create designs that represent them.



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- Encourage creativity and variety in their designs, emphasising that emotions can be expressed differently.
 - Explain the connection between their designs and shadow puppetry. Discuss how they will transform their designs into puppets that can convey emotions through shadows.
 - Encourage creativity in expressing emotions through shapes, colours and movement.
 - Have a brief sharing session where students can explain their designs and why they chose certain elements to represent specific emotions.
 - Instruct students to choose one or more designs to turn into shadow puppets by cutting out the designs. They can add details or modify the designs to make them more suitable for puppetry.

Hands-On Activity: Shadow Puppets in Action (20 minutes):

- Distribute bamboo skewers or puppet sticks, glue, and tape.
- Assist students in attaching their puppet designs to the sticks, creating their own set of shadow puppets.
- Set up the white bedsheet or large screen with the overhead projector.
- Allow time for students to practice manipulating their emotion shadow puppets behind the screen, experimenting with movement and storytelling.

Sharing and Reflection (10 minutes):

- Have each student share one of their emotion shadow puppets with the class, explaining the emotion it represents.
- Discuss the importance of expressing and understanding emotions to cope with difficult feelings.

Closing (5 minutes):

- Conclude the lesson by summarising the key points and expressing appreciation for the pupil's creativity.
- Invite students to reflect on what they learned and how they can apply it in their everyday lives.

Assessment

Evaluate students based on their participation in discussions and engagement in the activity. Observe how well they express and understand emotions through their creations.



Home Learning (Optional)

- Encourage students to share the story of "The Bag of Worries" with their families, fostering open communication about emotions.
- Encourage students to create a short shadow puppet show at home, incorporating abstract and realistic puppets. They can involve family members in the performance and share their experiences in the next class.



Week 4: Creating a Storyboard for "The Bag of Worries" & Settings

Learning Objectives

- Develop an understanding of narrative structure through the story "The Bag of Worries."
- Learn about storyboarding.
- Collaborate in groups to create a storyboard representing their part/scene in the final show.
- Design shadow puppet characters based on the story elements.

Lesson Outline

Introduction (5 minutes):

- Begin with a brief discussion about storytelling and the elements of a story. Ask students to share their favourite stories and what they enjoy about them.

Storyboarding (25 minutes):

- Explain the concept of a storyboard and its role in planning a visual narrative.
- Recap "The Bag of Worries" story and briefly discuss the main characters and plot.
- Divide the class into 6 small groups, assigning each group a segment of the story.
- Highlight the main characters and events.
- Distribute large sheets of paper or poster boards to each group.
- Instruct students to create a storyboard for their part of "The Bag of Worries," depicting the main events in sequential order. Encourage them to include key characters and settings.

Transforming a Storyboard into a Shadow Theatre Scene: The 5 Tasks (5 mins)

- Share with pupils the 5 tasks they must complete in their shadow theatre scenes:
 - Include at least one change of perspective (e.g. a character is near and then goes far away.)
 - Use positive space to create at least one character or setting.
 - Use negative space to create at least one character, setting or effect.
 - Include at least one puppet with moving parts.
 - Create clear transitions for the beginning and the end of the scene.



Shadow Puppets & Settings Creation (20 minutes)

- Ask pupils to list all the characters and settings they need in their scenes and distribute the tasks among themselves.
- Provide black paper, cardboard, pencils, markers, and scissors.
- Instruct students to design shadow puppet characters and settings for their part of "The Bag of Worries" and cut them out. Encourage creativity and attention to detail.
- Distribute bamboo skewers or puppet sticks, glue, and tape.
- Assist students in attaching their puppet characters to the sticks or acetate sheets.

Creating Movement & Transitions (30 mins)

- Set up the white bedsheet or large screen with the overhead projector.
- As children finish their shadow puppets and settings, allow them to take turns manipulating their puppets on the OHP, experimenting with movement and storytelling.

Closing (5 minutes)

- Conclude the lesson by summarising the key elements of storytelling and shadow puppetry.
- Express appreciation for the pupils' creativity and collaboration.

Assessment

Evaluate students based on their engagement, the quality of their storyboards and shadow puppet characters, and their ability to work effectively as a group.

Home Learning (Optional)

Encourage students to create a storyboard of their favourite story or book and share it with the class and their families.



Week 5: Rehearsal of Shadow Theatre Show Based on "The Bag of Worries"

Learning Objectives

- Refine shadow puppetry skills by rehearsing a shadow theatre show based on "The Bag of Worries."
- Practice transitions and team coordination by staging their part of the story/scene in groups.
- Learn collaboration and focus while working towards a polished presentation of the entire narrative.

Lesson Outline

Introduction (5 minutes)

- Begin with a brief review of the previous lesson, reminding students about the storyboards they created and the shadow puppet characters designed.
- Discuss the importance of rehearsal in preparing for a performance, emphasizing teamwork, focus, and coordination.

Rehearsal Guidelines (10 minutes)

- Divide the class into groups according to their storyboarding and scene.
- Review the storyboards within each group and discuss the key elements and transitions they need to focus on during rehearsal.
- Set clear guidelines for the rehearsal, emphasizing the importance of smooth transitions, clear storytelling, and coordination between group members.
- Discuss how each group can use the space behind the screen effectively to enhance their performance.

Rehearsal (40 minutes)

- Distribute puppet characters and storyboard materials to each group.
- Set up the white bedsheet or large screen and the overhead projector.
- Divide the groups into 2 bigger ones: Group A contains the groups responsible for scenes 1-3, and Group B contains the groups responsible for scenes 4 -6. While Group A rehearses, Group B works as the audience and vice-versa.
- Instruct each group to take turns rehearsing their assigned part of the story, paying attention to movements, timing, and transitions.
- Provide time for groups to rehearse and coordinate their puppet movements.
- Circulate among the groups, providing guidance and feedback as needed.



Whole Class Run-Through (30 minutes)

- Bring all groups together for a full run-through of the entire shadow theatre show.
- Allow each group to practice their transitions and coordinate with the following group for a smooth flow.
- Observe and provide constructive feedback to the entire class.

Closing (5 minutes)

- Conclude the lesson by expressing excitement for the upcoming performance.
- Remind students of the importance of practising at home and supporting their fellow group members.

Assessment

Evaluate students based on their participation in the rehearsal, their ability to coordinate with their group members, and feedback contributions to other groups. Assess the overall flow and coordination of the shadow theatre show during the whole class run-through.

Home Learning (Optional)

Encourage students to continue practising their parts at home, ensuring they are comfortable with their puppet movements and transitions.



Week 6: Conclusion & Celebration – Shadow Theatre Presentation

Learning Objectives

- Showcase their new shadow puppetry skills through a polished presentation of a shadow theatre show based on "The Bag of Worries."
- Develop presentation skills, teamwork and collaboration as each group works together to deliver the performance.
- Explore creativity and self-expression, and demonstrate an understanding of emotional exploration through artistic mediums.

Lesson Outline

Introduction (5 minutes)

- Emphasize the importance of rehearsal and teamwork for a good performance.
- Set the stage for the final shadow theatre presentation, building excitement among the students.

Final Run-Through Rehearsal (30 minutes)

- Begin with a warm-up activity to energize the students and focus their attention.
- Conduct a final rehearsal of the shadow theatre show, allowing each group to refine their part of the story.
- Emphasize smooth transitions, clear storytelling, and effective coordination between groups.
- Provide guidance and support to address any last-minute challenges or adjustments.

Preparation for Presentation (10 minutes)

- Prepare the performance space, ensuring proper lighting and setup for the shadow theatre show.
- Help students arrange their puppets and props, ensuring everything is in place for the presentation.
- Encourage students to stay focused and stay positive as they prepare for the final performance.

Shadow Theatre Presentation (25 minutes)

- Invite parents, caregivers, and the school community to the shadow theatre presentation.



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- Each group presents their part of "The Bag of Worries" story, showcasing their puppetry skills and storytelling abilities.
 - Celebrate the students' achievements with plenty of positive reinforcement.
 - Thank the students, parents, and school staff for their support and participation.

Reflection and Feedback (10 minutes)

- Gather the students for a reflective discussion on their performance experience.
- Encourage students to share their thoughts and feelings about the programme and the presentation, highlighting their strengths and areas for improvement.
- Provide constructive feedback, recognizing the students' hard work and dedication.

Closing Celebration (10 minutes)

- Conclude the lesson with a celebratory atmosphere, acknowledging the students' accomplishments.
- Distribute certificates to recognize individual and group achievements in the shadow theatre program.

Assessment

Evaluate students based on their performance during the shadow theatre presentation, focusing on engagement, puppetry skills and overall presentation quality. Assess students' collaboration and teamwork throughout the rehearsal and presentation process, considering their ability to coordinate with group members and contribute to a cohesive performance.

Home Learning (Optional)

- Encourage students to reflect on their shadow theatre experience and write a short reflection or journal entry about what they learned and enjoyed most.
- Invite students to continue exploring puppetry and storytelling at home, perhaps by creating shadow theatre shows or puppet performances to share with family and friends.

Through active engagement in each thoughtfully crafted activity, children unleash their full creative potential and embark on a profound learning journey encompassing shadow puppetry, storyboarding, and emotional regulation. The concluding celebration and show presentation serve as tangible reminders of their enriching experience within the classroom setting.

