

WELCOME TO YOUR PACK OF JOY!

Hello, friends!

Welcome to your **Pack of Joy!** Wherever this finds you and however it finds you feeling, please know that we are thinking of you and that we are with you in spirit, as this strange new world emerges.

We hope you find within these pages something that tickles your fancy and keeps you company in a quiet, bored, difficult or everyday moment. We hope it brings you fresh thinking when you need it and it should remind you that, whatever the situation we find ourselves in, we are all artists. Now more than ever it feels so important that we keep creating, imagining, telling our stories and dreaming up new possibilities for our future.

These activities have been designed to capture what this moment in history looks like for us as a community. Some might take you a few minutes, others several days or weeks. Dip in and out, do them with your housemates or use them to inspire projects of your own. All we ask is that, if you can, you share what you create with us! Our ambition is to host an exhibition or archive in the future so that everyone can celebrate each other's work.

Please send content (photographs, word documents, any format that is best for you) to our email address - **publicacts@nationaltheatre.org.uk** or our phone - **07961 607 055**. You can also let us know how you are getting on with your **Pack of Joy** on social media **@NationalTheatre #NTPublicActs**.

In the current moment we feel luckier than ever to be connected to such a life-giving, life-affirming community. We are so grateful for everything you continue to do and inspire us to do. Thank you.

Sending love, solidarity, strength and hope,

The Public Acts Team






Public Acts is supported by Arts Council
England's Strategic Touring Fund, Garfield
Weston Foundation and Mr & Mrs A Mosawi.



DAILY PLANNER

Trace or print these pages
and create more planners
to help structure your time.

**“PLEASURE AND ACTION MAKE THE HOURS SEEM SHORT”
SHAKESPEARE, OTHELLO**

BREAKFAST	DATE: ____ / ____ / ____
 MORNING	
LUNCH	
 AFTERNOON	
DINNER	
 EVENING	

WEEKLY PLANNER

MONTH:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

TO DO LIST:

NOTES:



GOOD NEWS DIARY

Each day write down 1 positive thing you have noticed as a sentence, phrase or even 1 word. It could be something you are grateful for, something lovely which caught your eye or a small but joyful thing which happened. E.g. *Sunshine in the kitchen. New hand soap! The postman was smiling.*

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

When you finish, read it back out loud, highlighting things that stand out. Create a performance inspired by your text – a poem, monologue or story. Now start again on a new piece of paper! Can you build a diary that lasts as long as lockdown?



LIFE SONGS

Our own version of Desert Island Discs!
Which songs are most special to you? Write
down the title, artist and what it means to you.

**"CALLING ALL OUR FRIENDS AND FAMILY IN EXILE... GATHER ROUND AS WE
MAKE A SONG! HOW SHALL WE SING OF GRACE IN THIS STRANGE PLACE?
I DON'T KNOW, BUT I'LL SING ALONG" SHAINA TAUB, AS YOU LIKE IT**

TRACK NAME

I HAVE CHOSEN IT BECAUSE...

TRACK NAME

I HAVE CHOSEN IT BECAUSE...



TRACK NAME

I HAVE CHOSEN IT BECAUSE...

TRACK NAME

I HAVE CHOSEN IT BECAUSE...

TRACK NAME

I HAVE CHOSEN IT BECAUSE...

TRACK NAME

I HAVE CHOSEN IT BECAUSE...

6 THINGS

Put these up on your fridge or wall and over the next 6 weeks complete the lists. Look back on what you collect and use it to inspire a piece of writing, drawing, music or performance.

THINGS WHICH HAVE SURPRISED ME

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

THINGS I HAVE SEEN FROM MY WINDOW

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

THINGS I NEVER THOUGHT WOULD HAPPEN

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

THINGS I HAVE DISCOVERED FOR THE FIRST TIME

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



6 THINGS "THERE IS MUCH MORE THAT I MUST DO" SHAKESPEARE, PERICLES

THINGS WHICH HAVE MADE ME LAUGH OUT LOUD

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

THINGS I'M LOOKING FORWARD TO DOING AGAIN

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

THINGS I HAVE CHANGED MY MIND ABOUT

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

THINGS I AM NEWLY GRATEFUL FOR

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

MY PROJECTS

Map out the projects you are working on or dreaming of working on. It could be something small like stretching each day or writing a few emails to friends...or it could be something bigger like a home DIY project or learning to bake.

PROJECT 1:

PROJECT 2:

PROJECT 3:

PROJECT 4:

PROJECT 5:

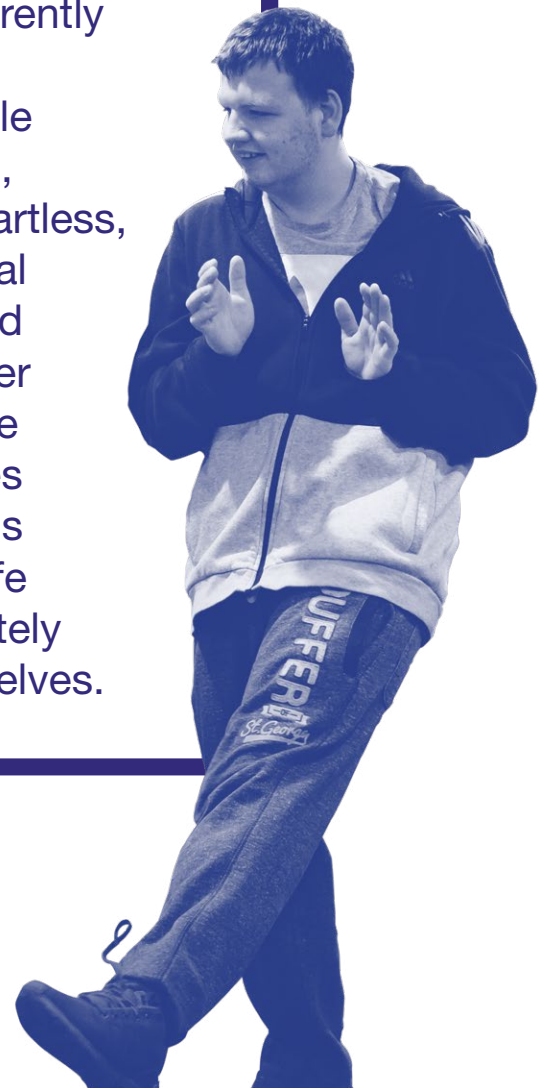


SOMETHING TO READ

This poem by K. O'Meara was written in 1868 after the Great Famine. Does it connect with you, and with now? How might you perform it? Record yourself reading the poem (audio or video) and send it to us. We'd love to create a recording of everyone's voices reading this together.

AND PEOPLE STAYED HOME

And people stayed home
and read books and listened
and rested and exercised
and made art and played
and learned new ways of being
and stopped
and listened deeper
someone meditated
someone prayed
someone danced
someone met their shadow
and people began to think differently
and people healed
and in the absence of people
who lived in ignorant ways,
dangerous, meaningless and heartless,
even the earth began to heal
and when the danger ended
and people found each other
grieved for the dead people
and they made new choices
and dreamed of new visions
and created new ways of life
and healed the earth completely
just as they were healed themselves.



CREATIVE CHALLENGES

We have set you 51 mini challenges! Cut each of these out, fold them and put them in a bowl. Each day (or whenever you feel like it) pick 1 out at random and give it a go. Don't forget to save, photograph and send us what you've made!

Tell someone a story.	Write a poem.	Make a sculpture out of objects in your home. Give it a title.
Draw what you can see out of your window.	Draw your dream.	Choose your favourite wall in your home. Sit and look at it for 5 minutes without being interrupted. Then take a blank piece of paper and draw, or write, what you saw.
Write a positive message of encouragement to the world. Stick it in your window for everyone to see.	Take time to be totally still.	Move your body in 3 new ways.
Turn your bedroom into an art installation.	Create a costume from clothes in your (or someone else's!) wardrobe. Give your character a name, and write down their story.	Find 12 different parts of your body to stretch.
Cut a hole in a piece of paper. Look through it. Draw what you see.	Make a wish upon a tree.	Dress up in only 1 colour.

Pick the title of a film or TV show you haven't seen. Write the first scene.	Listen to a radio station that plays the sort of music you would never usually listen to. Close your eyes. Write, dance or draw in response to what you hear.	Build a machine.
Move through as much of your home as possible without touching the floor.	Draw or paint with your eyes closed.	Memorise a poem and recite it out loud (we can provide poems if you need!).
Write down the lyrics of your favourite song. Read it aloud like a poem. Think about what it means. Write your own version.	Play 1 of your favourite songs or pieces of music. Dance like no one is watching.	Play 1 of your favourite songs or pieces of music. Dance like somebody else.
Draw a self-portrait. Hang it in your house.	Create a map of an imaginary country.	Find the smallest object in your house. Place it next to the largest object in your house. Write an imagined conversation between the 2 objects.
Make a time capsule. Bury it somewhere in your garden or home.	Write down every colour you can see in your home.	Photograph or sketch as many patterns as you can find.
Find 10 things you've never noticed (a mark on the wall, a pot of jam at the back of the cupboard). Label them as if they are precious artefacts in a museum.	Write down 3 things you liked about yesterday, 3 things you hope for today and 3 things you are looking forward to tomorrow.	Write a list of all the questions you have in your head right now.

Invent something.

Create a memorial to someone or something you have lost.

Design a theatre that has social distancing.

Cut out a series of tiny paper doors. Stick them around your house. Imagine who might come out of them.

Make a stage. Perform something on it for yourself, or your housemates.

Record a short conversation between people in your home, on the street or on the TV. Turn it into a short play. Write the scene before and after.

Make up a game using objects from your kitchen.

Choreograph a dance sequence by responding to these words in your own way: stretch, grow, melt, shake, roll.

Create a catwalk. Host your very own fashion show with the most outrageous outfits you can pull together from your wardrobe.

Make a den.

Write a manifesto for the future.

Create an obstacle course. Time yourself, see how quickly you can complete it.

Write and post a letter to someone you have been meaning to reach out to for a while but haven't.

Turn inside outside.

Make your own board game.

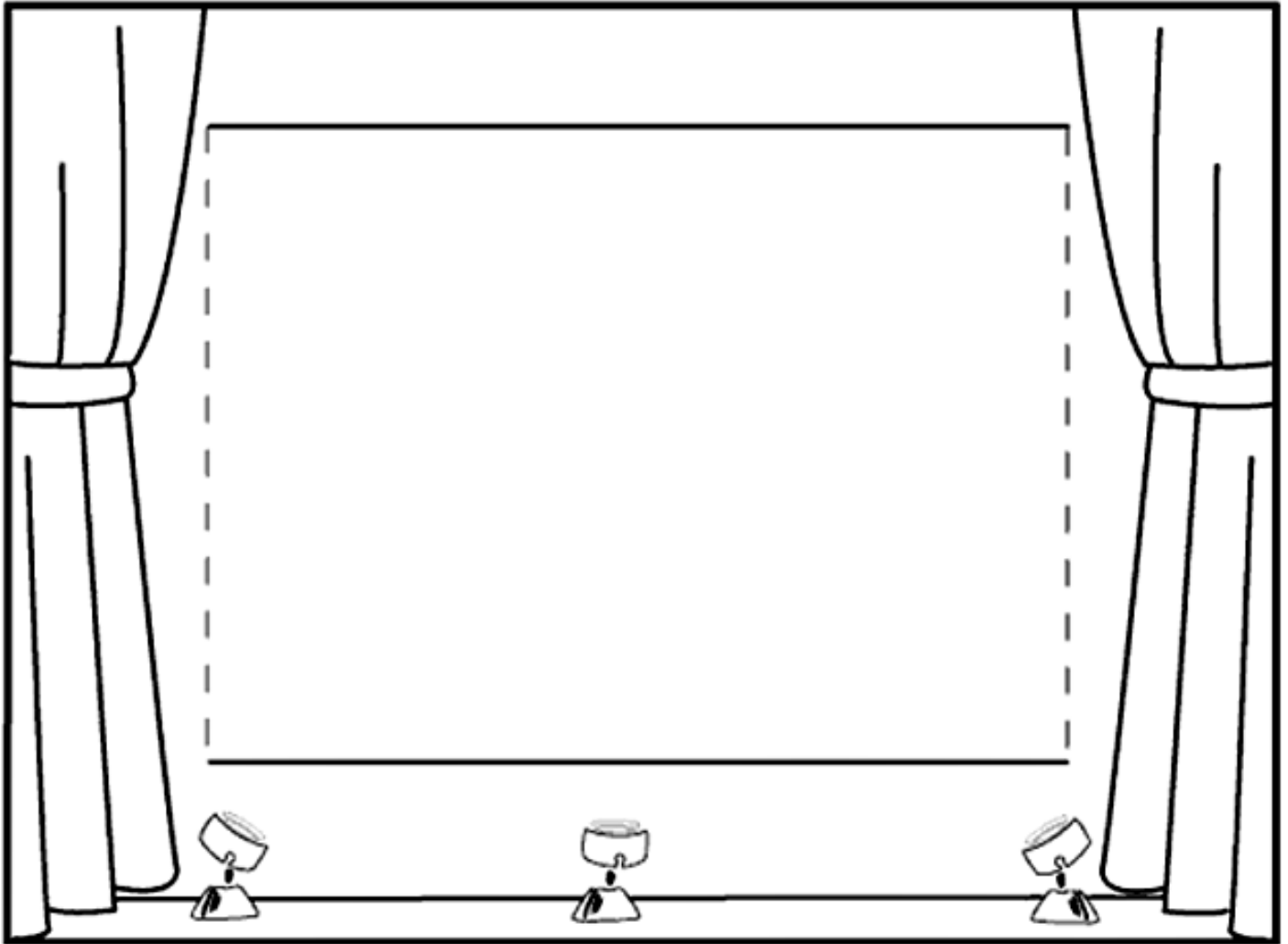
Make the tallest tower you can out of household objects that can stand up for 30 seconds without falling over. Measure it and tell us how high it was!

Write a message to yourself in the future. Put it in a bottle and hide it in your home.

Write a haiku. The first line should have 5 syllables, the second line 7 syllables and the third line 5 syllables.

DIY THEATRE

Create your own play! Decorate the frame and stage.
Cut a slit along the 2 dotted lines. Don't cut the whole square out.



Draw a picture in each box to show the scenes in your show. Cut out this strip and slide through the frame. Tell the story as you pull the strip through. Create more strips and tape more picture boxes together to make your story longer.

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**"IF YOU'RE TO CHOOSE TO PAINT
YOUR LIFE TODAY... WHAT WILL IT
BE? REMEMBER, YOU'RE THE ARTIST,
NOT THE CANVAS" VAL UCHENDU**

Slow down and do some
colouring-in. Perhaps this
could become a window
display for your neighbours
to enjoy.



Original painting: Seated Woman 1937 by Pablo Picasso

BINGO TIME!

Cross out a challenge once you have completed it. There is no rush to do them but challenge yourself to complete them all!

Done something I've
been meaning to do for
a really long time

Managed to buy
toilet paper

Taken a deep breath

Eaten a new food

Given a gift to
someone else

Learned a new skill

Given a gift to myself

Phoned a friend

Encountered
an obstacle and
overcame it

Met a new
neighbour

Read a book,
story or poem

Grown something
(a beard, a plant,
a passion!)

Celebrated
something

Said hello
to a stranger

Stretched

RECOMMENDATIONS

We reached out to the Public Acts network of artists and associates to get their top recommendations! You'll see some familiar names here!



FROM THE PUBLIC ACTS TEAM

Activity

Check out these short workshop videos (from warm-ups to spoken word) made for the Public Acts community by our Associates Rosie, Gitika, Ryan and James. www.publicactsdoncaster.com

FROM AYESHA DHARKER ACTOR, PERICLES

Book

Haroun and the Sea of Stories. Great for any age so you can read with children.

Film & TV

I propose a gangster season from *Godfather* and *Goodfellas* to *Sopranos* and *Public Enemy*!

Music

In a Sentimental Mood by John Coltrane and Duke Ellington makes the best soundtrack to almost any view from a window. *Cheek to Cheek* by Ella Fitzgerald and Louis Armstrong is just a hug in song form. *Toto and Alfredo* by Ennio Morricone on the soundtrack of *Cinema Paradiso*.

FROM GARRY ROBSON, ACTOR, PERICLES

Film

The *Studio Ghibli* animations are all available on Netflix. Ghibli are a Japanese company who produce beautiful animated feature-length films. Dark, dangerous, funny, heart-warming and perfect for all ages. Most are dubbed and all are captioned and audio described.

Book

One of my favourite writers is Haruki Murakami. I just finished one of his latest novels *Killing Commendatore*. It's a perfect book for any budding painters out there.

FROM DOUG RINTOUL, DIRECTOR, AS YOU LIKE IT

Short Film

Spare Tyre have released this short documentary about the making of theatre production *Love Unspoken* a project supported by Queen's Theatre Hornchurch. It features some fantastic music by participants from Public Acts partners HASWA. <https://tinyurl.com/yabg234f>

FROM YSHANI PERINPANAYAGAM, MUSICAL DIRECTOR, AS YOU LIKE IT

Music

I wrote a piece for some orchestra friends to play. I sent them each a part and asked them to video themselves playing it. And I didn't tell them anything else! <https://tinyurl.com/ybbf5tvn>

FROM GITIKA BUTTOO, ASSOCIATE

Film & TV on Netflix

Ferris Bueller's Day Off was one of my favourite films when I was growing up. Really makes me laugh!

Queer Eye is a brilliant, binge-worthy series. It is a feel-good reality program about helping people feel confident in their own bodies and minds.

Give Bollywood a try! The film *QUEEN* on Netflix has some English in it so it's easy to follow. Beautifully told with loads of songs, a bit like a musical.

FROM ROSIE MACPHERSON, ASSOCIATE

Game

I've been doing a weekly quiz with friends via Zoom, Houseparty or WhatsApp video. Whoever wins hosts the next one. The creative round is my favourite, last week each team had to create a pitch for a new Pixar movie!

RECOMMENDATIONS

Book

I'm reading *Girl, Woman, Other* by Bernadine Evaristo. It's fun and inspiring. It begins with a woman opening a show at The National!

I've also set myself up on *GoodReads.com* so I can find new books and writers I might enjoy.

Podcast

An amazing theatre company called Paines Plough have an app called *Come to Where I'm From* with audio plays by writers from all over the UK talking about the place they call home. Each piece feels like a trip to a different place.

For Kids

9am: PE with Joe Wicks

https://youtu.be/6v-a_dpwhro

10am: Maths with Carol Vorderman

www.themathsfactor.com

11am: English with David Walliams

<https://tinyurl.com/r6wnd4l>

12pm: Cooking with Jamie Oliver

<https://tinyurl.com/y8ure6lj>

1pm: Music with Myleene Klass

<https://tinyurl.com/r9oexqq>

1.30pm: Dance with Darcey Bussell

<https://tinyurl.com/ycq9m7vz>

2pm: History with Dan Snow

<https://tv.historyhit.com/signup/package>

4pm: Home Economics with Theo

Michaels <https://www.instagram.com/theocooks>

Non-daily Events

Science with Professor Brian Cox, Robin Ince & Guests <https://tinyurl.com/rpk19bd>

Konnie Huq's the best! Her educational videos cover games, science and baking.

<https://tinyurl.com/yd83pety>

For Older Kids

50 free revision resources for 11+, GCSEs and A-Levels:

<https://tinyurl.com/wo3ccjo>

FROM HAYLEY GRINDLE, DESIGNER, AS YOU LIKE IT

Game

We are having Sunday Funday with our neighbours (you could play this from your windows, balconies, gardens or even on video calls!). It's a bit like a pub quiz but with activities rather than questions.

Round 1: Objects

Challenge the other team to go and find 5 objects! Questions like...

Can you find an object with legs?

Can you find an object with a long neck?

Can you find something blue?

Round 2: Music

Play part of a track on your phone.

The other team have to name that song.

Round 3: Memory

Fill a washing basket full of objects and hold them up one by one so the neighbours (or your video-callers) can see. At the end they have to write down all the ones they can remember!

Activity

Choose a decade and ask everyone to pick their top 3 songs and add them to a joint playlist on Spotify. It brings up a lots of songs that you may have forgotten and that bring back fab memories!

