# BRISTOL OLD VIC





Activity Pack

Introduction

Hello and welcome to our **Belle and Sebastien** Activity Pack.

We are delighted to be back at the Bristol Old Vic Weston Studio this Christmas, with a

brilliant new story of friendship and adventure. Based on the book **Belle and Sebastien** by

Cécile Aubry, our re-telling of **Belle and Sebastien** has been created through a period of

exploration, curiosity and play. It is a classic family tale, reimagined by two of the South West's

strongest co-producing partners, Travelling Light and Bristol Old Vic.

To accompany the production, we wanted to share some activities that you can deliver in the

classroom before or after watching. We hope these activities can support your curriculum

teaching, as well as provide some fun, creative learning for pupils.

Activities are aimed at those aged 4-11 years old, but can be adapted.

We do welcome any feedback or questions you have about the show or pack.

We would also love to hear from you if you have any photos, videos or work you would like

to share with us.

You can contact us: cl.officer@travellinglighttheatre.org.uk

Facebook: @TravellingLightTheatre

Twitter or Instagram: @TL\_Theatre

Lizzy Stephens – Creative Learning Officer

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# Getting pupils ready

- Belle and Sebastien is 40-45 minutes long with no interval.
- **Belle and Sebastien** is set on a thrust stage. That means the audience normally sits around 3 sides of the stage, in a bit of a semi-circle, and the actors perform in the middle.
- There is music and live singing as well as lots of movement and noises.

### **Trigger Warnings:**

- Moments of distress and sadness
- Moments discussing being "picked on"
- Mild peril avalanche scene
- Small flashes and dramatic light changes
- Haze

## Before watching you could ask pupils:

- How many of them have been to see a play before?
- What might be different about watching it in a theatre?
- What do they think Belle and Sebastien is about?

## Ways to make watching the show more fun:

- Ask pupils to bring a favourite teddy or creature companion
- Ask pupils to come in a winter/Christmas Jumper!

# The story

Belle and Sebastien have run into the mountains, away from everyone and everything.

Born on the same day seven years ago, this boy and this dog have yearned forever to feel like they belong. Now all they have is each other — and they don't even realise it yet.

The story follows these mischievous, playful, kindred spirits as they adventure into the wild mountains to escape and discover themselves...

Sebastien is running through the mountains looking for Belle. Belle can smell him and knows that he is running because of what the villagers have said. The villagers talk about Belle and what they think of her.

Belle and Sebastien continue moving around the mountain, until Sebastien grows tired and heads home. We discover a bit more about Belle's past, what Belle likes to eat and what she shouldn't really be eating!

The snow comes and the mountains become more dangerous, but this doesn't stop Sebastien from going back out to explore and find Belle. They find each other, but Belle warns Sebastien to go home. The villagers are not happy about Sebastien going off to find Belle. But Sebastien doesn't give up and goes back to see Belle. He brings food and a blanket — Belle is unsure at first, but eventually very happy.

Their relationship starts to grow as they get to know each other, playing and running in the mountains. Sebastien shares some of his difficult stories from the village and Belle comforts him. She surprises Sebastien with something from the village – but the villagers are not very happy. Sebastien thinks they should run away into the mountain, but Belle knows it is dangerous. As they try to avoid the villagers, their fears turn to reality and the mountain groans turn into an avalanche!

But all is not lost – the villagers discover Sebastien, protected by Belle – everyone is safe and everyone gets to go home.

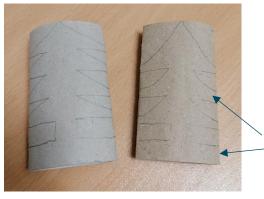
# Activities

After watching it might be useful for pupils to focus on the experience. Here are some possible starting points for discussion:

- What did you enjoy most?
- Which parts did you find funny?
- What do you think was the most exciting moment?
- How did you feel at the end?
- How do you think they felt at the end?

# Make a Tree









#### What you need:

- Cardboard tubes of various sizes (Loo Roll and Kitchen Roll inserts)
- A pencil for marking out
- Scissors to cut
- Pens or paints to decorate

### Step 1:

Squash your cardboard tube so it is flat.

#### Step 2:

Draw your tree design onto the tube.

#### Important:

Remember to leave a base at the bottom so your tree can stand up and some gaps between the "tree points" at the sides, so they stay connected.

### Step 3:

Cut out your tree, being careful to keep the sides connected.

### Step 4:

Decorate your tree with your own designs, using pens, paints or whatever you have to hand! (You could swap the order of Step 3 & 4)

### Step 5:

Give your tube a squeeze so it pops back out and stands up.

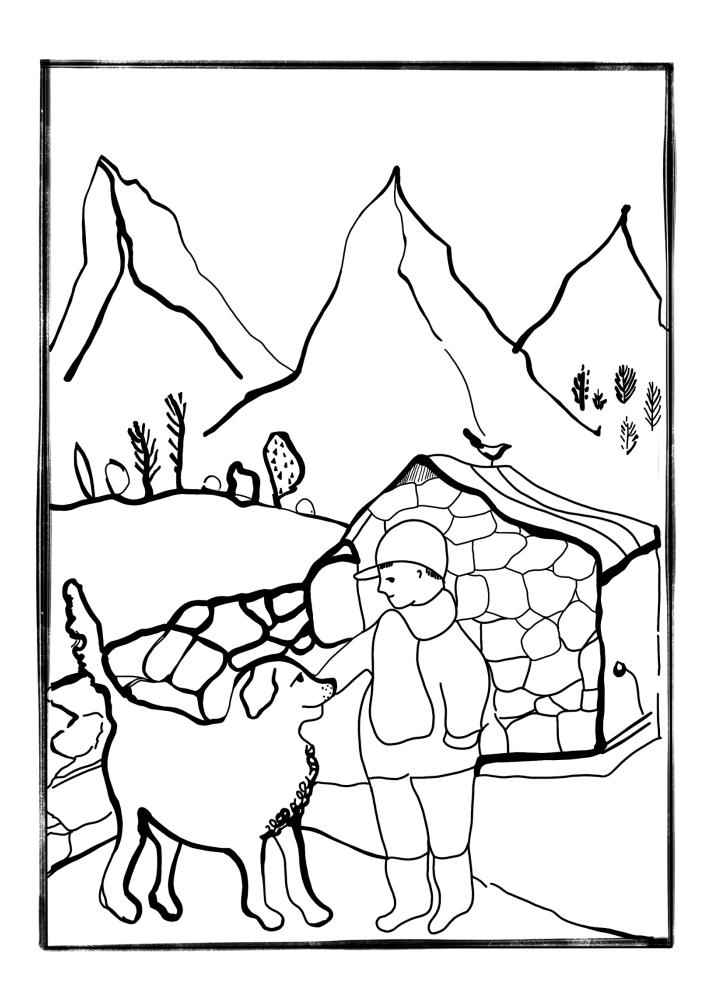
# Colouring

The pictures below have been drawn by Belle and Sebastien's designer, Edwina Bridgeman.

Can you help finish them by colouring them in?

What colours will you choose?





# Drawing

Can you think of your own companion creature? They could be imagined or real! Think about
what they look like, decide where you live and then draw it below.
What does true friendship look like to you? Think about what it looks like and try and draw it
below.

# Creative Writing

## **Creature Imagination**

- 1. Imagine being a dog/creature for the day
- 2. Decide what you would be.
- 3. Write down and describe what you look like.
  - Do you have skin or fur? What colour are you? How big are you? What do you sound like?
- 4. How would you smell things and see things differently?

### Art and Drama add on:

- Draw a picture of your character
- Try and make a frozen statue of your character and then see if you can make them move you could even try hot seating these characters.

# Music & Movement

# Have a listen to the tracks below and see how they make the pupils feel.

- Can they tell you the words to describe these feelings?
- Try experimenting with some free dance whilst playing the tracks.
- How does the music make pupils move?
- Explore how different music can make us want to move differently.

#### Track 1. He is Running

Track 2. **Heavenly Choir** 

Track 3. Pass of Death

Track 4. **Searching** 

Track 5. **News Lamb Gate** 

# Other Activities

### **PSHE**

**Belle and Sebastien** explores a number of different themes that could relate to your PSHE curriculum. Some examples include:

- Friendship
- Bullying
- Emotions

This could open up some discussions around:

- How can I be a good friend?
- Uncomfortable feelings
- Making good choices

- Forgiveness
- Feeling like an outsider
- Loneliness
- Can I eat it?
- My worries / emotions
- Anti-bullying

### **Science**

- Senses there is lots of exploration of senses in this play. It is interesting to look at the
  difference between the senses in humans and animals. Perhaps you could begin by
  watching this video.
- Link to cold and frozen properties and states of matter.
- Characteristics of cold environments.

# **Imagination**

There is plenty of imaginative play in this show. Cardboard mountains turn into eagles, cliff faces and home. Why not have a go at some imaginative play, turning objects into different things. How many things can a cardboard triangle become?!

# Cast & Creative Team

### **Performers**



This is Felix.
Felix plays **Belle**.



This is Mogali.
Mogali plays
Sebastien.

Felix Hayes

Mogali Masuku

#### **Creative Team**

**Director** Heidi Vaughan

Assistant Director Xahnaa Adlam

Movement Director | Joêl Daniel

Composer and Sound Designer Seamas Carey

Writer in the Room Adam Peck

**Designer** Edwina Bridgeman

**Lighting Designer** Imogen Senter

Production Manager Becky Vowles

Rehearsal Stage Manager Natalia Chan

Co-produced with Bristol Old Vic.

# Links

### **Arts Award & Artsmark**

You could use *Belle and Sebastien* for students working towards achieving their Arts Award, or if your school is working towards achieving Artsmark.

Travelling Light is an Arts Award supporter and Artsmark Partner, so get in touch with us if you want any help with this.

www.artsaward.org.uk

www.artsmark.org.uk





For more information or to find out how your school can get involved in our work, get in touch:

Lizzy Stephens lizzy@travellinglighttheatre.org.uk

Interested in finding out more about Belle and Sebastien?

Read some of the recent articles about the show:

Bristol 24/7 – Christmas show for Children and Young People

Guardian – 25 of the best UK stage shows this Christmas

### **Travelling Light**

Travelling Light creates outstanding theatre for and with young people that inspires their thinking, engages their emotions and fires their imaginations. Based in Bristol, Travelling Light has been at the forefront of professional theatre for young audiences since 1984, touring outstanding work for young people to schools, venues and festivals throughout the UK and internationally.

Known for their original music, song and movement, Travelling Light productions are inventive and playful, exploring big themes and ideas with a lightness of touch and a depth of feeling that resonates with adults and children alike. To keep up-to-date with Travelling Light's productions and news, sign up to their e-newsletter at <a href="https://www.travellinglighttheatre.org.uk">www.travellinglighttheatre.org.uk</a>

## The Travelling Light Team

Artistic Director Heidi Vaughan

**Executive Director** Dienka Hines

General Manager Ali Sully

Marketing & Communications Manager Jamie Harber

Production Manager Becky Vowles

Creative Learning Officer Lizzy Stephens

Youth & Communities Officer Louise Betts

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