

POLKA
Where theatre begins...

FAMILY ACTIVITY PACK



The Paper Dolls

A Polka Theatre
and Little Angel Theatre co-production

Based on the book by Julia Donaldson and
illustrated by Rebecca Cobb

Recommended for ages 3+



Tongue Twisters!



Tongue twisters are a great way to warm up the voice, and get energised.

Break the sentence down and repeat it slowly and clearly. Once children are comfortable with the whole sentence you can practice saying it with different emotions and expressions i.e. happy, sad, slow motion, fast forward.

**Ticky and
Tacky took turns
to tell tales**

**The Paper
Dolls pranced and
danced all day**

**The Dangerous
Dinosaur kept digging
into the deep, dark den**



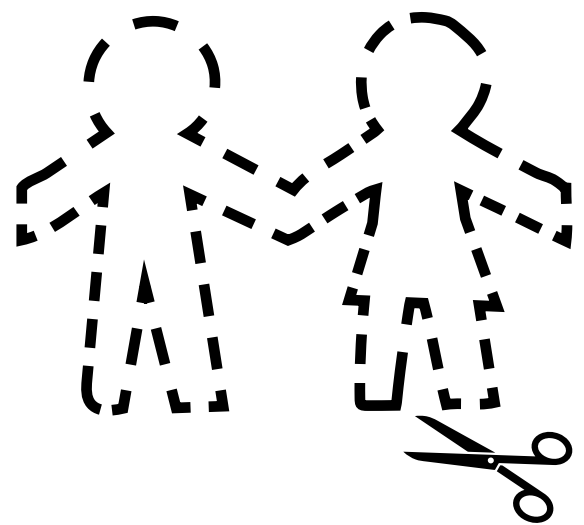
Paper Doll Garlands



Make your own paper doll garlands to cut out and decorate. Think about any special features of your paper dolls.

Do they have bright red hair or four ears? Maybe one of them is facing away like Jackie the backie or one has shoes with lots of laces.

Give them their own names and they're ready to go on their own story adventures.



When decorating your paper doll chain, think about using a range of materials including paint, pencil and crayons as well as fabric scraps, coloured tissue paper, wool, feathers, googly eyes and shiny paper. Just have fun and be creative!

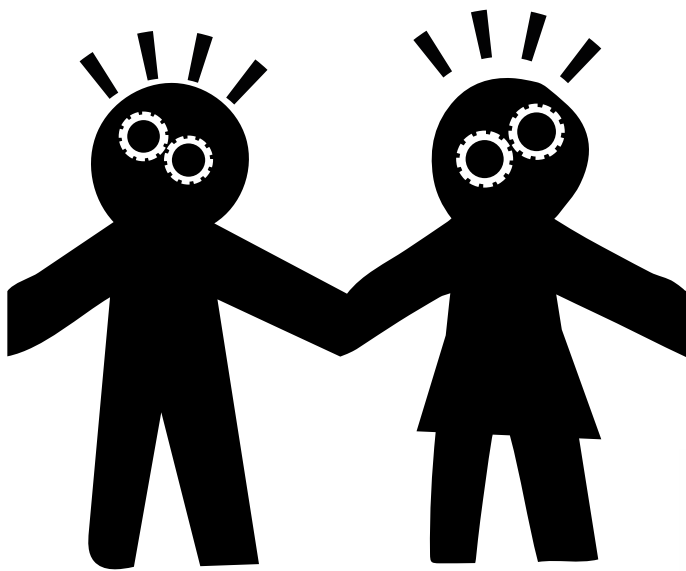


Object Memory Game



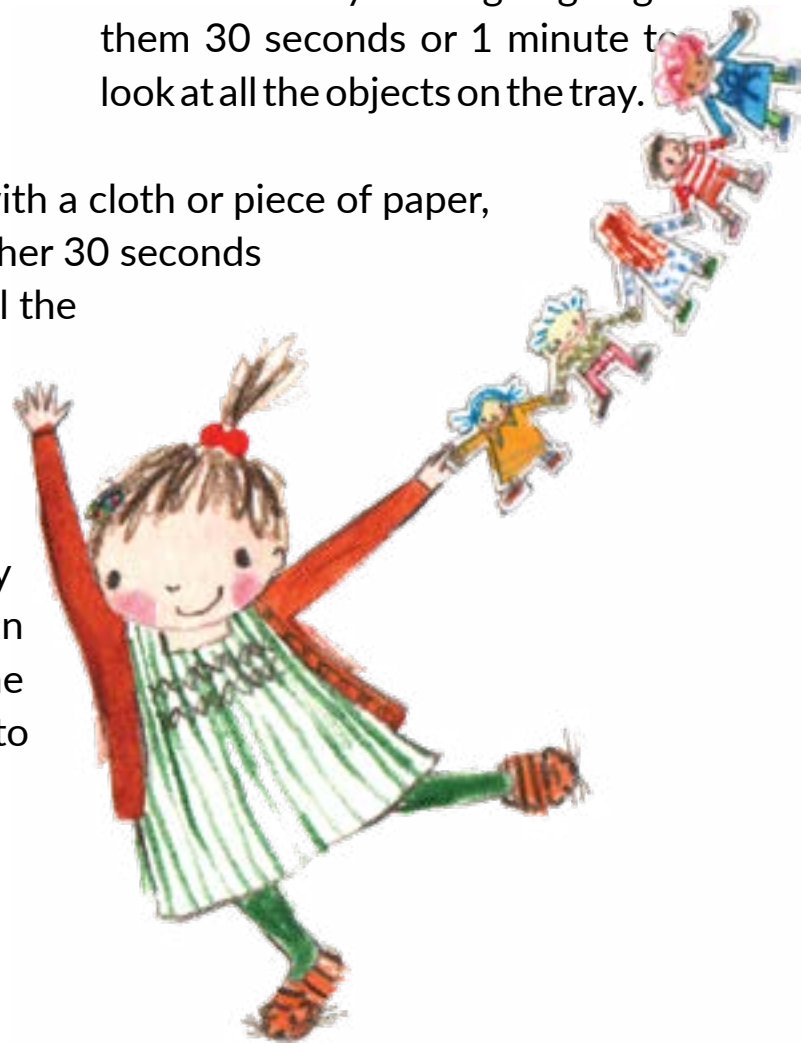
The little girl realises that she has a lot of memories in her head as she is growing up – it is where her cut-up paper dolls go, along with her hair slide and other things that she likes to remember.

Can you think of some special objects you have kept safe in your bedroom that you like? It could be a special toy, a favourite teddy, something you wear, something you can carry or even a lovely book or card someone got you as a present.



- On a tray, display all these objects – could be between 10 and 20 objects depending on how tricky you want the memory game to be!
- Show these objects to your family members by placing the tray in a visible space so everyone can see. Tell them that you are going to give them 30 seconds or 1 minute to look at all the objects on the tray.

- Once the time is up, cover the tray with a cloth or piece of paper, then your family members have another 30 seconds or 1 minute to write down or draw all the objects they remember.
- After the time has passed, reveal the objects again by lifting off the sheet or paper and see how many objects you remembered! Take it in turns to be the person displaying the objects so that everyone gets a go to exercise their memory.





The Taste Test!



There are lots of new things that the paper dolls discover on their adventures. Even playing around the honey pot when the little girl is having honey on toast!

I wonder if you like honey or jam or marmite on toast? I wonder if you can guess different tastes with your eyes shut? Could your family members also guess the taste without looking?

Ask them all to try the taste test.

- With help from a grown up, make pieces of toast – 2 pieces should be enough but it depends on how many tastes you'd like to try.
- Carefully cut the 2 pieces of toast into 4 squares, so you have 8 pieces of toast altogether.
- Now ask your grown up to help you look around the kitchen for different tastes – this could be a spread, a jam, a chutney, a cheese, a meat, a salad or a condiment like tomato ketchup (it can be as yummy or yucky as you like!)
- Carefully start putting different tastes on to the 8 pieces of toast. Once you have covered all 8 pieces of toast with different tastes, you're ready to begin your taste test.
- Using a tea towel or scarf, ask the family member who is being tested to sit down and close their eyes while you wrap the tea towel or scarf around the top of their head covering their eyes so they don't peek.
- Now it's time for them to try different tastes – you can hand them some toast and see if they can guess the taste!

Keep a score to see how many they get right, compared to you when you give it a go. Or you could make a tally sheet like this to show who guessed right:

| | MUM | DAD | BIG BROTHER | BIG SISTER | LITTLE SISTER | LITTLE BROTHER | ME |
|---------|-----|-----|-------------|------------|---------------|----------------|----|
| HONEY | X | | X | | X | X | X |
| MUSTARD | | | X | X | | X | X |
| BUTTER | | X | | | X | X | |



The Paper Dolls Word Search



Can you search and find all these words that are from The Paper Dolls?
Put a line through or circle them with a pencil when you've found them.

See if you can tick all ten off in ten minutes!

Doll

Firework

Granny

Pig

Honey

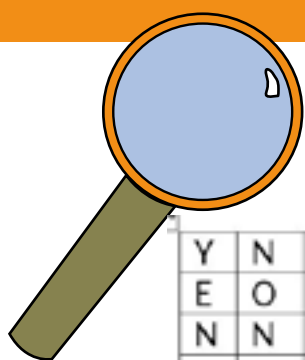
Scissors

Dinosaur

Tiger

Hair Slide

Crocodile

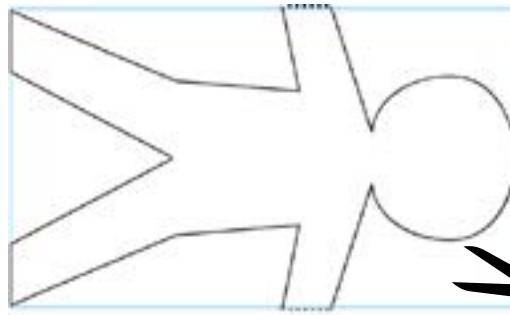


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| A | Q | O | C | C | A | D | R | G | I | Y | U | A | I | A | C | D | R | V | E | |
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| R | E | E | D | O | Y | T | W | A | R | H | T | R | S | C | E | L | Y | N | R | |
| Z | R | Y | C | D | O | R | O | N | U | K | R | R | M | E | H | E | U | M | V | |
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| E | O | N | B | N | D | O | G | G | E | T | E | I | L | O | I | O | J | G | N | |
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| T | G | Y | I | C | S | C | S | L | S | T | G | A | G | Q | R | C | E | A | L | |
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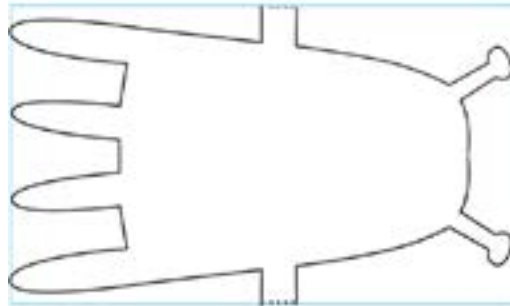




Paper dolls template



Be careful with scissors!
Make sure an adult is supervising.



You can find many pages online with useful instructions for making your paper dolls or your paper doll garland – here are just a few!

Pan Macmillan - bit.ly/2UIX2DP

Aunt Annie's Crafts - bit.ly/3aSmmws

Origami Resources Centre - bit.ly/3dPBDQF



for more activities, videos and resources, visit
polkatheatre.com

