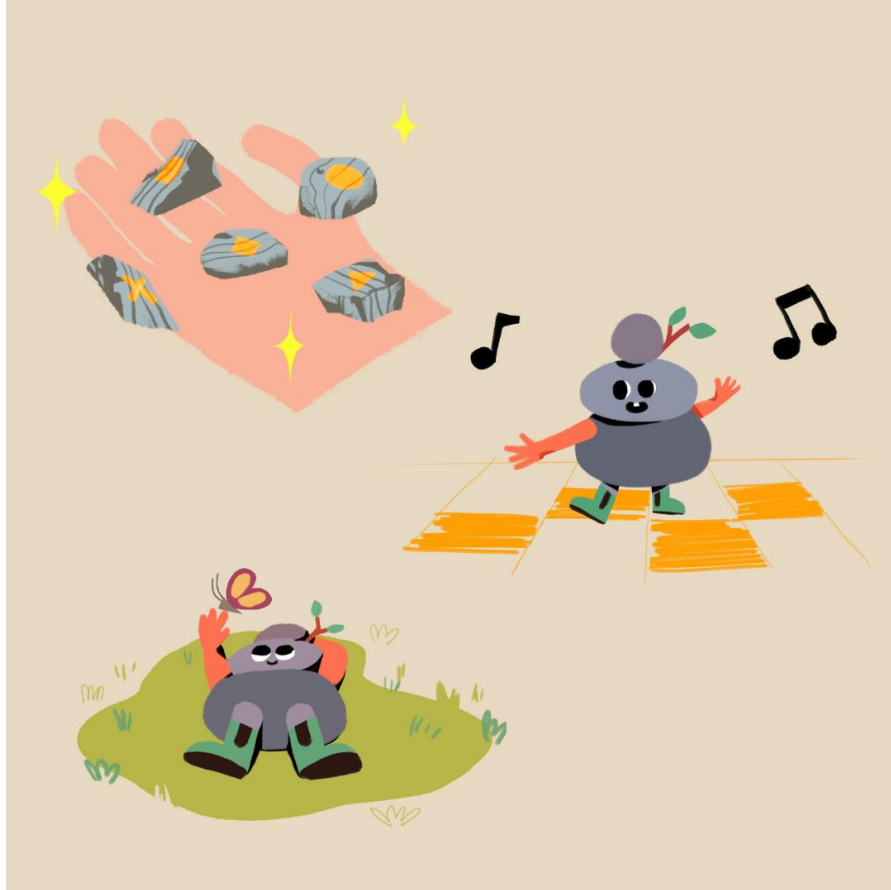




**Esplanade
Presents**

Octoburst!



Video Bon-Bon: Precious Planet (Digital Programme)

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Presented by Esplanade – Theatres on the Bay

Activity Pack
Recommended for 3 years old and above

Hello, and welcome to the Precious Planet activity pack!

This *Video Bon-Bon: Precious Planet* guide provides a series of supplemental and optional activities to complement the three videos of *Precious Planet*, just to make the overall experience just a bit more real and magical.

The guide consists of the following:

1. Important Notes
2. Glossary of Characters, Settings & Items
3. Summary of Videos
4. Accompanying activity for Video 1: Enchanted Stone Excavation
5. Accompanying activity for Video 1: Story Massage
6. Accompanying activity for Video 2: Signature Dance Moves
7. Accompanying activity for Video 3: Soothing Routine.

Important Notes

It is recommended that caregivers watch the videos a few times before doing the activities in order to understand their flow and pace and to understand better how the activities are linked to the videos. Caregivers are also encouraged to prepare items for video a day in advance.

The accompanying activities consist of the following:

1. Accompanying Activities for Video 1:

- i. **Pre-video** - To prepare a sensory bin for treasure-hunting (recommended to be done one day in advance to be carried out before watching of the video)
- ii. **During the video** - To carry out a story massage according to the instructions in the guide as you are watching the video.

2. Accompanying Activity for Video 2

Pre-video - To co-create a dance sequence with your child before watching the video.

3. Accompanying Activity for Video 3

During the video - To conduct a calming routine as you are watching the video.

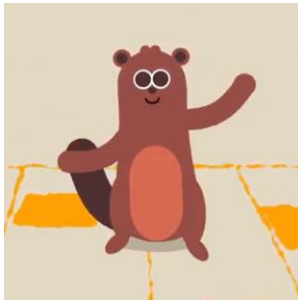
Glossary of Characters, Settings & Items

CHARACTER LIST

Stony Gardener: A caregiver in-charge of Precious Planet



Awesome Otter: An otter, and friend of Stony Gardener



Smiling Sunflower: A sunflower, and friend of Stony Gardener



ENVIRONMENT LIST

Precious Planet: The home planet of the Stony Gardener which has suffered from neglect.



Sparkling Pond: A pond with sparkling water, surrounded by lively grass.



Frolicking Fields: A lush and green field with vegetation and flowers.



SPECIAL ITEMS

Enchanted Stones: Using sound magic, the stones have the power to revive *Precious Planet*.



Summary of Videos

There are three videos in total for you and your child to watch together. We also recommend that you carry out the suggested activities listed on pages 8 to 15 to complement the videos. The entire experience, including the activities, can be carried out over an extended period and should be carried out at a pace that is comfortable for you and your child.

Video 1:

The first video is focused on storytelling, going through the tale of the Stony Gardener. The Stony Gardener is a caregiver-in-charge of tending to the world of Precious Planet. Unfortunately, they have taken a 100-year-long nap, and Precious Planet has suffered because of it. Luckily, you and your child are able to wake the Stony Gardener up with a set of Enchanted Stones!

After waking up, getting to know each other a bit, and practicing using the power of the Enchanted Stones' sound magic, you, your child and the Stony Gardener go off to begin restoring life to Precious Planet. With the power of the Stones, you both are now able to bring water back to the dried-up Sparkling Pond, and make grass grow again in the Frolicking Fields. The Stony Gardener's two friends, the Awesome Otter and the Smiling Sunflower, come back as well! The Stony Gardener thanks both of you for your hard work and throws a dance party in your honor.

Video 2:

The second video is the dance party and focuses on movement, music, and high energy activity! The Stony Gardener, the Awesome Otter, and the Smiling Sunflower all join in and bust a move, dancing to the beat of a house music track. After grooving for a while, the Stony Gardener begins to get tired, and prepares to get ready for some much-needed rest.

Video 3:

The third video is a relaxation video, laying out all the steps for a good self-care session. The Stony Gardener cleans themselves off with a fresh cloth then goes to find a nice, soft spot to lie down. Once they find a cozy patch of grass, they begin deeply breathing and massaging their body to get all the excitement of the day out of their system and ends off by singing a quiet tune and falling asleep.

Accompanying activities

To complement the experience, here are some fun activities which you can carry out **before, during or after** you watch the videos together with your child!

1. Accompanying Activity for Video 1

i. Enchanted Stone Excavation

Recommended to be done a day in advance **before** watching the video.

You will need:

1. 1 decent-sized bucket
2. 3-5 small Trinkets/Toys
3. 1-5 small Stones
4. Paint in various colours (for the stones)
5. Grains to fill the bucket with (dry beans, dry peas, dry rice, sand, etc.)

Instructions:

1. This can be done with or without your child – paint the stones in very eye-catching colours, making them look like little unique treasures. You can also substitute the painted stones with a few small trinkets/toys like bouncy balls, plastic spinning tops, any small trinkets depending on what your child likes.
2. Place the items in the empty bucket.
3. Fill with the grains until the trinkets/stones are buried.
4. Dig away!

Note:

This activity is very modular as the stones/trinkets can be whatever tiny objects your child fixates on. This can also be done in conjunction with a sort of treasure map, set of clues, or trail leading to the digging spot (the bucket). Once you have all the trinkets/stones, they can be used during the first video to help wake the Stony Gardener up, fill the Sparkling Pond with water, and bring grass back to the Frolicking Fields. It's a little piece of Precious Planet to have with you back on Earth.

This is an example of a bucket full of buried treasures!



Our hand-painted stones!



Added on some bits and bobs



Trinkets were placed inside an old basket and filled it with old rice.



Voila, a little excavation site to dig for treasure!

1. Accompanying Activity for Video 1

ii. Story Massage

Recommended to be done **during** the video, or while you are retelling the story of Precious Planet to your child.

Story massages are physical retellings of a story expressed via massage, mimicking the actions and events of the story as different types of touches on the recipient's body, usually their back. They are very open-ended and up to your interpretation, as the focus of the activity is to provide the recipient with a pleasant experience to match the storytelling happening at the same time. We recommend experimenting with different hand shapes, pressures, and actions depending on what is comfortable for your child. You are encouraged to read the script in the following page beforehand to familiarise yourselves with the colour coded texts and the type of motions they refer to.

For example, to mimic the action of walking in a story massage form, imagine your hands as feet, with one hand lifting off while the other stays down.

You can also incorporate objects with unique textures into the story massage, such as the objects found in the Excavation activity.

Note:

There is **no limit to the creativity possible** with this activity, but the most important thing to remember is for it to be fun and pleasant, as opposed to an acupuncture or muscle rehabilitation massage which can be painful at times. Do remember, a little goes a long way! Please ask for consent from the recipient before performing the massages.

Script + Story Massage Guide

The story will be using the following four massage movements:

1. Spread Outwards to depict Excitement and Curiosity
2. Stroke Downwards to depict Understanding and Empathy
3. Gentle Pat and Hold per sentence to depict Ponder and Consideration
4. Very Gentle Knocking with Knuckles to depict Action and Activity

Yaaaaaaaawn wow that was a really nice sleep.

Oh! Who are you, may I ask?

Are you the one who woke me up with those enchanted rocks? Thank you!

You should keep them close, who knows when they might come in handy?

GASP!

Wait, how long have I been asleep, what has happened to my garden???

What happened to our Precious Planet???

the flowers and trees are all withered and wilted, the ponds are dried and my nature

friends are all gone! I must've been asleep for...a long time

I left my planet alone for too long, I haven't given it the care it needs...

I miss the lush green grass and friendly animals...

I miss the sparkling water of the lakes and the cool shade of the trees...

I miss the colors of the flowers and the songs of the birds...

I can't let them disappear forever, just because I napped for too long!

I need to make things better, I need to fix my mistakes, I can't waste any time!

But...how can I fix this mess?

Hmmmmmm OH! Wait!

Remember those enchanted stones you woke me up with?

I have a feeling that they have the power to bring our Precious Planet back to life!

We have to learn to use them!

I think...these enchanted stones get powered up through sound magic

Like this!

Seems like we're really getting the hang of using the stones!

Let's try using their magic now

(Walk walk walk, walk walk) - walk with palms

Here's our first stop, the Sparkling Pond.

It used to be so cheerful and bubbly, but now it looks like a muddy mess.

Let's see if we can help fill the Sparkling Pond back up!

Ready?

Let's activate our magic stones!

We're doing it, the water is filling back up. Oh look, there's our friends the Awesome Otters! They're coming back too!

We're bringing our Precious Planet back to life!

We're not done yet though, on to the next stop.

(Hop hop hop hop) - hop with fingers

We've reached it, the Frolicking Fields. It used to be so lush and vibrant, but now it looks like a dusty desert.

We've gotta help all the grass grow back!

Stones don't let me down!

(music + stones)

The grass is growing back, softer than ever, and so green! Just like I remember it!

And all the flowers are coming back as well. Even my old friend the Smiling Sunflower is here!

We've done it, Precious Planet is back on the right track

I feel like I could just jump for joy! Woopee! I feel like a bird flying through the air, like a flower ready to bloom!

Problems like these can only be solved by working together,

So thank you for helping me, and for all your hard work.

I think I know just how to repay your hard work, with a Dance Party! You ready to get down and boogie with me?

2. Accompanying Activity for Video 2:

Signature Dance Moves

Recommended to be done **before and during** Video 2

The dance moves that you are encouraged to carry out during the second video are very open-ended so as to allow your child to create their own dances that are comfortable and fun for them to do!

The dance instructions given are simple directions:

- Left then right.
- Forward and back.
- Grow up and shrink down!

These directions encourage movement but still leave enough room for interpretation and creativity. Spend some time with your child to come up with your own signature dance moves to bring to the dance party, then get ready to show them off to the Stony Gardener, Awesome Otter, and Smiling Sunflower!

Additionally, there can be many things done to make your living room into an actual dance floor. We recommend glow sticks, fairy lights, flashlights, and fun outfits all go a long way to making this dance party one to remember.

3. Accompanying Activity for Video 3:

Soothing Routine

Recommended to be done **during** the third video

The video lists a few actions that the Stony Gardener likes to do when calming down after a long and exciting day, such as:

- Wiping themselves with a clean cloth
- Giving themselves a gentle self-massage
- Breathing deeply with longer exhalations
- Singing or humming a quiet and calming tune

What are some things that you and your child like to do to calm down?

If you have a specific bedtime routine, it might be nice to do it alongside the Stony Gardener. Having a character inside of a story follow a similar calming routine can help ease the transition between awake/active time and restful/calming time.

Thank you for joining us for *Video Bon-Bon: Precious Planet!* We hope you and your child had a lovely time together. Share with us your thoughts, experiences and adventures! You can reach us through e-mail at family@esplanade.com.

For more family friendly resources and content, check out www.esplanade.com/offstage/family.