

In front of you, there is a creative material »ON A ROLL«, made to be used in your free time, in the classroom; to make learning more fun or to spend quality time with peers, family and friends.

»ON A ROLL« was developed within the international project Young Theatre on the Move international project, which was co-funded by Creative Europe programme of the European Union and joins art of Creative Movement and improvisational theatre.

#### WHEN CAN WE USE IT?

- When we need new ideas
- When we want to have fun
- when we want to connect to the world around us
- When we want to create good group dynamics
- When we want to warm up the body and move
- When we want to revise our knowledge (and repeat what we learn?)
- When we want to encourage imagination
- Anytime 😊



#### HOW DO WE USE IT?

1. When the material is ready, read the tasks in windows. Tasks can be done by individuals or whole group.
2. When all tasks are done, spin the inside roll, so that new tasks appear in the windows.
3. With every turn, 3 different tasks/challenges will appear.

#### HOW DO WE MAKE/CREATE IT?

On the next pages we prepared templates that you can print out – single page on thick paper, A3 or A4 format. If you want, you can color the pages with different colors or draw something on it.

1. Start with page no. 3 (»DANCE AND GROOVE«). Roll the paper in the roll and stick it where it is marked. You can use glue or sticking gum. :D
2. Cut the basic page (»ON A ROLL«) on the top line. With scissors cut out windows and roll the paper in the roll. Insert the first roll and try to twist it around. When the inside roll spins, stick the outer roll as well.
3. »ON A ROLL« is ready to use!

#### HINT!

Empty template paper is ready for your ideas. On it you first write the title of tasks/theme/learning content, which you want to revise through the tasks and then add your own suggestions of tasks, exercises, games and challenges. You can make more examples and change the inside roll many times.

We wish you a lot of fun, we would be very happy to see your ideas – you can take a photo and upload it on the FB profile @youngtheatreonthemove to inspire others as well!



CUT HERE

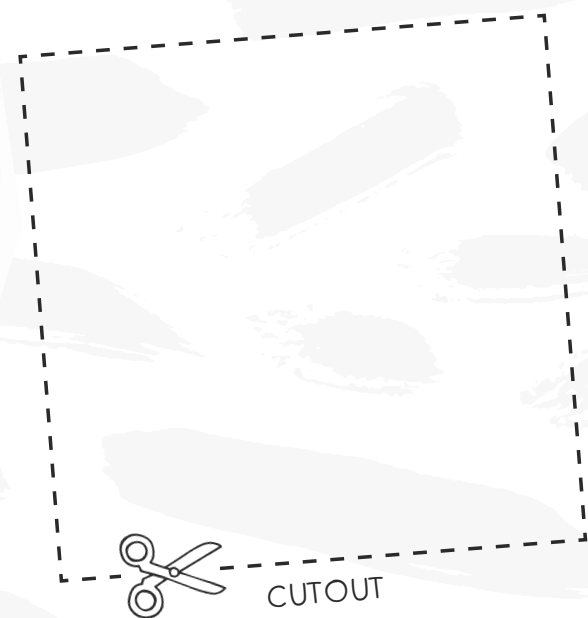
y<sup>o</sup>ngtheatre  
on the move

# ON A ROLL



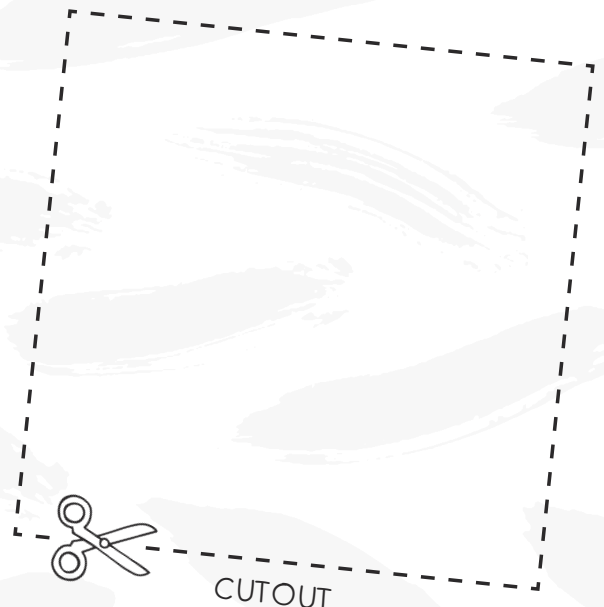
★ WHEN WALKING,  
FIND A NEW, SILLY WAY  
TO WALK - with your  
friend / in a group /  
on your own...

★ FIND A PLACE TO  
SHOUT AND SHOUT  
OUT LOOOOOOUD

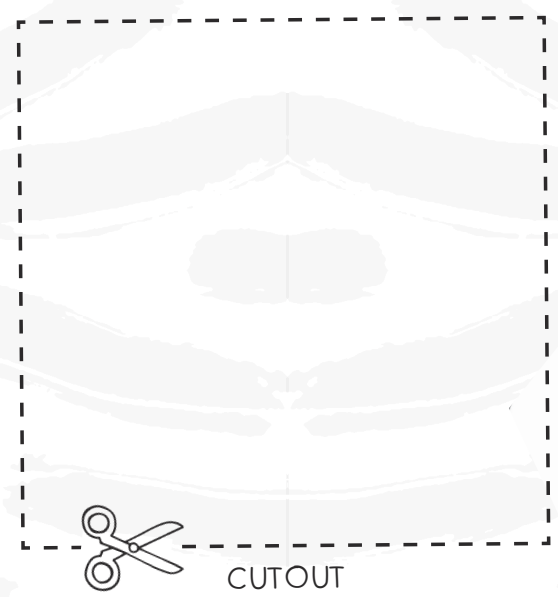


★ PLAY A GAME:  
THE FLOOR IS LAVA  
WITH YOUR FRIENDS

★ HUG  
5 PEOPLE  
(in different  
ways)



★ FIND A NEW  
WAY TO/FROM  
YOUR SCHOOL



★ SAY HI TO  
PEOPLE  
ON THE  
STREET

ROLL A PAPER AND STICK HERE

# DANCE AND GROOVE:



USE EVERYDAY  
OBJECTS TO  
MAKE YOUR OWN  
RHYTHM, JAM WITH  
YOUR FRIENDS

MOVE YOUR BODY  
IN DIFFERENT  
SHAPES - IN  
CIRCLES, SQUARES,  
TRIANGLES...

WRITE YOUR NAME  
AS OBNOXIOUSLY  
AS YOU CAN

A B  
C



✧ DANCE AROUND  
YOUR APARTMENT  
WHEN CLEANING,  
WALKING TO  
THE BATHROOM,  
WAKING UP

PLAY CHARADES,  
BUT INSTEAD OF  
MIMING THE WORD,  
DANCE IT ✧

TICKLE  
SOMEONE

📖 WHEN YOU ARE  
STUDYING, SING  
WHAT YOU NEED  
TO LEARN - YOU'LL  
REMEMBER MORE!

WRITE YOUR  
FAVOURITE WORD  
/ SOMETHING  
YOU NEED TO  
REMEMBER WITH  
DIFFERENT PARTS  
OF YOUR BODY

MAKE FACES IN THE  
MIRROR, THE POND,  
THE LAKE - RELAX  
YOUR JAW, RELAX  
YOUR SHOULDERS  
THEN GO CRAZY







ROLL A PAPER AND STICK HERE

 TWIST

