You will need: A few sheets of newspaper

1. Breath

To bring a character to life, you need to make it breathe.

First, take a sheet of your newspaper and scrunch it up until it's all around your hands, so that when you move your hands or fingers, the paper moves too. Now, start to notice your own breath. Let the movement of your breath travel down your arms and into your hands. Move your fingers and hands in time with your breath, while you look at your newspaper. You are bringing it to life with your breath!

2. Gaze

Help your audience to believe in your character by giving the character a gaze - a way of looking at things. To do that, you need to make a shape that is clearly pointing (or 'looking') in a particular direction.

To make a simple human figure, place your fist into the middle of some of your scrunched-up paper, and use the other hand to create a simple 'hood' shape. Hold the paper by the 'neck' of the figure and spread out the 'body' so that you can use one hand to make it breathe, while the other hand, holding the neck, can turn the head to look at things.

Experiment with your breath - perhaps the character gets a fright, and takes a sharp intake of breath, and then relaxes and lets the breath out again. You can use your breath, and the gaze, to tell a story.

3. Your turn!

You can use these simple techniques to make any sort of character - a mountain, the sea, an animal or a magical being. Simply scrunch the paper into the shape you want, and make sure to give it some sort of way of looking - a pointy nose, a 'hood' head - any shape that can point at things.

Tip:

Remember, your character doesn't have to have a perfect - or even a realistic - shape. It just needs to breathe and look at things. After all, you can simply TELL the audience what it is: 'Once upon a time, there was a' and the audience will believe you.

This activity sheet was made by Sinéad O Neill as part of the Being Human Festival, the UK's only national festival of the humanities. For further information please see beinghumanfestival.org and oswaldusrex.co.uk/animation





You will need: 5 sheets of scrap paper, and something to write with.

The Quest Plot has recognisable stages, which you can use as the starting point for your own drama.

1. Character

On your first sheet of paper, write a big number '1' at the top, and then quickly jot down some ideas for WHAT the character could be (animal, vegetable, mineral...!), WHO the character could be (name, age - any characteristics you like), and what their SITUATION could be (might they be hungry, lonely, sad, bored, etc).

2. The Call

Something happens to make the character set off on a journey. What could it be? Write a big number '2' at the top of the page, then scribble some ideas about what might happen to make your character head off on their quest.

3. The Journey

This is the main part of the story. Your character goes on a journey, and things happen to them along the way. Write a big number '3', and then some ideas for what might happen during the journey. Are other people involved? How does the character feel? Is the event frightening, exciting, sad, joyful? Is there any magic?

4. The Goal is within sight

An exciting development - the character can see their goal! But there is ONE LAST CHALLENGE to overcome. Write number '4' on the top of the page, then make some quick notes about what this last challenge could be.

5. The Goal

It's the ending - or is it? - it's up to you. Does your character achieve what they set out to do? You can decide. A big number '5' on the top, and then write down a few different options for what the ending could be.

PHEW! Now you're ready to stitch together all of these thoughts and ideas into a drama. Go through your pages 1-5 and circle or star your favourite ideas. You could do this many different times, choosing different possibilities each time.

Using your newspaper, create your character, and then act out your drama for your very own audience (TIP: if you haven't got an audience - why not create one out of newspaper figures?). Remember, anything that is too complicated to show, you can simply TELL the audience using your own voice.

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