



**AIDY**

**THE**

**AWESOME**



**ACTIVITY PACK**

**AN AERIAL THEATRE ADVENTURE!**



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**



**COMMUNITY  
FUND**

# WELCOME



**Welcome to the Aidy the Awesome Get Creative at Home Pack!**

Here at The Gramophones, we are excited to share our show ***Aidy the Awesome*** with you, along with this pack of **super creative activities** that you can do at home.

Most of the ideas are designed with **adults and children working together** in mind, so whether you are a grandparent, parent, carer or any other Superhero this is an invitation for you to get involved. **Pick what works for you, and have fun!**

We'd love to hear how you get on! You can send pictures of what you've been up to, to [gramphonestheatre@googlemail.com](mailto:gramphonestheatre@googlemail.com) or post online:

Twitter [@TheGramophones](#)

Facebook [@The Gramophones Theatre Company](#)

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[#AidyTheAwesome](#)



# ***SUPERHERO WARM UP***

## **Let's Get Started, Superheroes!**

In the show, we're going to meet Aidy and her Granny, who have secret powers! They are putting together a **Superpowered Team** and want **YOU** to join them.

First we'll need to get our bodies ready... **for a superhero warmup!**

The best thing about superheroes is that they are all unique and their bodies warm up in different ways.

**Have a look at Aidy and her Granny doing their warm up here:**  
**<https://youtu.be/CXb2U2SBJk>**

Work together with someone else in your house to find some movements that work best for you. Anything from jumping, stretching, swaying, to wiggling your fingers, toes and nose! Explore from your toes right up to your head and see what happens... See if you can make a warm up routine with **four movements.**

See if you can **JOIN TOGETHER** for any of them, e.g. using each other to balance, stretch, lift, come together and pull apart.



# BECOMING A SUPERHERO

Now let's think about what kind of superhero you are going to be... You will need...

A big sheet of paper

Felt pens

Some post it notes

Someone who knows you well.

Draw around each other with a felt pen. If you have enough paper, you can draw around your whole body, if you have smaller paper then draw around a hand or a foot.

Use the post its to put in words or pictures about that person. You could put...



1. Something you **see** or **hear** about them (e.g. their bright clothes, their stompy shoes)
2. Something you **know** about them (e.g. their favourite breakfast, an activity they like)
3. Something you don't know yet but you **wonder** about them (e.g. what's their favourite film? What do they do at playtime?). Ask them and fill out the post it together!
4. Some things they **like**
5. Some things they are **good at**
6. Some things you **like about them**

Do as many post its as you can!

When you've finished, read each others' out loud and look at all those amazing things!!

# MEET THE CHARACTERS

**Aidy the Awesome** →

Meet Aidy by clicking on her photo



← **Granny the Glorious**  
Meet Granny here

**Ron de Chocolate** →

Meet Ron here



← **Cheeky Charlie— meet**  
**Charlie here**

# ***SUPER HERO NAMES***

**So now, you're ready to come up with your superhero names...**

Starting with the name you like to be called, see if you can find another word or words to join onto it... maybe you are...

*Magnificent Millie the Muffin Maker?*

*Hilarious Hamza?*

*Greatest Gardener Grandad?*

*Mischievous Mum?*

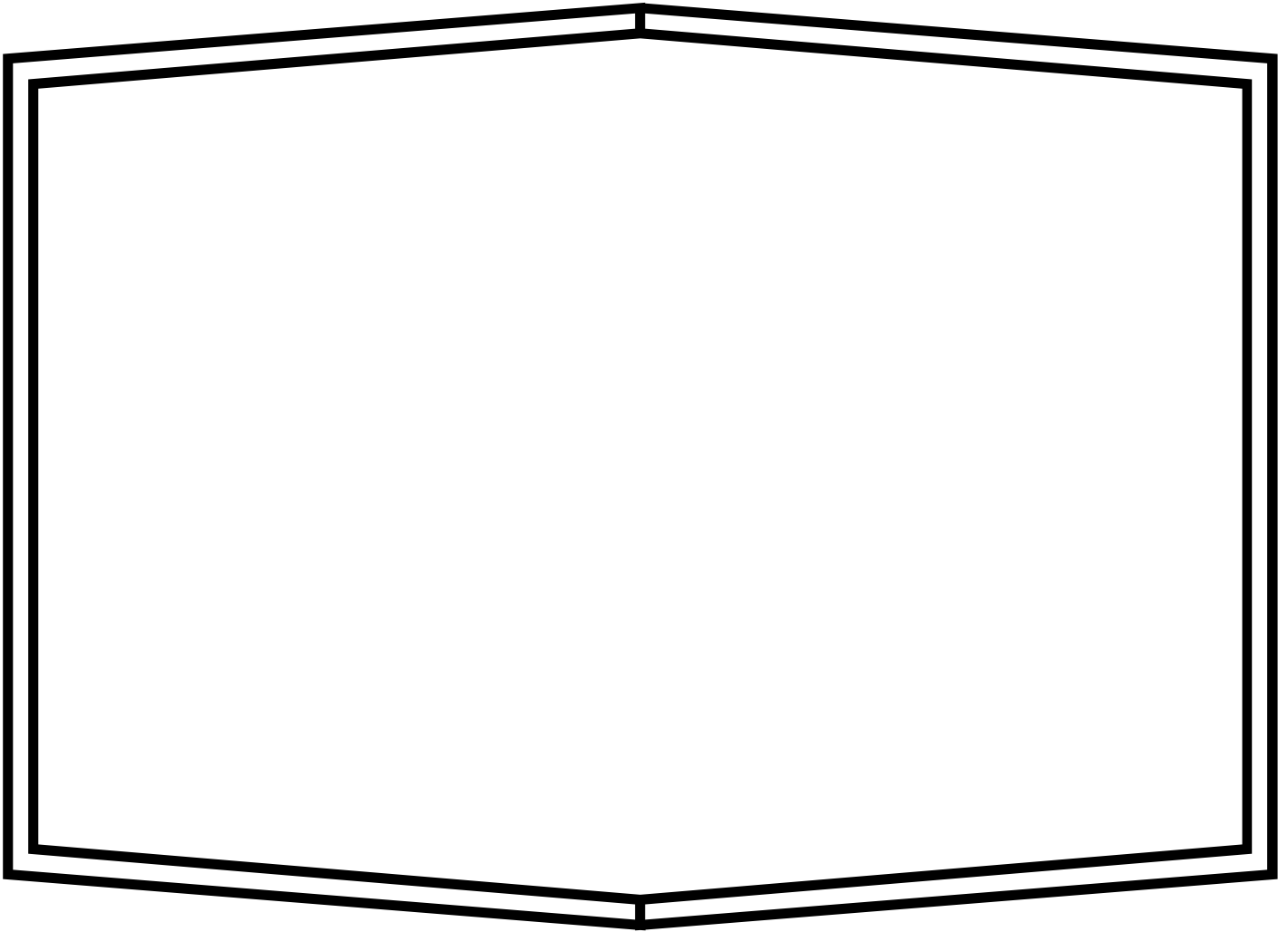
*Super Sam the Boardgame Beast?*

Once you've got your superhero name, **use the template further down** to design a **mask** for your superhero. Use whatever colours and decorations you like to make it just right!

**How about you take a picture or video and send it to us? Here at Gramophones Superhero HQ we'd love to see it!**



# ***SUPER ACTIVITY ONE***



## **A super person in my life**

This is a picture of

---

They are super because they are

---

Super things they do include

---

They look after me by

---

# ACTIVITY ONE- EXAMPLE



## A super person in my life

This is a picture of

My Granny

---

They are super because they are

Extremely funny and kind.

Also, my granny is very smart, although she does not boast about it.

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Super things they do include

cooking, growing plants in the garden, and defeating baddies

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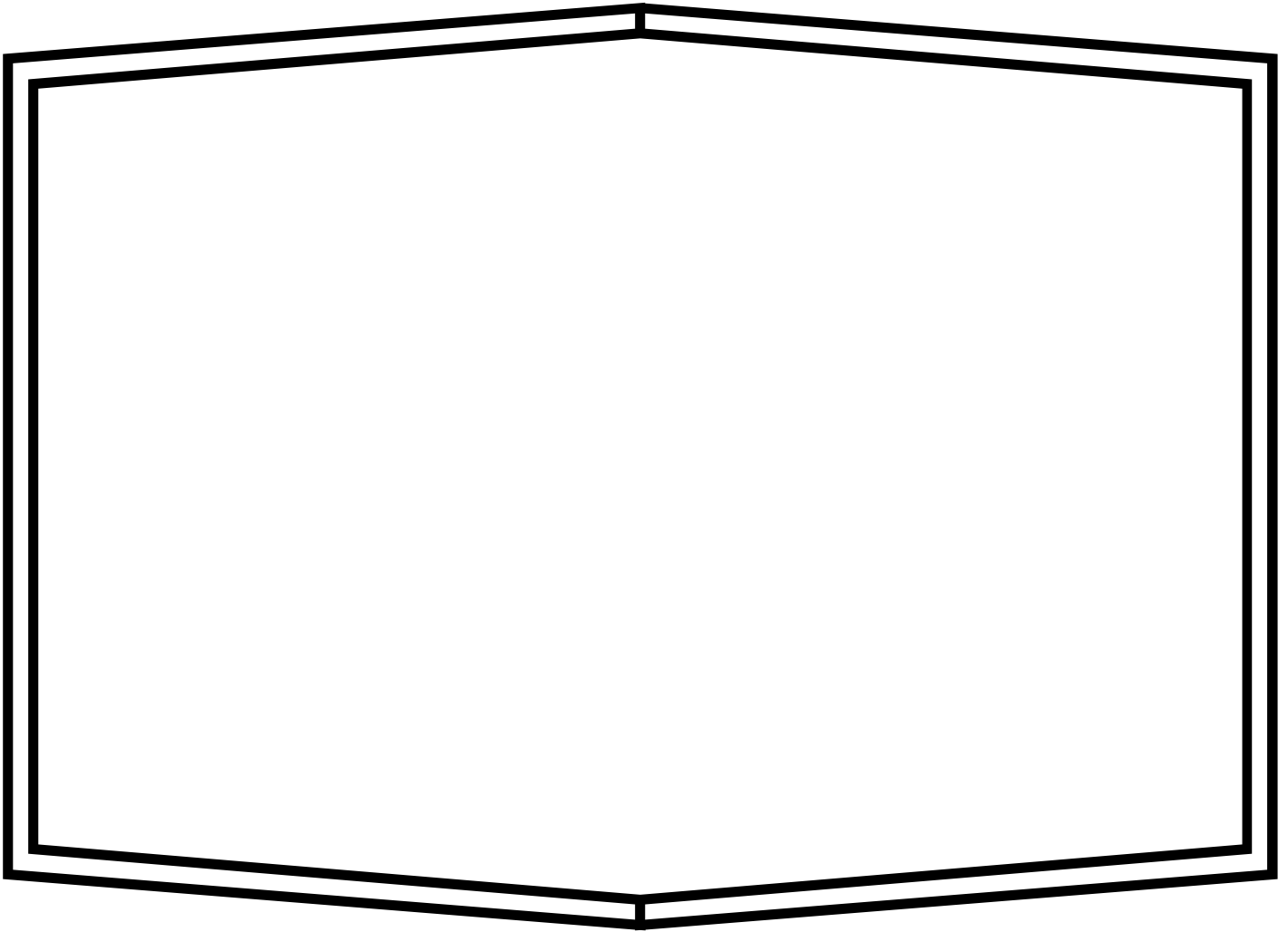
They look after me by talking to me about my feelings

and understanding when I feel sad or cross.

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# ***SUPER ACTIVITY TWO***



## **A proud moment**

This is a picture of

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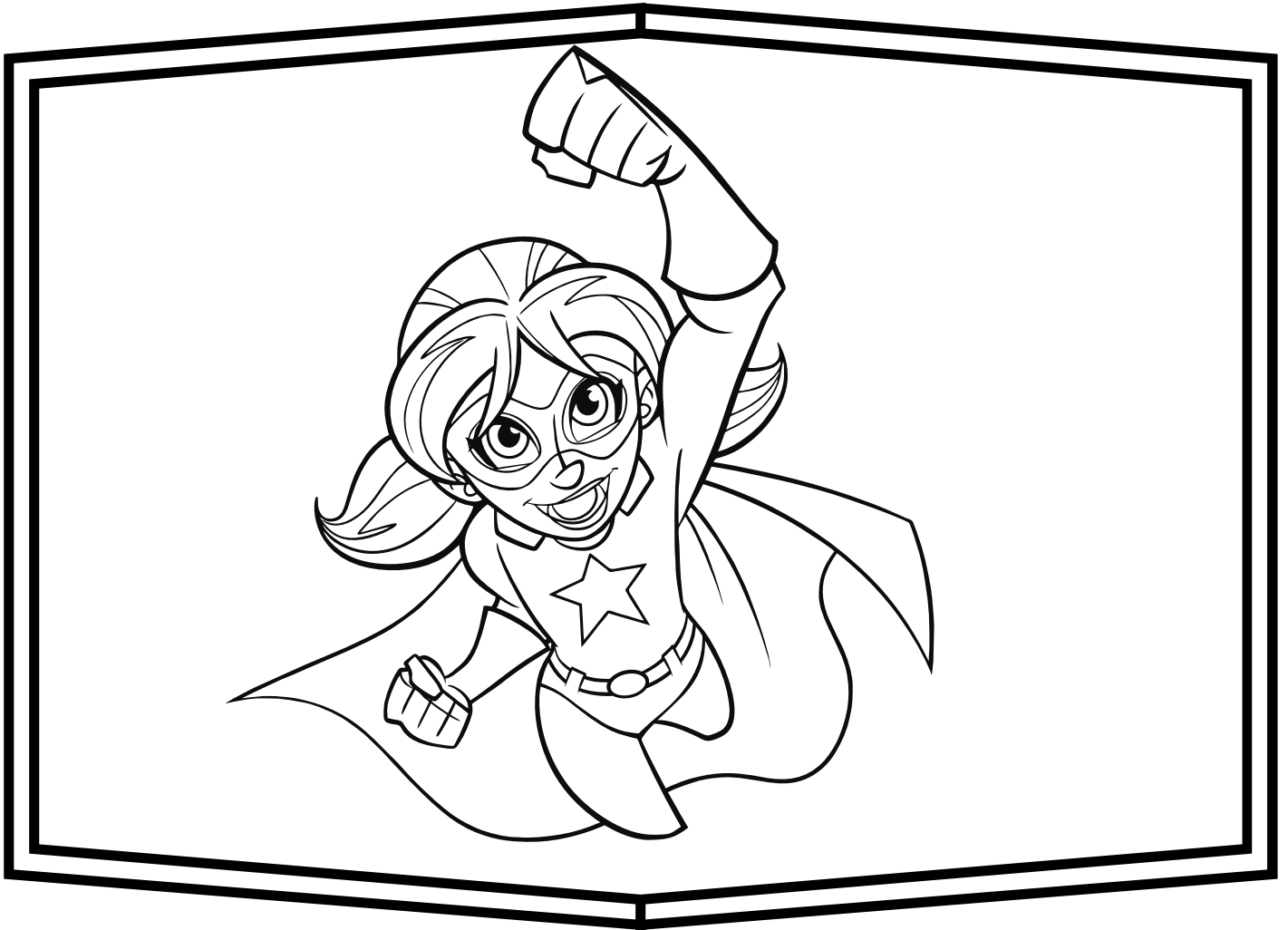
I feel proud about it because

---

Something I notice in this picture is

---

## EXAMPLE ACTIVITY TWO



### A proud moment

This is a picture of

me finishing my spelling sheet. I did it last week. I can't remember which day but I think it was Wednesday.

---

I feel proud about it because

I found some of the words really hard but I still finished it. I was feeling nervous and worried but I kept going courageously.

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Something I notice in this picture is

I am smiling and I've got my hand up. The picture looks exciting and inviting.

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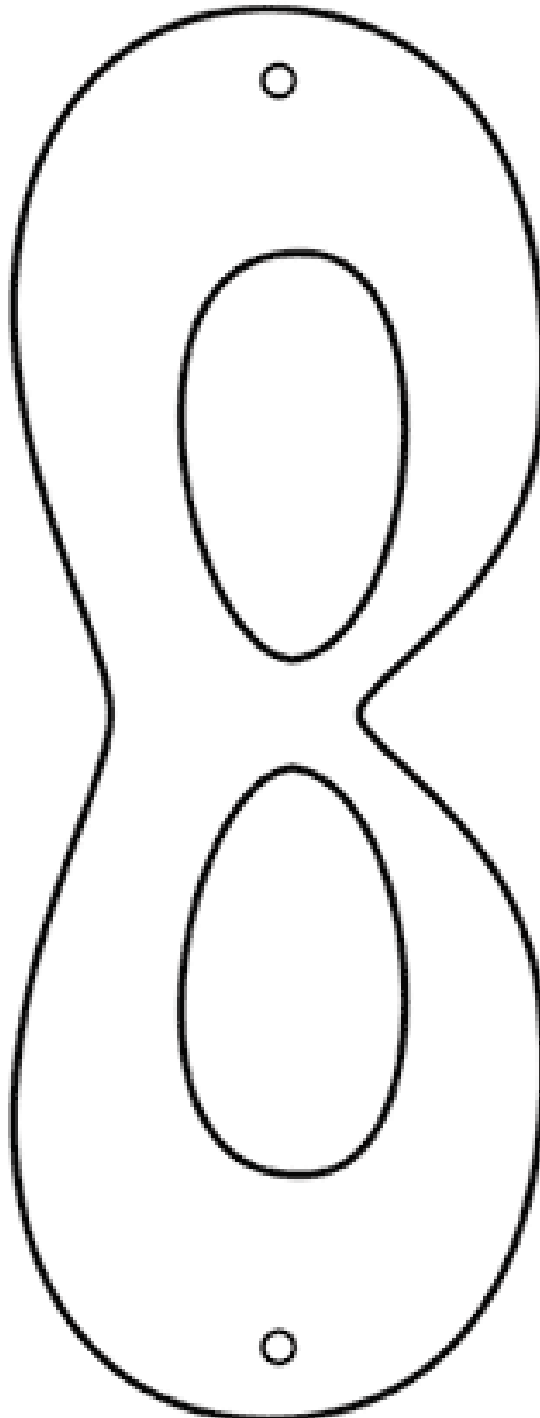
# SUPER HERO MASK

Can you create your own superhero mask?

## What you'll need:

Cardboard, Scissors, Pens, String  
Stuff to stick on/ glue (optional)

- Cut out this shape to make a stencil to then stick it to some cardboard.
- Decorate
- Cut out the mask and pierce two holes in the sides
- Add string so you can wear the mask



# ***GET READY FOR THE SHOW!***

Now you're all warmed up and prepared, it's time to join Aidy, her Granny and the Super Nanna Network as they face the dastardly Ron de Chocolate... and a cheeky child called Charlie!

Let's see if you can make your viewing room just right to sit tight and watch.

**Set up your seats!** You might want cushions, blankets and beanbags at the ready, as well as deciding who is going to sit in their favourite armchair. Decide who is going to sit where - can you make them a name place with their superhero name?

**Make an atmosphere!** Pull the curtains and blinds to make it dark and cosy, bring your favourite fairy lights, and any soft toys (and pets!) who won't want to miss the show.

**Get your snacks and drinks at the ready!** Make sure everyone has what they want... would granny like a cuppa? Has mum got her favourite crisps? Get all set up with what you need.

Aaaaaand.... CURTAINS UP!



# ***MAKE YOUR OWN COMIC!***

**Now that you've seen the show you could create your own comic using the template below!**

## **Maybe use these headings?**

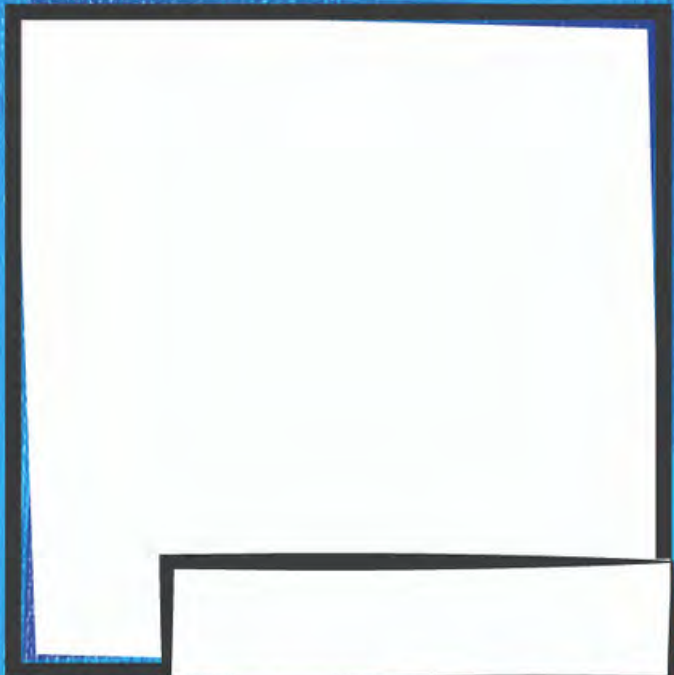
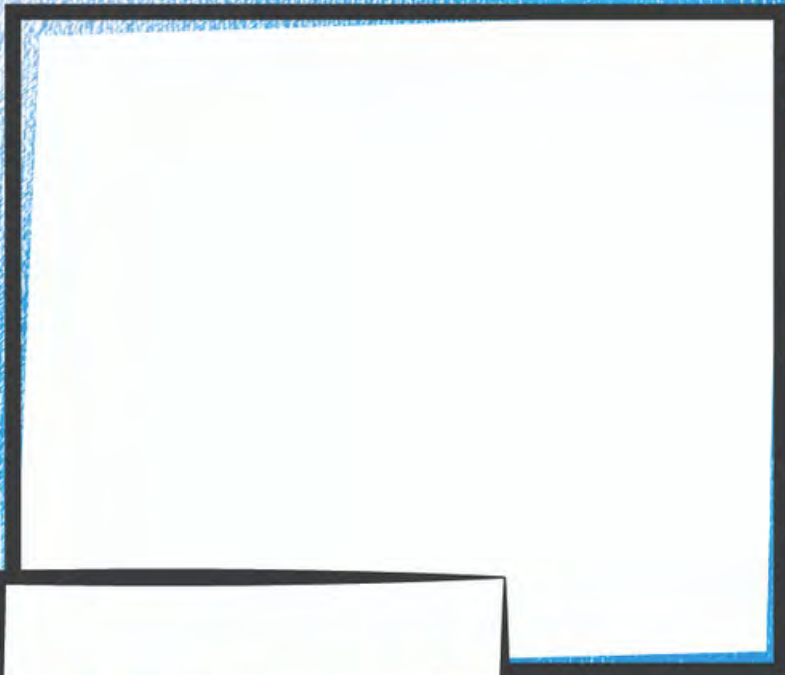
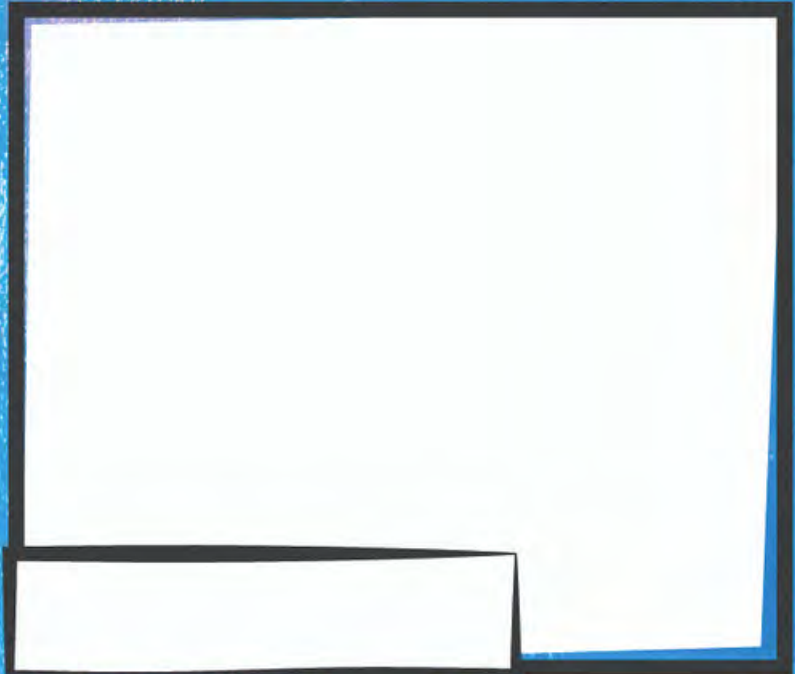
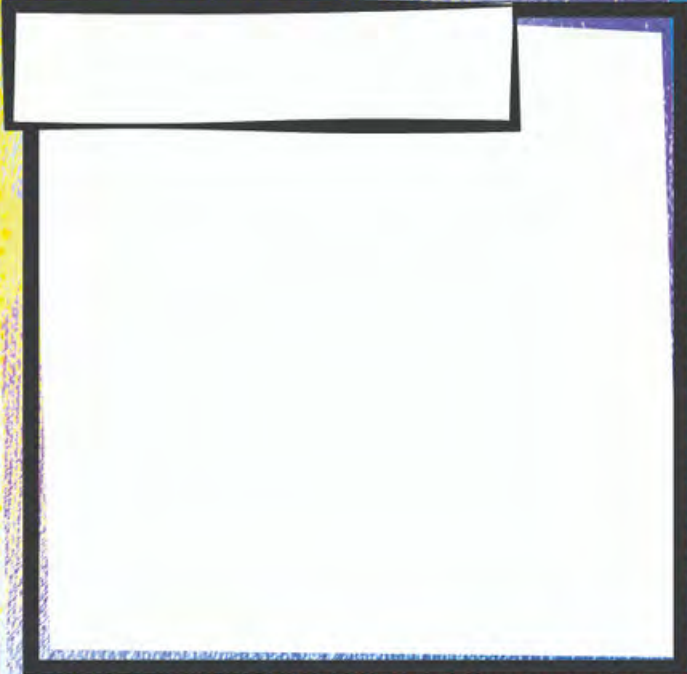
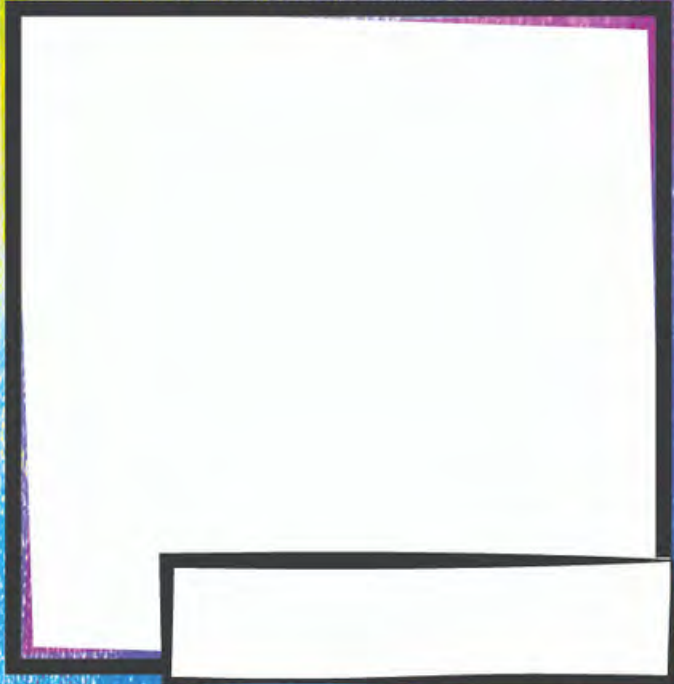
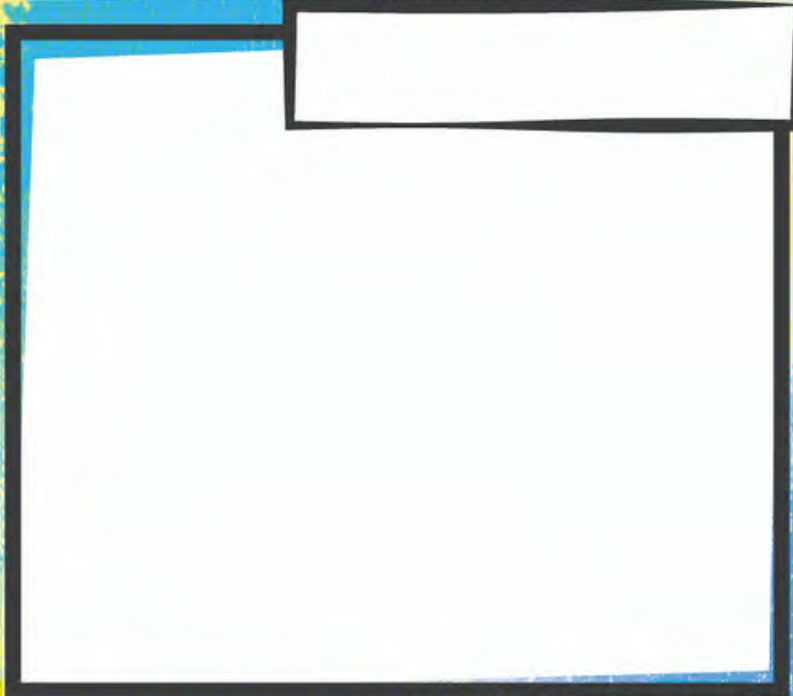
1. A hero is getting ready.
2. This is what they REALLY want!
3. And they're going to get it, with the help of...
4. UH-OH!! Something or someone is trying to stop them!
5. ARGH! There's A Struggle!
6. This is how our story ends...

## **Here's an example...**

A hero is getting ready.  
Hilarious Hamza is putting on their Slime-proof Suit  
This is what they REALLY want!  
To get through the Cosmic Jelly Lake to the Radioactive Mountains.

And they're going to get it, with the help of...  
Their sidekick alien, Blooperang!  
UH-OH!! Something or someone is trying to stop them!  
Noooooo, it's the Jellyicious Beast! No-one can get past it without  
stopping to eat it and sinking in jelly!  
ARGH! There's A Struggle!  
Hilarious Hamza is stuck in the lake, being pulled down by the Beast!

Phew! Luckily, THIS happened...  
Blooperang uses her ice-cream dispenser belt and giant bowl and spoon  
to scoop him out away from the Beast!  
This is how our story ends...  
Hamza and Blooperang have a multi-coloured jelly and ice cream picnic in  
the purple mountains



# MORE ACTIVITES

Having watched the show, here are some other activities you might want to try...

## Lazer Beam Escape!

Can you get past the lazars as a team?!

### You will need:

String, wool, long scarves, or ribbon.  
A grownup to help!

Tie each end of your wool, string or scarves; to sofas, trees, or tables - or ask two people to hold each end of a piece of string. Heroes take it in turns to try and get over, under and through them.  
Or the laser team can bring them to the hero and lift them over, under or around!



## And Take Off!!

For smaller heroes, use a large stretchable scarf, strong groundsheet or sheet to wraparound like a burrito or hammock... and with the help of two bigger people, gently lift off and swing! Make sure there's a soft landing underneath! Who or what else can you make fly? Teddies, feathers, balls and balloons... how long can you keep them in the air for?

**We hope you enjoyed the show please tell us what you thought!**  
**gramophonestheatre@googlemail.com or post online:**

**Twitter @TheGramophones\_**

**Facebook @The Gramophones Theatre Company**

**Instagram @The\_Gramophones**

**#AidyTheAwesome**