

# #CONCERTSFORKIDS

## Activity Guide

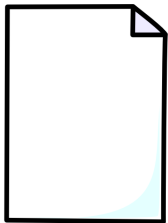


Photo by Hyphen Photography

## SUDS

*Explore the extraordinary fun you can have in ordinary tasks with Bluelaces Theater Company! SUDS makes laundry day the most exciting day of the week. Get ready to meet new friends and sing along!*

### Suggested Materials



- Paper
- Pen, pencil, crayons, markers, colored pencils – any drawing utensil
- A computer, tablet or phone with internet access

## Warm Up

Let's warm up our bodies!

Raise your arms over your head and stretch toward the ceiling!

Now shake your arms out! Then, shake your body out.

*SUDS* is about the fun you can have and the friends you can meet doing the laundry! A lot of laundry machines spin the clothes around. Spin around three times.

If you want to, add in a whooshing sound like water washing clothes. Are you feeling loose?

## Listening Challenge

Let's listen and dance along with the *Laundry Blues*!

<https://www.bluelaces.org/music>

Woohoo! Wash away the laundry blues! How would you make washing into a dance move? Try it!

## Around the House

Think about what activities you and your family do around your home. Here are some examples: washing dishes, doing the laundry, cooking dinner.

Pick one of the examples.

What are the steps you would take to do that activity?

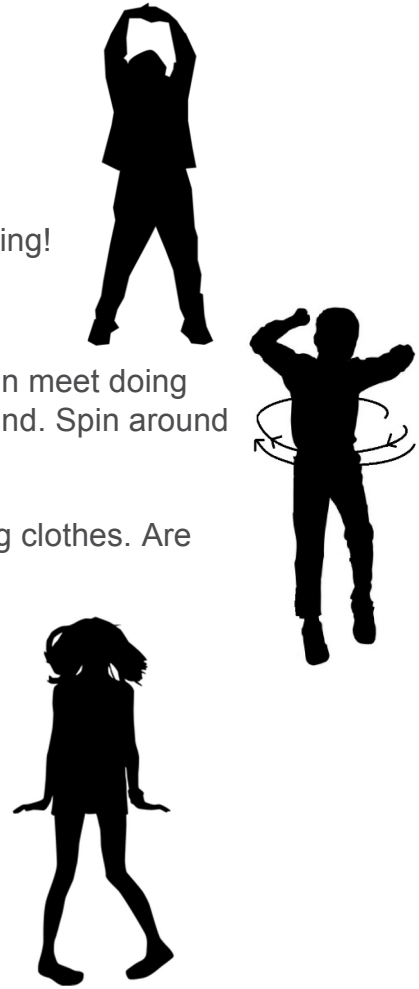
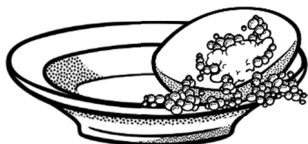
Write or draw your three steps.

Here's an example if you were doing the dishes!

1. Turn on the water faucet.



2. Scrub a bowl with a sponge.



3. Put the bowl away in a cupboard.



## Pantomime

**Pantomime** is using your body and face to act out an activity, usually without props.

### STEP 1

Watch Mr. B's Pantomime Workshop in the Lincoln Center Pop-Up Classroom!  
<https://www.facebook.com/LincolnCenterNYC/videos/210875106909166/>



### STEP 2

Look at the three steps you created for your activity. Use your body, face, and gestures to act out each of your steps.

### STEP 3

Put them together! Now you have three steps in a **sequence**. You are pantomiming an activity!

Can you do it so someone else can guess what you are acting out?

## Family Discussion Questions

Did you like the performance of *SUDS*?

What did you like about the performance?

What is one way to make doing the laundry more fun?

What characters did you meet?

How did the actors use their imaginations and objects to pantomime an activity?

What do you want to know more about?