



Activity Pack

The Jolly Postman

Dear Teacher/Parent

We do hope you enjoyed the show! Here are a few activities for you to do with your children after you have seen the performance. Most of these exercises are drama based and are good for developing speaking and listening skills.

Key
Stage
1

EYFS



Warm up game

This exercise needs a clear space! The centre of the room is called *home*. When the group hear the word *home* all pupils must get to the middle as quickly as possible. Introduce one side of the room as the *post office* and the opposite side as *the 3 bears cottage*. Practice the different commands with the children, allowing them to move around from one point to another without hesitation.

Next introduce the command 'the jolly postman'. Standing on the spot everybody must ride a bicycle. 'Giant' signals everyone to climb a stalk on the spot, 'Wicked Witch' signals everyone to freeze in a witchy pose. Practice these new commands, and continue the game by including *home, post office and 3 bears cottage*.

To develop this exercise, ask the children to introduce new actions for different characters in the story.

EYFS

Fee Fi Fo Fum

Everybody walks around the room. Ask the children to walk and move like the giant in the play. How does he stand? How fast/slow may he walk? Practice moving as a giant before changing to the Wolf. Again, how does this character behave? Next everybody will move as Red Riding Hood. Try to make the movements bigger and clearer.

Standing on the spot, call out either the 'giant', 'wolf' or 'red riding hood', all pupils must keep switching characters (if they take on the wrong character or they are the last one, they must sit out, until one person remains). To increase the challenge, swap the names and actions, i.e. giant now means stand like red riding hood etc.

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Practice the characters above. The group will split into two rows and face each other, a good distance apart. Explain that giant overpowers the wolf, wolf overpowers red riding hood, red riding hood overpowers the giant (a paper, scissor, stone effect). Each row must secretly decide who they are as a group, then both lines will walk into the centre saying Fee Fi Fu Fum and reveal themselves in character. The line whose character overpowers the other may take 2 pupils into their line, thus starting the game again.

Recalling and retelling stories

EYFS

As a class, recall the characters of the story. Who did the Jolly Postman deliver a letter to? What do you know about these characters? Where have you seen them before?

Try and place the characters in the order they were visited.

For Teachers:

3 Bears

Wicked Witch

Giant

Cinderella

Wolf

Goldilocks

Split the class into 6 groups, each group will act out one of these characters using their bodies. The actions must be clear and big. Next each group may choose a sentence to say all together, this will give a clue of their character.

To develop this exercise further, the group could walk around the room and meet one another. If the teacher shouts 'freeze' the group must stand very still. The teacher could tap a child on the head and ask them questions about their character.

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In the groups, ask the children to recall their favourite moment from the play and create a frozen image. Other children can explain what they see in the picture or guess which moment it is from the play. Encourage the pupils to add lines of dialogue for these characters, expressing the thoughts and emotions inside the characters head.

Key
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EYFS

Role on the wall

On a big piece of paper, draw around a child's whole body. Name this image Cinderella, The Jolly Postman or whomever the child chooses. Ask the children to contribute information about this character such as words like "happy", "sad" etc. Add her hopes, her relationships with other characters. Decorate the character with collage materials.

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EYFS

Grandma's footsteps

Granny' (of red riding hood) is now living in grandma's house, see if you can unlock the door where the real grandma is being kept. You will have to move slowly, and if granny turns around you must freeze very still so she does not see you. If granny sees you moving, you will have to leave the house and try again.

Key
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EYFS

Hot-seat characters

As an example, you may want to take the lead for this exercise. Choose a character such as Cinderella. Use a prop such as a tattered apron to establish your character. Put yourself on the 'hot-seat' in front of everybody, and invite the children to ask you questions about yourself. Encourage them to ask questions about why you did what you did.

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EYFS

Rhyme and Song exercise

"Once Upon a -----,
So they say,
A ----- Postman came one ---
From over the -----
And far -----..."
Can you replace the missing words?

Try using other words or sentences in the gaps to make a completely new song!

When the children have learnt the rhyme, ask the children to walk to the beat of a drum as they chant the words. If the drum beats softly, the children should walk softly and speak softly. If the drum beats loudly, they should stamp and say the words loudly. Quick, slow etc.

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EYFS

Soundscape

As a class, create a soundscape of one of the places the Jolly Postman visits i.e. the birthday party. Every child chooses a noise that the Postman might hear.

The teacher acts as conductor and introduces each sound gradually and by pointing to a child. The teacher can control the volume level of the class by moving your hand up or down. To develop this exercise, a child could be the conductor.

Key
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EYFS

Letter Exercise

What different types of letters do we receive in the post? Ask the children to collect a few letters from home and bring them to have a look at all together. Explore the different styles of letters we receive. Formal, hand written letter, junk mail, flyers, invitations, cards etc. Think about different types of font, logos. What catches your eye?

Try and write a letter. Here are some examples:

- Its valentines Day soon – write a love letter or a love spell from the Wicked Witch to the Wizard. Remember the witch finds warts and blisters attractive.
- Write a postcard from Jack to the Giant describing the amazing sights he’s seen around the world. On the other side you can draw a picture of the scene and create a hanging mobile of all the postcards.

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Write a letter to The Jolly Postman. At the end of the play, the postman receives a letter. Who might have written to him? Can you write a letter to the postman, what would you tell him? What type of letter might this be?

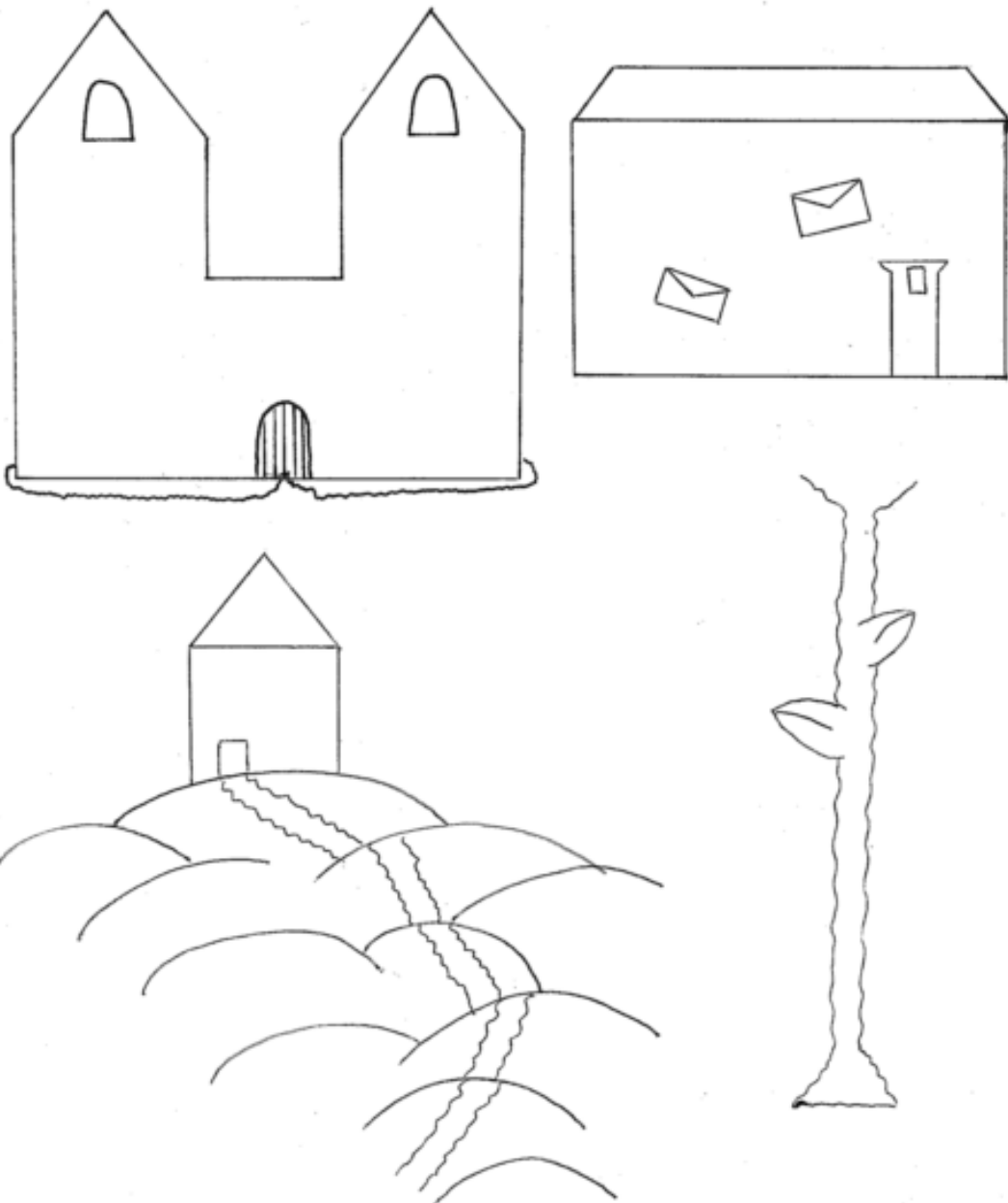
Map Exercise

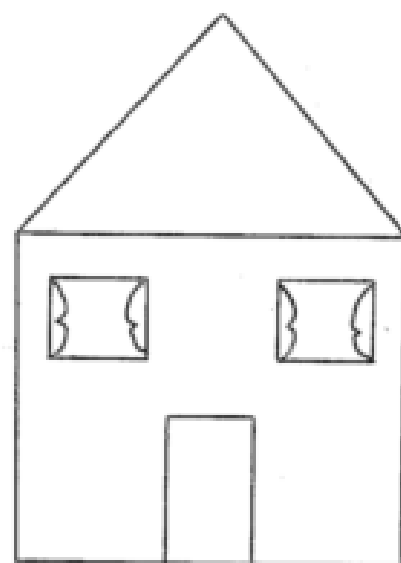
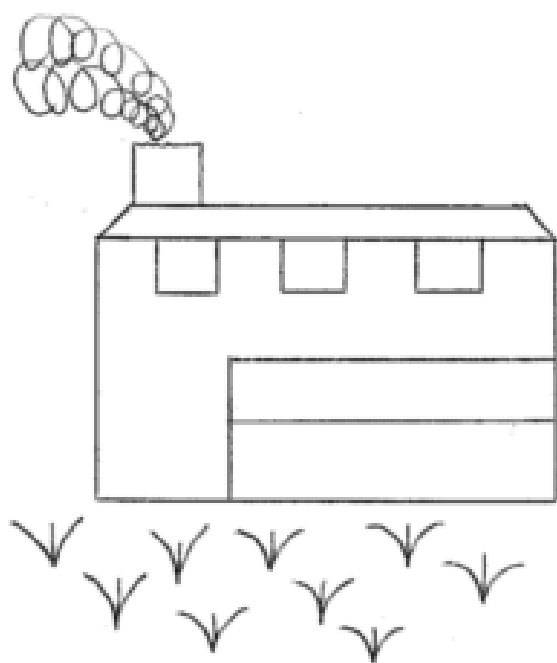
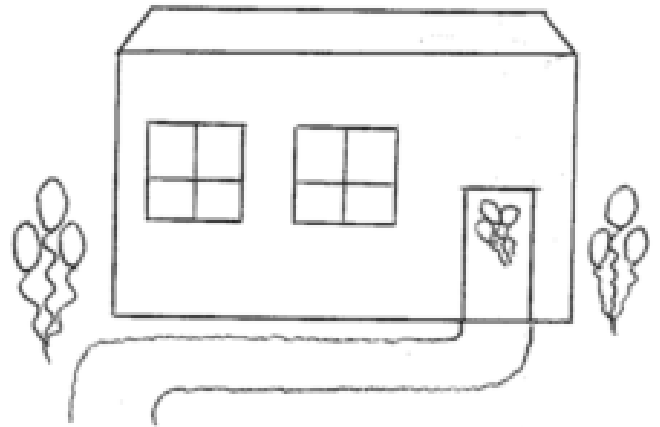
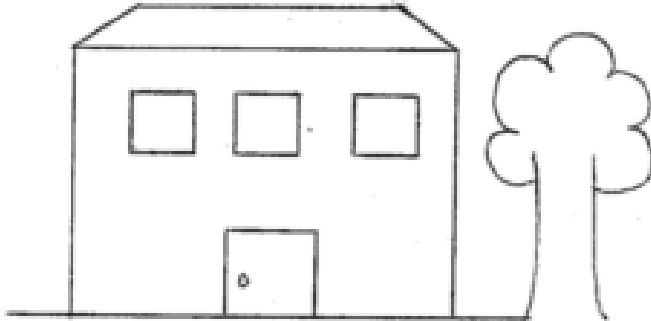
EYFS

Map out the journey the Jolly Postman may take. Colour and cut out the buildings and stick them onto paper making your own Jolly Postman map. Try adding other buildings that The Jolly Postman might see along the way.

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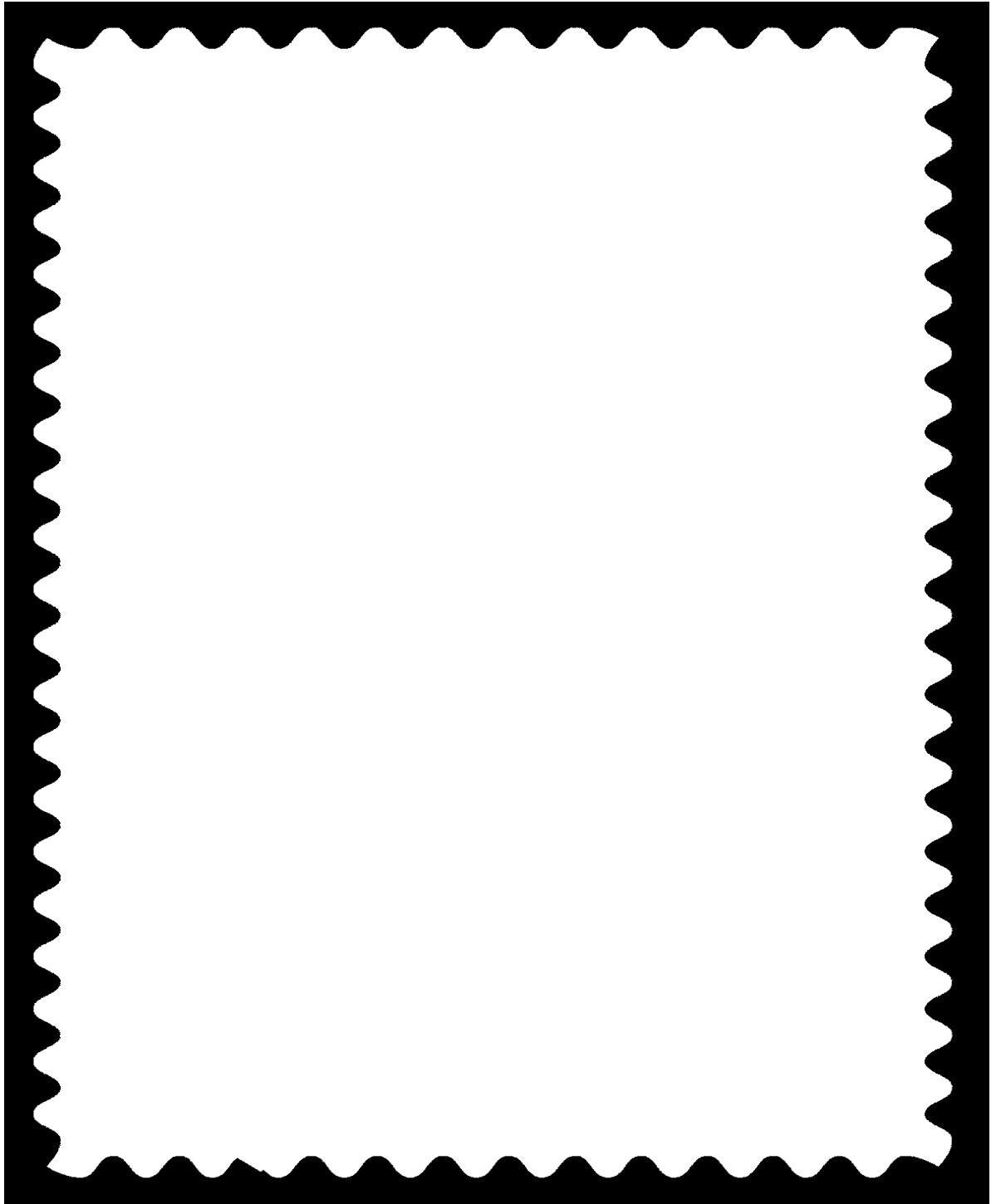
Draw your own journey map that takes you from home to school, which buildings do you see along the way? Are there any parks or shops?



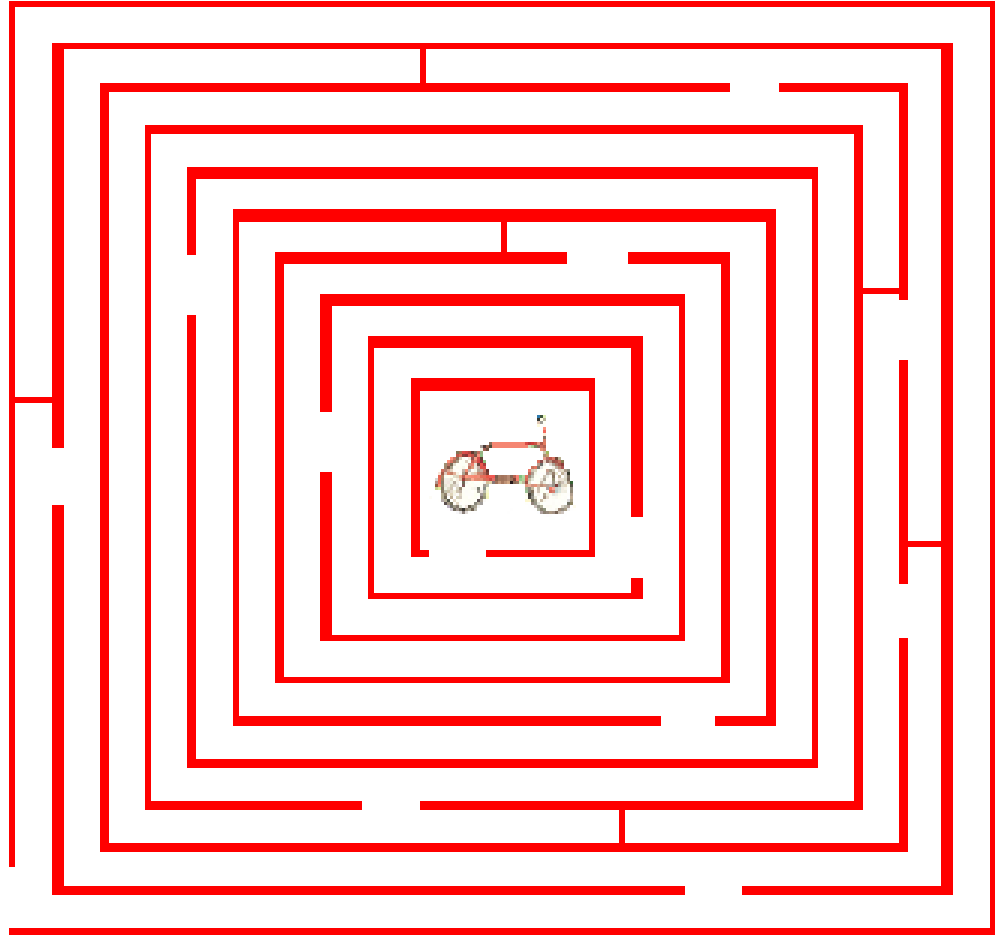


Design your own letter stamp

Draw a character or scene from a fairy tale story. Or draw a picture of somebody you know, or somewhere you have been.



Help the Jolly Postman find his bicycle



Further reading and resources:

The Jolly Postman or Other People's Letters

The Christmas Jolly Postman

The Jolly Pocket Postman

www.penguin.co.uk/nf/Author/AuthorPage/0,,1000000334,00.html

www.poetryarchive.org/childrensarchive/singlePoet.do?poetId=81