**CREATIVE ACTIVITIES FOR YOUNG PEOPLE & ADULTS DURING ISOLATION!**

**These are all tasks you can do alone, or with the people around you. We will also be updating our social media accounts regularly with more fun activities.**

**Twitter: @BlueElephantYPT / @BETCamberwell**

**Insta: @young\_peoples\_theatre\_bet / @BETCamberwell**

* Find or write a monologue (one person speaking to an audience). Decide how you would perform it.
* Write a scene. Act it out with others in your home.
* Find a play online. Read it or act it out with the people around you.
* Create a comedy sketch.
* Find a poem/song lyrics/rap you like. Perform it to people at home.
* Lockdown Letters: Write a letter to your future/past self or someone you admire. How are you feeling, and what are you up to. What has changed? What’s the same? How are people helping each other?
* Daily diary: Write a short reflection each day. What’s on your mind? Find interesting ways of describing things. Go through the five senses. Use metaphors and similes.
* You could try to write the above two from someone else’s perspective too. In a different time or place.
* Acts of Kindness: Try to do one act of kindness a day. If you like, keep a record of it with pictures/writing/poetry/collage.
* Create a comic strip.
* Write a story or a book.
* Create a character. Draw them. Use your five senses. How do they walk/talk/look/smell/sound/act?
* Make a list of 10 objects you might find in an unusual space i.e. a Butchers. Create a story or character using these objects.
* Think of a book or play you like. Design a set and costumes for it.
* Imagine you’re on a desert island. You can take one object and one person. Who are they? What happens? What problems are there? What things can help you? Write/draw/act/dance/sing it out!
* Choose a colour. Make a list of everything that is that colour that you can see. Create a poem or story from it.
* Think of your favourite film. Re-write your own stage version. Or improvise it with the people around you.
* Stage your own musical.