



GRATITUDE

Refocus your thoughts and explore ways to practice being grateful.

Activity overview

Set-up a homemade theatre with homemade acts

Equipment required

Limited to what you have and your imagination

Time required

30 mins - however long you have!

HOME THEATRE

WHY: This is a great activity to have some fun with the family and friends, as well as allowing you to be endlessly creative!

This is very simple!

Set up a theatre space for the night at home without the TV or a computer/screen.

Get out the lamps and the bedsheets and set up a special space to do homemade performances.

It can be an act of your choosing - a song, spoken word poetry, paper puppet show (silent or spoken), a comedy, a drama, a mystery, a story, the bogus news....the list is endless and only limited by your imagination.

Other ideas:

Make some tickets and allocate seats.

Set out some nibbles for the guests (mum and dad and your siblings, when they aren't performing).

Solo or Multiple people are an option

It should be very engaging for the whole family and another reason to reflect on how we can be grateful.

Give it a go and have some fun!