



Sleeping Beauty Worksheet – For YEAR 5 & 6

HAVE YOUR CHILDREN ANSWER THESE QUESTIONS IN CLASS AS AN ACTIVITY TO RE-INFORCE THE VALUES OF THE SHOW

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1. What were three great things about the Alpha show, Sleeping Beauty, and why?

2. What was something that you didn't like or thought could be better?

3. Remembering the story, what was the most important thing you learnt from the way the characters behaved?

4. What were some of the ideas and strategies that the show taught? You can use these in your own life when you're unsure of how to do something new or feel like you're not getting what you want. List some new things, like new decisions and choices you want to make, about how to behave and treat people, to ensure you get what you want in life.

5. Rose and Jamie had a dream to be more than they were, and to make life more than just about themselves. What is something that you dream about, that you now want to make sure happens in your life one day? What will it look, sound and feel like when you get it?

6. Why was Maleficent so crazy & mean? Why do you think she wanted to hurt Rose? Do you think she would've been happy if she had got what she wanted and everyone else suffered?



7. The show had lots of opportunities for the audience to yell out and be part of the story. Did you join in the fun? If so, what did you believe about the show or yourself that made you play full out?

8. If not, why didn't you join in?

9. The show subtly taught that having fun and yelling out and using your physiology (body) in ways that create what we call a 'peak state' is a great way to live life. If you decided not to join in with this, what do you think it will cost you in the future if you continue to be boring and non-fun?

10. If you did play full out in the show and sing along, dance, scream and shout, thanks for being cool, you ROCK! So what other area of your life do you think you could apply this technique to? Perhaps an area where you sometimes become stressed or frustrated.

11. How much more fun and more fulfilled and happy would your life and this situation be if you were to use your body, voice, the focus of your mind, and the questions you ask in similar ways like you did during the show? What difference would it make to your life now and in the future?

12. What would that ultimately look, sound and feel like?

13. Who was the character that you are the most similar to, or someone who you look up to? Why do you want to be like that character? If you were just like them, do you think you would get what you want in life? Why?

Remember, if you want, you can write to the actors on the internet! Just go to <http://www.alphashows.com.au> and click on 'KIDS!'