



## Hercules Worksheet – For Year Prep, 1 & 2

**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 was the funniest part of the Alpha show, Hercules?

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2. What did you like best about the Alpha show of Hercules?

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3. Did Hercules strength make him feel good or bad in the beginning? What needed to happen to make him feel good about being strong?

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4. Hercules was very strong, but that's not what made him a hero in the end. Finish this sentence:

*A true hero is not measured by his strength, but by the strength of his \_\_\_\_\_.*

5. What are some ways that you could show up as a 'true hero' every day?

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6. Why was Hades so mean and nasty? What happened to him in the end?

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7. Who was your favourite character?

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8. Why were they your favourite character?

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**Don't forget to write to your favourite character on the internet! Just go to <http://www.alphashows.com.au> and click on 'KIDS!'**



## Hercules Worksheet – For Year 3 & 4

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1. What were three great things about the Alpha show, Hercules?

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

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3. Would you feel happy if you were as strong as Hercules? \_\_\_\_\_

What about Hercules – was he happy at the beginning of the show? \_\_\_\_\_

What had to happen before Hercules felt like his strength was something good, instead of is limiting him from other people?

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4. Hercules was very strong, but that's not what made him a hero in the end. Finish this sentence:

*A true hero is not measured by his strength, but by the strength of his \_\_\_\_\_.*

5. The message of the show encouraged you to find ways to be a hero in your own life. What are some ways you could be a hero every day?

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6. Why was Hades so mean and nasty? What happened to him in the end?

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7. Did you like Megara as a character? \_\_\_\_\_

At the start of the show, she believed that in order to protect herself from getting hurt, she had to push everyone away and not get close to anyone – especially men!

When you grow up, if you believed the same thing, do you think you would feel happy? \_\_\_\_\_



Was Megara happy? \_\_\_\_\_

What did Megara end up deciding to believe instead?

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8. The show also gave an experience of how fun it is to feel happy, have fun, and live life by being engaged and 'part of the action'. In fact, if you enjoyed the show, you were feeling good about something that was completely made up! List some times when you could try the same thing in your own life – ie. feeling great for no reason, just because you decide to.

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9. 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?

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**Don't forget to write to your favourite character on the internet! Just go to <http://www.alphashows.com.au> and click on 'KIDS!'**



## Hercules Worksheet – For YEAR 5 & 6

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

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

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

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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.

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5. Hercules 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?

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6. Hercules was very strong, but that's not what made him a hero in the end. Finish this sentence:  
*A true hero is not measured by his strength, but by the strength of his \_\_\_\_\_.*

7. The message of the show encouraged you to find ways to be a hero in your own life. What are some ways you could be a hero every day?

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7. Did you like Megara as a character? \_\_\_\_\_  
At the start of the show, she believed that in order to protect herself from getting hurt, she had to push everyone away and not get close to anyone – especially men!  
When you grew up, if you believed the same thing, do you think you would feel happy? \_\_\_\_\_  
Was Megara happy? \_\_\_\_\_  
What did Megara end up deciding to believe instead?

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8. 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?

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

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10. 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?

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11. 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 areas of your life do you think you could apply this technique to? Perhaps an area where you sometimes become stressed or frustrated.

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12. How much more fun and more fulfilled and happy would your life and this situation be if you were to use the skills learnt in the show? What difference would it make to your life now and in the future?

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

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14. 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?

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**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!'**



## Hercules Worksheet – For YEAR 7 & 8

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1. Critically analyse the production of Hercules. What was great, what could be better, what decisions did the producers make with regards to what you thought about the show, that may be relevant to the target audience / touring limitations etc.

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2. Logistically and artistically, what did you notice about the production that showed a great deal of thought had gone into the sets, costumes, lights, sound, messages of the show, and the whole concept and style of theatre used to engage the audience? What about symbols / themes in the sets, costumes and script?

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

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4. What were some of the ideas and strategies that the show taught? Do you think the audience understood and gained ownership of some of these ideas? 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.

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5. Discuss the theme of being a hero in every day life. The show's message was that everyone has the power to create change in our world, and you don't need to be physically 'strong' to do so. Was the show successful in portraying this idea? What techniques did the show use to help the audience take ownership of this message.

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6. The message of the show encouraged you to find ways to be a hero in your own life. What are some ways you could be a hero every day?

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7. The show had lots of opportunities for the audience to yell out and be part of the story. What are some of the reasons the producers decided to make the show like this? Whilst a lot of this stuff is for younger children, did you also enjoy yourself and play like a kid again?

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

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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. Whilst the show is generally aimed at younger year levels, do you think you could also learn to have more fun and be happy / let go and not take life so seriously? Do you think that you could have more fun and accomplish more in life if you lived this way too? How specifically?

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10. What's an area of your life where you experience a lot of stress, where you could try the techniques that the show taught. Perhaps an area where you sometimes become stressed or frustrated.

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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?

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

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13. During question time if you met one of the actors, was there a favourite role someone you aspire to be like? Why do you want to be like that person? If you were just like them, do you think you would get what you want in life? Why?

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