



Sleeping Beauty 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, Sleeping Beauty?

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

3. Remember when Jamie felt like he couldn't rescue Rose? Why was that? What changed to make him feel like he could do it?



4. What was Veg and Mite like? What was the difference between them? Which one of them chose the 'good guys' in the end? Which choice would have you made?

5. Why was Maleficent so crazy and mean? Why do you think she wanted to hurt Rose? Would doing this have made her feel happy or sad in the end?

6. Who was your favourite character?

7. Why were they your favourite character?

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



Sleeping Beauty Worksheet – For Year 3 & 4

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

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

3. Why did Jamie not feel like he could go and rescue Rose straight away after Maleficent took her to her castle? What were some of the things that Jamie and the Fairy and Andy did to help him feel more confident? How would you try those same ideas and methods to feel more confident in your life?

4. Remembering how Veg and Mite were different, what happens when you suck up to mean people, like Mite did? Even though she thought she was doing the right thing by obeying Maleficent, was it really the right thing to do? Veg seemed a bit 'naughtier' but in the end, what was his choice? Did he help Jamie or Maleficent? If you were in that situation, which side would you have chosen? Why?

5. The show contained a cool section where you got to make some new choices for your life. List 3 choices you want to make. Eg. How you want to feel, what you want to give to the world, or something you want to achieve

1.

2.

3.



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 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. 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.

8. 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?

9. What would that look, sound and feel like?

10. 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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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. The show contained a cool section where you got to make some new choices for your life. List 3 choices you want to make. Eg. How you want to feel, what you want to give to the world, or something you want to achieve

- 1.
- 2.
- 3.

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!'



Sleeping Beauty Worksheet – For YEAR 7 & 8

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1. Critically analyse the production of Sleeping Beauty. 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.

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?

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? 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.

5. Discuss Confidence and the concept of Following your Path. What do these terms mean? Why are messages about these two themes embedded in the show? In what ways did the show teach messages about these two themes?

6. The show also contains a theme of 'awakening to the princess within'. What do you think the writer means by this?



7. The show contained a cool section where you got to make some new choices for your life. List 3 choices you want to make. Eg. How you want to feel, what you want to give to the world, or something you want to achieve. What will it look, sound and feel like if you could do this or achieve this dream?

8. 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?

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

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. 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?

11. 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.

12. 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?

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

14. During question time or if you met one of the actors, was there a favourite or 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?

Remember, if you want, you can write to the actors on the internet! Just go to <http://www.alphashows.com.au/forum> to join the discussions.