





Hello!

We are so glad you are getting involved in **imagine...**

imagine... is a physically distant but socially friendly arts project. Inspired by the iconic song written by John Lennon, we are asking you to join us and imagine the future.

It's 50 years since the song was released next year. So we'll be releasing these packs every month. We want you to do as Lennon did and make a masterpiece from the comfort of your own home.

Each month, we'll schedule a digital celebration of any work we

receive. You can send us emails, photos or videos of your work. Share it in a way that suits you. If you don't want to be on screen, don't worry, we've a team of professional actors and musicians who can bring your work to life.

You can send your work to -
E: louise@bouncetheatre.com
Whatsapp: 07980210705
Or share it on your social media and #gracedeartrust #imagine

We can't wait to hear what you make.

Grace Dear Youth Theatre.

About the Grace Dear Trust

The Grace Dear Trust is a mental health charity based in Surrey. The charity was created with the aim of saving the lives of other young people suffering with mental illness. By educating young people, encouraging them to talk about their feelings and making mental health an everyday topic of conversation.

Core Values of The Grace Dear Trust

GratITUDE
Resilience
Acceptance
Caring
Empathy

Find out more about us

The Grace Dear Youth Theatre is run by Bounce Theatre. Bounce Theatre make original, brave and imaginative work. Find out more about us www.bouncetheatre.com



Imagine was released in 1971 by John Lennon. He wrote it early one morning in his bedroom. 49 years on, as lockdown began Gal Gadot of Hollywood Fame posted about it on Instagram. There's a surprise Hollywood star studded version of it to follow 😊 As our project will finish 50 years after it was written, check out the lyrics.

Imagine there's no countries
It isn't hard to do
Nothing to kill or die for
And no religion, too
Imagine all the people
Living life in peace
You, you may say I'm a dreamer
But I'm not the only one
I hope someday you will join us
And the world will be as one
Imagine no possessions
I wonder if you can
No need for greed or hunger
A brotherhood of man
Imagine all the people
Sharing all the world
You, you may say I'm a dreamer
But I'm not the only one
I hope someday you will join us
And the world will live as one

John Lennon

Now, turn the pages and see what you can create inspired by this song.

want to write?

All these writing challenges have been set by artists at Bounce Theatre. You can send us copies of any of your work. We will arrange for all the work we receive to be part of an imagine performance by actors via social media.

Story

Imagine – a 10 word story

Write a 10 word story. One of the words has to be imagine. Here are a few for inspiration.

Imagine the future. People have forgotten how to be unkind. Our house was on fire. Imagine we found the water. Parks fill with rubbish. Litter picker volunteers save day. Imagine.

Poetry

A kenning poem describes an object in a two-word phrase. It can be as long or as short as you like. It doesn't have to rhyme. Write a kenning poem inspired by Imagine. Here's an example.

Blue blanket
Clear hope
Daily reminder
Mother Nature
Sweet dreams
Dairy-free ice-creams
Smiling faces
Kind hearts
Tranquil places
Common purpose
Shared ideals
Proudly diverse
Treasured similarities
Stronger together
Time cherished

Imagine story

Pick a line or two from Imagine and just start to write. Whatever comes into your head.

“Imagine all the people, living life in peace.”

Think about a day where you felt at peace. Maybe you were on holiday. Maybe you had a long lie in. Write down where you were, when you noticed about the weather, how it made you feel, what happened next. What was the impact on your day? What great innovation could come from peaceful living? What would be the impact on the environment?

Letter to the future

Write a letter for your future self about how you want to imagine the future.

Script

Short play challenge

Develop this scene in any way you like to make a short play.

(Two girls sitting on top of a)

Jade It's like you can see the whole world from up here.

Olivia Imagine, if we could.

Jade Look, there's St Pauls Cathedral.

Olivia That's like well old isn't it?

Jade London's a mix innit. Old and new.

Olivia I don't like heights.

(Pause to take in the view)

Olivia Where's Jack?

(Checks phone)

Jade On his way.

Olivia He's running late. He'll miss all the action.

Jade He won't.

Olivia We all said we'd be here. It's important because

(Jack appears)

Jack

Send us your scene and we'll have actors perform it for you and shared online. Or, write a scene of your own. Or, direct some friends in a rehearsal and hashtag #gracedearthtrust and #imagine

song

Your song writing challenge has been set by Aaron Norton. Born and raised in Chessington, Aaron has travelled across the UK and Europe with his music. Here he takes you through a process of starting to write original lyrics.

“So, your challenge. Write a song about climate change. Imagine how we can build a brighter future. We are going to think about the past, the present and the future to create an interesting, engaging song.”



First, where do we start?

Get three separate sheets of paper and on each sheet write the words:

- Yesterday's Mistakes
- Today's Situation
- Tomorrow's Dream

On each of these pages, put down as many thoughts as you can referring to climate change. For example, I might take Yesterday's Mistakes and put the words:

Ignorance
Waste
Didn't know
Mistake
Pollution
Unwell Animals
Breaking the environment
Ozone layer
Sea levels rising
Sad
Disbelief
Danger

Anything goes here... news headlines, individual words, phrases, things you hear other people say, what you think about climate change, does it exist? Will the world end if we continue?

Once you've completed this exercise (on each page) you should know how you feel and what you think about climate

change and what you hope the effort we make today will mean for our future.

Now let's start using some of those words and phrases to form a story. If we only write four lines for each page we should get a Verse, Bridge and a Chorus.

E.g.

Yesterday's Mistakes (Verse)

I can't believe the ignorance of people in the past
The dangers they have put us in
have developed really fast
How could they pollute and think the world would last
Leaving us to live with smog clouds overcast

Today's Situation (Bridge)

But now we have the knowledge
We know what to do
To undo all the damage
And make our dreams come true

Tomorrow's Dream (Chorus)

Tomorrow I dream the sun will break through
We can make the grey sky turn blue
Tomorrow I dream our children will have a clear view
Because of change from me and you



The examples have lots of rhymes but you don't have to do the same... the most powerful songs are the ones that mean the most, not the one's that rhyme the most!

Have fun with this and don't be too hard on yourself. Make sure the challenge of finding new ways of saying something is light hearted and you'll be amazed at how easily words flow on the page/screen. The fact that you will use different words is what makes each song unique and that's exactly what we want.

So give it try, we can't wait to hear what YOU think. When you're finished you can either video or record your new masterpiece or send your lyrics in and I'll perform it in an online gig!



want to photograph?

So, are you a budding photographer or seasoned pro?

Bounce Theatre's Company Manager manages the imagery for our business. So each issue will be sharing ways to make the best of your smartphone camera(s) to add images to the exhibition.

Take your camera around your house, out for a walk and photograph inspiration for the song.

Here are our top tips (all example photos were shot on a Google Pixel 2 smartphone):

1. Learn to Focus on the Subject

When composing your photo, you can tap the screen to focus on a chosen point in your frame. Pay attention to what is sharp and what is blurry. It's worth doing this with every photograph you take. There's nothing worse than checking a photo later to find that you have a perfectly focused background and a blurry subject!



The image on the left has the focus trained on the flowers in the foreground, whereas the image on the right the focus has defaulted to the background which spoils the shot.

2. Try Getting Down Eye-to-Eye with Your Subject

When photographing children, pets, or other animals, it often creates a better image when you get right down to their level – try taking photos at the “eye-to-eye” level (not looking down at them from your standing height) – this increases the feeling of being “with them” in the moment and you can achieve more intimate portraits. Here's an example with a frog in our pond:



The image on the left is taken from a squatting position at the pond-edge. The image on the right is taken from lying down and reaching out very close to the frog. The result is a lower angle that's also closer.

3. Change the Angle

You can create some dynamic and interesting photos by shooting from an unusual angle. Play around with perspective to see what effects you can create:

- Lie on the floor, looking up at your subject or, if you find that hard, just hold your phone at floor level, pointed towards your subject and take a few snaps – you can then check them straight away and reshoot the shots if it's not right.
- Stand on a chair and shoot “top-down” with your subject immediately underneath. This can be good for food photography, or fun, dynamic portraits.
- Shoot through a cardboard tube for a “moon” effect.



Here, you'll see a couple of shots “from the ant's eye view” which can be quite fun. For these it took four or five “arm's length/blind” shots to get the right angle and focus. Try it for yourself.

Next time, we'll look at good composition, portrait mode, and the importance of editing your photos.

10 Second objects

Imagine Doodles

Create a temporary sculpture

Join a digital art project

Make your work

Now, make your own response to the song. You could collage it, draw it, collect colourful items and arrange them to create images of the lyrics. Anything goes!



Collagism

”

A circular diagram illustrating 48 emotions, organized into three concentric rings. The innermost ring is divided into four quadrants, each representing a primary emotional state: MAD (red), SCARED (orange), JOYFUL (yellow), and PEACEFUL (blue). The middle ring further divides these into eight quadrants, each with a specific color and a set of related emotions. The outermost ring contains 48 individual emotion words, each corresponding to a quadrant in the middle ring. The emotions are arranged in a clockwise direction starting from the top (MAD quadrant).

Quadrant (Inner Ring)	Quadrant (Middle Ring)	Emotions (Outer Ring)
MAD (Red)	ANGRY	JEALOUS, IRRITATED, SKEPTICAL, BEWILDERED, DISCOURAGED, INADEQUATE, EMBARRASSED, OVERWHELMED
	HATEFUL	CRITICAL, CONFUSED, REFLECTED, HELPLESS, SUBMISSIVE, INSECURE, ANXIOUS, OVERWHELMED
	CRITICAL	CONFUSED, REFLECTED, HELPLESS, SUBMISSIVE, INSECURE, ANXIOUS, OVERWHELMED, DARING
	CONFUSED	REFLECTED, HELPLESS, SUBMISSIVE, INSECURE, ANXIOUS, OVERWHELMED, DARING, FASCINATING
	REFLECTED	HELPLESS, SUBMISSIVE, INSECURE, ANXIOUS, OVERWHELMED, DARING, FASCINATING, STIMULATING
	HELPLESS	SUBMISSIVE, INSECURE, ANXIOUS, OVERWHELMED, DARING, FASCINATING, STIMULATING, AMUSED
	SUBMISSIVE	INSECURE, ANXIOUS, OVERWHELMED, DARING, FASCINATING, STIMULATING, AMUSED, PLAYFUL
	INSECURE	ANXIOUS, OVERWHELMED, DARING, FASCINATING, STIMULATING, AMUSED, PLAYFUL, OPTIMISTIC
SCARED (Orange)	ANXIOUS	OVERWHELMED, DARING, FASCINATING, STIMULATING, AMUSED, PLAYFUL, OPTIMISTIC, SUCCESSFUL
	OVERWHELMED	DARING, FASCINATING, STIMULATING, AMUSED, PLAYFUL, OPTIMISTIC, SUCCESSFUL, WORTHWHILE
	DARING	FASCINATING, STIMULATING, AMUSED, PLAYFUL, OPTIMISTIC, SUCCESSFUL, WORTHWHILE, VALUABLE
	FASCINATING	STIMULATING, AMUSED, PLAYFUL, OPTIMISTIC, SUCCESSFUL, WORTHWHILE, VALUABLE, DISCERNING
	STIMULATING	AMUSED, PLAYFUL, OPTIMISTIC, SUCCESSFUL, WORTHWHILE, VALUABLE, DISCERNING, CONFIDENT
	AMUSED	PLAYFUL, OPTIMISTIC, SUCCESSFUL, WORTHWHILE, VALUABLE, DISCERNING, CONFIDENT, THANKFUL
	PLAYFUL	OPTIMISTIC, SUCCESSFUL, WORTHWHILE, VALUABLE, DISCERNING, CONFIDENT, THANKFUL, SECURE
	OPTIMISTIC	SUCCESSFUL, WORTHWHILE, VALUABLE, DISCERNING, CONFIDENT, THANKFUL, SECURE, SERENE
JOYFUL (Yellow)	SUCCESSFUL	WORTHWHILE, VALUABLE, DISCERNING, CONFIDENT, THANKFUL, SECURE, SERENE, RESPONSIVE
	WORTHWHILE	VALUABLE, DISCERNING, CONFIDENT, THANKFUL, SECURE, SERENE, RESPONSIVE, PENSIVE
	VALUABLE	DISCERNING, CONFIDENT, THANKFUL, SECURE, SERENE, RESPONSIVE, PENSIVE, RELAXED
	DISCERNING	CONFIDENT, THANKFUL, SECURE, SERENE, RESPONSIVE, PENSIVE, RELAXED, SLEEPY
	CONFIDENT	THANKFUL, SECURE, SERENE, RESPONSIVE, PENSIVE, RELAXED, SLEEPY, APATHETIC
	THANKFUL	SECURE, SERENE, RESPONSIVE, PENSIVE, RELAXED, SLEEPY, APATHETIC, ISOLATED
	SECURE	SERENE, RESPONSIVE, PENSIVE, RELAXED, SLEEPY, APATHETIC, ISOLATED, INFERIOR
	SERENE	RESPONSIVE, PENSIVE, RELAXED, SLEEPY, APATHETIC, ISOLATED, INFERIOR, STUPID
PEACEFUL (Blue)	RESPONSIVE	PENSIVE, RELAXED, SLEEPY, APATHETIC, ISOLATED, INFERIOR, STUPID, REMORSEFUL
	PENSIVE	RELAXED, SLEEPY, APATHETIC, ISOLATED, INFERIOR, STUPID, REMORSEFUL, DISTANT
	RELAXED	SLEEPY, APATHETIC, ISOLATED, INFERIOR, STUPID, REMORSEFUL, DISTANT, SARCASTIC
	SLEEPY	APATHETIC, ISOLATED, INFERIOR, STUPID, REMORSEFUL, DISTANT, SARCASTIC, FRUSTRATED
	APATHETIC	ISOLATED, INFERIOR, STUPID, REMORSEFUL, DISTANT, SARCASTIC, FRUSTRATED, JEALOUS
	ISOLATED	INFERIOR, STUPID, REMORSEFUL, DISTANT, SARCASTIC, FRUSTRATED, JEALOUS, IRRITATED
	INFERIOR	STUPID, REMORSEFUL, DISTANT, SARCASTIC, FRUSTRATED, JEALOUS, IRRITATED, SKEPTICAL
	STUPID	REMORSEFUL, DISTANT, SARCASTIC, FRUSTRATED, JEALOUS, IRRITATED, SKEPTICAL, BEWILDERED



Register your interest in our masterclasses with an array of artists over the summer.

IMAGINE...



Mindful drawing - colour in yourself