

Welcome to our Flux Digital Resource Pack!

Introduction to Mortal Fools

Hi there! We are Mortal Fools; a multi award-winning theatre, drama and creative learning company in North East England.

We co-create dynamic, socially relevant, high-quality performance-based work and creative projects. We do this equitably with children, young people, communities and professional arts and youth practitioners. Flux is one of our many projects from 2022/23.

We specialise in co-creation with children and young people delivering a variety of activities and projects throughout the year. Our sessions take place in various settings, including school and educational settings, out-of-school groups and youth work settings, and community events like Northumberland Pride.

We work with 1,000s of children and young people every year, mostly in the North East, holding safe spaces for young people to be creatively brave - our work is high impact, responds to contemporary needs and can be transformational.

Flux Digital Overview

Flux 2022 was devised and performed by Mortal Fools Ensemble Young Company 2021/22 and toured in April 2022 to sell out audiences.

We filmed a version at YMCA Northumberland working with our friends Von Fox Promotions and that digital version is available now for all to watch in your own setting and/or host a screening.

The Flux Film is available to all and free to watch - however if you are able, we would appreciate donations - to support our Mortal Fools Young People's Programmes.

[You can find out more about how to donate and supporting Mortal Fools by clicking here.](#)

We have created [a downloadable "Host a Screening" resource](#), which may be helpful if you're like to host a screening in your setting. And this resource (the one you're reading) is to help anyone and everyone who watches Flux Digital to engage with the film's themes and characters a little deeper.



About the Flux Film

12 unique young voices come together on film, to explore what it means to question your identity in a world that feels determined to put you in a box.

Devised and performed by the young people living through this reality right now, join them in discovering that there is freedom in the flux - and that labels are for bottles, not people.

The Flux film run time is **63 mins long** and it is suitable for young people aged **11 years +**.

There are 12 members in the Flux cast - so you will see 12 people across the film.

The film is **closed captioned**.

The film is high energy and contemporary with original music featuring heavily through-out. The show depicts different perspectives, and several story threads exist through-out; the 12 cast members play different characters including versions of themselves, peers, parents, teachers, societal pressures etc.

The film was co-created by Northumberland teenagers with professional artists and theatre makers.

The film is the lived experience, insights, and creative exploration of those young people at that time woven together with characters, storylines, and original music.

Themes explored in the Flux film include:

- Evolution of identity
- Self-identifying vs how others perceive you
- Labels and stereotyping
- Life decision making
- Being worried about what other people think about you
- Masking and conforming
- Pressure from society, school, parents, and peers
- Expressing yourself through fashion, music, art, words, actions etc
- Celebrating individualism
- Low self-esteem and confidence
- Young people's LGBTQIA+ journey

Click here
to watch
Flux film





The Flux film is perfect for a wide range of audiences and audience interests including:

Young People

- Tweens and teens growing up right now
- Young people exploring their sexuality/gender/identity
- Young leader's groups
- Community youth groups
- Young LGBTQIA+ / Pride groups
- Youth Theatre groups
- Young people feeling overwhelmed by life choices
- Neurodiverse young people
- Young people struggling with their wellbeing / feeling anxious about growing up

Adults

- Secondary school educators
 - Youth workers
 - Theatre & film makers passionate about co-creation and/or young people's work
 - Parents and carers with tweens and teens
-

Activities To Compliment the Film

Well before we get to any suggested activities, we suggest that you watch the Flux film – it's just over an hour long, so you'll need a chunk of time to watch it. Enjoy!

Click here to watch Flux film



Now on to the engagement activities!

The following activities are designed to help young people focus on specific characters or storylines from the Flux film. Our Mortal Fools practitioners have pulled together some activities and reflections to help young people, youth group leaders, young people's practitioners, youth workers, teachers, home educators to go deeper into themes - many of these activities were used during the Flux devising process, to get the cast thinking and exploring before Flux came into being.

Materials you may need to have to hand before doing any of the following Flux digital activities:

- Paper
- Drawing materials
- Magazines/newspaper for collage
- Scissors
- Glue

For each of the following activities we will explain the framing and how it connects into the Flux film. Then we will share materials you may need to do the activity, then we will outline the creative task with some recommendations around how to go about it and finally, we will suggest some ways to reflect on or share what you've done.



DANNIE

Dannie's story focuses on Queer Identity and the stereotypes that exist when you identify with a particular label..

In the film, once Dannie comes out to their friends, family, and teachers, they are pigeonholed as queer, and that's all anyone wants to talk to them about.

We see Dannie continue to explore their identity and push back on the restrictive stereotypes, whilst focusing on what makes them "Dannie".

We want you to do the same!

Materials you may need:

- Paper (coloured or plain)
- Pens and/or pencil
- Glue
- Scissors
- Paints (if you have them)
- Brushes
- Newspapers / Magazines



The task:

For this task, we want you to create your very own Pride flag - one that celebrates what makes you, YOU!

It can be as abstract or as literal as you want - you can draw, paint, write, collage, use phrases/words from magazines, include shapes - anything goes.

There is no right or wrong answer for this task - if it represents you, it's perfect! You might like to do this task again in the future and make something totally different - that's ok! After all, we're constantly in a state of 'Flux'!

When you're finished:

If you're doing this task alongside other young people, when you're finished - if you're comfortable, you might like to share and talk through your flag with each other. We bet you find some shared things or importance and learn new things about each other.

If you're doing this on your own, then take a moment to reflect on what you've done. Then stick it up somewhere or keep it somewhere close and safe - it may be helpful to look at when you're feeling a bit lost and overwhelmed, to remind you, who and how brilliant you are!



SAM

Sam's story focuses on her constant need to fit in with everyone else...

Sam's story focuses on her constant need to fit in with everyone else. She becomes like a magpie who takes things she likes about other people and tries to copy them herself. As a result, she loses sight of what makes her unique and who she actually is and becomes a totally different and inauthentic version of 'Sam', which becomes exhausting to portray.

Materials you may need:

- Plain paper
- Pen or pencil



The task:

1. First, write (or draw) a list of things that you see in other people that you admire or wish you could do.
2. Now we would like you to repeat the task but write as many things as possible that you think other people might admire about you.
3. Now, ask a trusted friend or adult to write down a little of things they admire about you.

It can sometimes feel uncomfortable to identify and explore what makes you unique, the things you actually like about yourself and the things you admire in others. Society conditions us to think negatively about our imperfections and to see other people's strengths, with envy.

It sounds cliché, but learning to love and accept who you are, and living an authentic life, is an important part of personal growth. It's the foundation of then building towards who you'd like to be in the future.

When you're finished:

We want you to compare each list written and reflect - Are there any expected things on the list? How do the lists of attributes make you feel? Are there any attributes that appear across all three lists? Are there any themes that stick out? Are there any attributes that feel more important to you than others?

If you're comfortable, we encourage you to talk to a trusted adult or friend about the list and unpick your thoughts and feelings.

charlie

Charlie's story explores the challenges of figuring out and deciding his future plans and direction in life...

Overwhelmed by careers advice, the number of options, expectations placed upon him and his interest in multiple possibilities, Charlie needs help figuring it all out. But is it just advice he needs? Or is it also reassurance, that it's ok to be nervous and unsure about the future.

Materials you may need:

- Plain paper
- Pen or pencil

When you're finished:

When you're finished - if you're comfortable, you might like to share and talk through/read out your letter with each other (if you're doing this task as a group) or if you're doing this alone, you might want to share it with a trusted person in your life.

These letters can make great provocations for further discussions around our feelings towards the future.

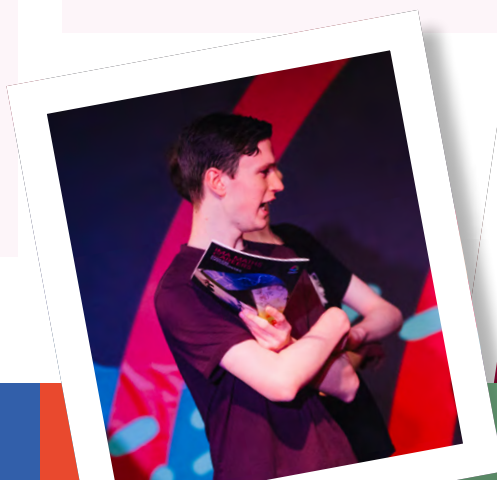


The task:

In the Flux Film, Charlie's friend Kim steps in to help him and shares some valuable advice: *"You can't worry so much about who you're going to be when you're 35 that you forget who you are now."* Sometimes when everything gets overwhelming, all we need is a friend to guide us in the right direction.

So, for this task, we want you to write a letter to a hypothetical friend of yours, that is feeling overwhelmed and anxious about their future and making life decisions. Think about what advice you may give, how you'd reassure them that things may be overwhelming, but they are going to be ok, maybe you've got insights/experience to share, or maybe you know where to signpost to help. Write the type of letter that you'd like to receive if you were in that scenario.

If you can't imagine yourself feeling the same way Charlie does in the film, just think about writing a letter back, whilst trying to be a supportive friend, just like Kim.



MESS

In creating Flux, our Ensemble Young Company worked with professional musician Calum Howard to create an original soundtrack for the show....

The headline song was MESS - it features lyrics about feeling like a "mess" as a teenager and figuring life out.

One of the verses is as follows:

I am my own mess

And I like it like that

I dance to the music

And I smile when I'm sad

And now you're hiding out

Finding out

I am my own mess



The task:

Our cast really loved the process, and we'd love you to join us in some music making too, by writing lyrics. We'd like you to have a go at writing your own verse for MESS.

Line 1 & 2:

- Start with "I am my own Mess" for line 1
- Now think of a short phrase that would follow on for line 2. (eg: "and that's OK")

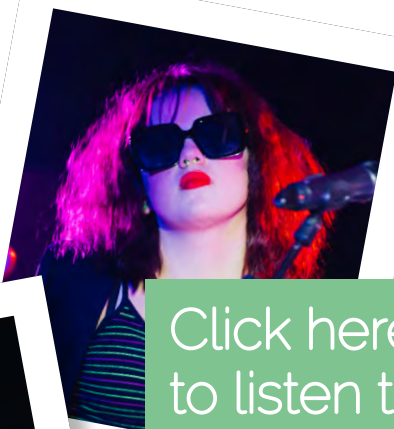
Line 3 & 4:

- Then come up with two lines for lines 3 and 4
- The end of line 4 must rhyme/sound good with the end of line 2!

Line 5 & 6:

- Then come up with a lyric for Line 5 - this must come in two short parts that both rhyme (eg: It's my identity, it's for me)
- Then line 6 is "I am my own mess."

When writing lyrics, always try them out and sound them out before scrapping an idea - often a first attempt can spark an idea for a better lyric. So, if in doubt try it out!



Click here
to listen to
the song



Engaging, enabling, empowering, and amplifying young people's voices, is an important part of what we do, so by taking time out to watch the film and by engaging with this resource pack, you have helped us on that mission!

If any of the themes or topics have made you feel a certain way or were a bit tricky, we'd like to highlight our Wellbeing Resource. Team Mortal Fools have pulled together a downloadable resource to signpost to a wide variety of wellbeing and mental health support organisations, friends of Mortal Fools, inspirational influencers, courageous activists, and colourful content creators.

[You can download our Wellbeing resource here.](#)

Please keep in touch with us at Mortal Fools - we'd love to hear how you get on using this resource and what you thought of the film; we're always happy to chat and connect!

If you're further afield - engage with us on socials and be part of our digital Mortal Fools community.



Keep in touch with us:

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