

MORTAL
FOOLS

LET US
TELL YOU



Resource Pack



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#LetUsTellYouFilms



mortalfools.org.uk



Mortal Fools Introduction

Welcome to Mortal Fools' Let Us Tell You Resource Pack – this resource is to accompany our Let Us Tell You film project and it is for anyone working with young people 8-14yrs old, theatre practitioners and parents/carers.

Mortal Fools is a theatre, drama and creative learning charity based in the North East. We are a company of participatory artists and practitioners who co-create compelling, dynamic,

socially-relevant and high-quality theatre with children and young people. Working with 1000s of young people every year across the North through co-creating theatre, creative projects and developing digital content and resources to meet the contemporary needs of young people.

You can find out more about **Mortal Fools** on our website www.mortalfools.org.uk and social media channels (@mortalfoolsuk).



You can watch the films via Mortal Fools YouTube Channel by clicking [here](#).

We also have the option available for a Mortal Fools' Youth Theatre practitioner to facilitate a Let Us Tell You workshop for young people – this is open to any young people's groups and to find out more email Rachel.Horton@mortalfools.org.uk

Let Us Tell You is one of the latest offerings from Mortal Fools' Youth Theatre; two new socially engaged films created by young people, for young people and anyone interested in young people's contemporary issues.

Let Us Tell You is a coming together of young people's powerful voices on film and an invitation to step inside their thought provoking and sometimes imaginary worlds. By watching you'll learn what's important to Mortal Fools' Youth Theatre right now, and what they feel the world (and other young people) need to hear at this time. #LetUsTellYouFilms

Film #1 My Monster Arrived playfully explores monsters as a visual representation of fear, uncertainty and anxiety about both very real and very imaginary things intertwined. We all have monsters lurking in our brains, but what if we talked about them or even... talk to them? Maybe, just maybe, our monsters might hear us and get smaller and smaller and smaller.

Film #2 Thank You For Listening mimics a nature documentary; a narrator observes teenager in the wild, struggling with a confusing contemporary world that influences and dents their sense of self. This positive film is for anyone trying to figure out who they are, and who they want to be, after all, it's all part of life's adventure.

This project meant so much to Mortal Fools' Youth Theatre – we wanted to create this resource as a way for folk to support young people to dig a little deeper into the themes from the films, to reflect after watching and most importantly, to encourage young people to check in with their mental health and well-being right now in a creative way.

Before using this Let Us Tell You Resource:

- For each film, we've devised a writing task, a drawing task and a performance/action task.
- We will tell you what resources you need at the beginning of each task, so you can prepare.
- We have phrased the task instructions so you can use them exactly as they are with the young people you engage with, or you can rephrase them to suit your setting.
- The tasks and the films do explore themes surrounding mental health, identity, growing-up, the future, friendships and making sense of the world. We encourage you to remind any young people you are using this resource with to only explore what they are comfortable exploring.
- We have listed some mental health support services later in this resource which may be useful to sign-post young people to.

Resource Accessibility Information:

- We have captioned versions of the films available on Mortal Fools' YouTube.
- We have a Let Us Tell You accessibility guide – which gives more information on what to expect and more literal descriptions. **Click here to access the accessibility guide.**
- You can request an easy read, text only and/or large text version of this resource by emailing **Rachel.Horton@mortalfools.org.uk**
- We are open to any accessibility feedback or recommendations – we are a learning organisation so truly value any insights from lived experience and any suggestions.

Let Us Tell You Chat Box Prompts

When starting any Mortal Fools' Youth Theatre sessions, we begin with check ins and prompts; they help everyone to get thinking, warmed up and ready to start sharing their ideas and thoughts.

You can use these prompts to get creative thoughts flowing...

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- Something I found out today was...
 - Something I just have to say to the world right now is...
 - Something I know is happening somewhere else in the world right now...
 - Something that always makes me feel better is...
 - In ten years time I will...
 - The best advice to hear from a friend when I'm having a bad day is...

Film #1



We've all had a monster tap us on the shoulder when we were least expecting it, right? A monster that's big and scary, with 20 wiggly arms, a crocodile head and wild purple hair. A monster that steals the light, sneaks into your dreams, or travels the world spreading disease.

All you want is for them to disappear into a tiny speck of dust or a big puff of smoke. But maybe, instead of simply wishing they'd go away, we decided to face them instead... COME ON MONSTER, WHERE ARE YOU? We are ready for you!

Watch My Monster Arrived on Mortal Fools YouTube channel.

Quite often our worries and fears can feel like a monster following us around and spoiling the things we love and enjoy. Our monsters can come in all kinds of shapes and sizes and can appear in lots of different places. We champion that monsters are less scary and monster like, if we visualise what they look like, what they say to us and how they make us feel.

Through the following tasks, we want to encourage young people to use the "monster" metaphor as a tool to talk about their worries and fears and to start to own their "monster".

TASK 1 - This Is My Monster

What you need:

- Piece of paper
- Pen or pencil
- Favourite music to help you draw

Who is this task for:

This task is for anyone (young people and adults alike!) and can be done either alone or in a group.

The task:

For this task, you are going to draw your worries and fears as your very own monster. Now remember, your monster will look so different from ours, so be detailed and be imaginative! (The monster we made had a huge crocodile head and a shiny dollar necklace round its neck.) You might find it helpful to label the different parts of your monster.

Try and think about what all of their body parts look like when you're creating your monster –

- | | |
|--|---------|
| ● Shape of their head | ● Arms |
| ● Hair | ● Hands |
| ● Face | ● Legs |
| ● Body | ● Feet |
| ● Tell us something else we don't know about them? | |
| ● What's your monster called? Give it a name! | |
- So now it's your turn to get drawing!

Why we do this task:

It is really helpful to be able to see your monster and give them a name. When you can see them, it means you can start to understand them and make a plan to overcome them. Also, drawing a silly monster like this can make your monster seem less scary too!

After drawing:

After drawing monsters, encourage the young people or person to share with you/the group, if appropriate and comfortable. Use the prompts above (hair, face, body...etc) to frame the reflective conversation.



Film #1 - My Monster Arrived

TASK 2 - The Day My Monster Arrived

What you need:

- Piece of paper
- Pen or pencil
- Relaxing music to help you write

Who is this task for:

This task is for anyone (young people and adults alike!) and can be done either alone or in a group.

The task:

We're now going to do a Freewriting task. For this task we have given you 4 sentence starters that will help you write your very own "My Monster Arrived" poem, just like the one you heard in the film.

Your task is to finish each of the sentences below and tell us about your monster.

We've given you an example to help:

The day my monster arrived I was in bed at night and I had just switched off the light.

I felt scared and I was sure I could hear something moving around in the dark.

I showed my monster to my friends and they understood and said that was their monster too.

My monster is now much less scary because it's not just mine.

Now it's your turn to have a go at writing your own "The Day My Monster Arrived" poem!!

The day my monster arrived...

I felt...

I showed my monster to...

My monster is now...

Why we do this task:

Monsters thrive in the dark and if we keep them secret – this writing task is all about bringing them into the open through our writing. Sometimes what helps us defeat our monster is reflecting on when our "monster" first showed up in our lives and how we felt and then considering the scenario of who we could share our monster with that would help us and how that might impact our monster.

After writing:

Encourage the young people or person to share with you/the group, their poem, if appropriate and comfortable. Through sharing, we want young people to start to talk about their monsters and to share ideas and suggestions of who they might share our monsters with.

TASK 3 - Defeating Your Monster

What you need:

- Piece of paper
- Pen or pencil
- Relaxing music to help you think

Who is this task for:

This task is for anyone (young people and adults alike!) and can be done either alone or in a group.

The task:

As you saw in the film, we created a potion made up of all the things that help us feel okay when we need them.

We would like you to create your very own potion and draw 6 different ingredients that you would put into the potion. All you have to do is draw 6 squares on your paper and draw one ingredient in each square. Remember the ingredients are all things that make you feel better when your monster won't leave you alone.

The potion we made included things like "5 grams of niceness", "A dash of got your back" and the most important ingredient "LOVE!". It would be great if you could tell us the measurements we need for each of the ingredients so someone else could make it if they needed support!

Have a go at making your own potion recipe!

Why we do this task:

Quite a lot of the time, when our monster is around we focus on them and not on what would help us. So, this task pushes us to think about what helps us most when we are feeling sad or alone. You might even be able to share your recipe list with your friends, so that they know how to help you when you need them to.

After drawing:

Encourage the young people or person to share with you/the group, their potion, if appropriate and comfortable. Through this process of sharing, we want young people to hear what other's find helpful when they feel their monster lurking and things to make them feel better. During this conversation, explain that your potion may change over time or to experiment with other "ingredients".



Film #1 - My Monster Arrived

Final thought:

At the beginning of this film making process, we asked Mortal Fools' two questions – the first question was:

"If you could change one thing for young people right now what would it be?"

We suggest taking a few minutes, some post-it notes and pens and answering this question, in the form of a tweet.

Thank you for using our My Monster Arrived tasks – remember there are some young people's mental health organisations sign posted at the end of this resource. Feel free to share any of the monsters, poems or potions with Mortal Fools on social media **@mortalfoolsuk** or via email: **info@mortalfools.org.uk**



THANK YOU FOR LISTENING

Film #2

Here we observe a collection of teenagers, struggling to make sense of their place in this unruly environment. Watch as they wrestle with an uncertain, judgmental world and stumble over endless life choices and expectations. But wait... we appear to be witnessing a change. Teenagers, emerging out of this confusion and chaos - hopeful, and embracing their differences.

It's hard to determine what kind of future is ahead for these teenagers. There are many challenges to come, but what is certain, is that together and with self-belief, each will go a long way...

Watch Thank You For Listening on Mortal Fools YouTube channel.

Everything feels like A LOT right now... peer pressure, education decisions, exploring who you are, exploring who you want to be, fitting in, social media; it can feel overwhelming, confusing and chaotic. Sometimes all we want is to be listened to, to be heard and to have a safe space to explore the questions and thoughts, we don't have an answer to. Often, we look to others to listen, but we forget to listen and give space to ourselves.

The following tasks are just that; creative prompts that encourage young people to give themselves space to reflect on how they feel, what they can control right now, what's important to them and to lean into the fact, that life is an adventure, full of unknowns.

TASK 1 - Hey, it's your younger self...

What you need:

- Piece of paper
- Pen or pencil
- Relaxing music to help you write

Who is this task for:

This task is for anyone (young people and adults alike!) and can be done either alone or in a group.

Your task:

As you will have seen in the film, we explored writing a message to your future self. This message is your chance to tell your future self something; something they might need to hear, checking in on the hopes you might have now and how they played out, questions you might have about the future, what you like about the present that future you might have forgotten or any advice you might want to give.

Take some time now to think of what you would say and write your own message to your future self. To help you get started, why not start with the sentence below and continue to write your message - "Hey, it's your younger self..."

Why we do this task:

It was raised in our Mortal Fools Youth Theatre sessions, that quite often, our future can feel uncertain and we have no idea what lies ahead. We all have our dream futures, but there's no way of knowing if your future self is living that dream. We wanted to use this task to help young people remind their older selves of what it is that makes them so great and not to forget their dreams.

After drawing:

Encourage the young people or person to share with you/the group their letter to their future self. This process can help create a shared collective version of the future and also, reading the letter out loud can make it feel like the young people are actually reading it out loud to their future self.

TASK 2 - Your Poster

What you need:

- Piece of paper (A3/A4)
- Pen or pencil
- Collage materials – magazines, newspapers, printed images
- Glue
- Scissors
- Your favourite music to help you get creative

Who is this task for:

This task is for anyone (young people and adults alike!) and can be done either alone or in a group.

Your task:

In the film, the poster that was found on the ground inspired the young people to express themselves and be who they wanted to be.

We would love you to create your very own poster that shows us something you would want to say to other young people right now.

This can be a question like "Who do you want to be?" Or maybe a statement like "Express yourself without fear".

Once you've picked your question or statement – you might want to complete your poster by adding pictures, symbols and drawings to make it as eye-catching as possible.

Why we do this task:

We really believe in allowing Young People the opportunity to express themselves and share their views on the world around them. This task gives them a creative way of doing that and sharing their views with others.

After poster making:

Encourage the young people or person to share with you/the group their poster and to talk through what it means, the creative decisions they made or how they've visualised things that are important.

Also, we suggest displaying the poster(s) in a space others can see them and to revisit the posters if helpful.

TASK 3 - Vlog

What you need:

- Piece of paper for notes
- Pen or pencil
- Camera/digital device to record yourself if you choose to

Who is this task for:

This task is for anyone (young people and adults alike!) and can be done either alone or in a group.

Your task:

For your final task, why not have a go at making your very own vlog. First, introduce yourself with the sentence – *"Hey everyone, just wanted to jump on here to talk about how to express yourself when no-one really listens to you. Have you ever felt..."* and then you can go on to explain how it feels. Then, make a short video that brings that feeling to life somehow or perform it. For example, you might wear something bright and bold or hide in the bushes, like in the film.

Why we do this task:

Often finding the way to express how we feel can be difficult. In this task we want participants to find their own way of explaining and expressing their feelings; a vlog can be an interesting way of doing that.

After vlog:

Encourage the young people or person to share with you/the group their vlog and to talk through what it means.



Film #2 - Thank You For Listening

Final thought:

At the beginning of this film making process, we asked Mortal Fools' two questions – the second question was:

"If you could say one thing to other young people right now what would it be?"

We suggest taking a few minutes, some post-it notes and pens and answering this question, in the form of a tweet.

Thank you for using our Thank You For Listening tasks – remember there are some young people's mental health organisations to sign post to at the end of this resource. Feel free to share any of the letters, posters or vlogs with Mortal Fools on social media **@mortalfoolsuk** or via email: **info@mortalfools.org.uk**

Let Us Tell You Final Prompt

To close your use of this Let Us Tell You Resource, we have one last prompt we want young people to think about:

"If you could give a gift to other young people, what would you give them?"

This could be an item like "a warm blanket" or "a lovely cup of hot chocolate" or something more meaningful like "a supportive friend who would always be there to listen".

As young people you know what other young people need more than anybody else!

So, what would you choose to give as your gift to other young people today?



Young People's Mental Health Resources

If you know young people struggling with their mental health and well-being, your local GP is a great place to go for advice, support service sign posting and to talk through any mental health or anxiety concerns or questions.

The following organisations and influencers may also be useful too:

Thank you for using our Let Us Tell You resource – we'd love to keep connected with you as Mortal Fools on social media **@mortalfoolsuk**, you can find out more about our work on our website or drop us an email:

Rachel.Horton@mortalfools.org.uk

#LetUsTellYouFilms and this resource are free to use and experience but as a charity, we depend on generous support and we are always open to donations to help support our work with children and young people across the North. **Click here to see how you can donate and support Mortal Fools.**

Young Minds – Mental health support and resources for young people.

Hub of Hope - Mental health database bringing grassroots and national mental health services together in one place for the first time ever.

CALM – Campaign Against Living Miserably (CALM) is leading a movement against suicide and supporting men's mental health.

Kooth – Digital mental health and well-being app creating welcoming spaces, support and counselling.

MindEd – A free educational resource on children and young people's mental health.

Anxiety UK – Charity providing support if you've been diagnosed with an anxiety condition.

Frank – Confidential webchat, helpline, advice and information on drugs and substance misuse for young people.

Samaritans – 24hour helpline support for those experiencing distress, despair and/or suicidal feelings.

Black Minds Matter – Connecting Black individuals and families with free professional mental health services.

Evie Meg – Mental health and Tourette's activist.

Hannah Daisy – Artist and mental health advocate.

Matt Haig – Mental health author and activist.

Survival Techniques – Street art that aims to promote hope and optimism – bringing a little light to those having a dark day.

The Happy Newspaper – Celebrates all that's good in the world; a platform to share positive news and wonderful people.

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LET US TELL YOU

Let Us Tell You is captioned and a transcript version is also available. For any further information on accessibility or any suggestions, please drop us an email on Rachel.Horton@mortalfools.org.uk

As part of the Let Us Tell You project, we have a downloadable resource; parents and people who work with young people can use it to further explore the film's themes. This resource will have suggested games, activities and reflective prompts to use both before and after you've watched the films. Find out more:

www.mortalfools.org.uk/current-projects

Mortal Fools are a multi-award winning, theatre, drama and creative learning charity. We're growing every year, and we could not do what we do without the generous support of our partners, funders, organisations and individuals. As a charity, we depend on this generous support and we are always open to donations to help support our work with children and young people across the North. Follow the link to see the ways you can support us:

www.mortalfools.org.uk/support-us



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