

What's Inside?

- Discussion questions
- Fun activities to try with your child at home
- Relaxation exercises
- Coloring pages to complete with your child

*Helpful hint each coloring page is also filled with activities to do with your child!

Questions for the Ride Home

- What did the box look like?
- What came out of the box?
- What else could come out of the box?
 - Ask your child to draw what could come out of the box!
- What else could the box become?
- What do you think the box looks like inside?
- If you could take your butterfly on an adventure, where would you take it?
- Were the cat and mouse friends? What did they do? What will they do tomorrow?
 - Draw a picture of what the cat and mouse might do tomorrow!
- What did the butterfly music sound like? Did the music make you feel happy? Sad? Scared?
- Were there any other sounds that stood out to you?
- How did they make the sound of the rain? Can you make the sound of rain?
- What did the flower smell like?
- What does your butterfly feel like?

OUT of the BOX

Dance
Imagine
Smile

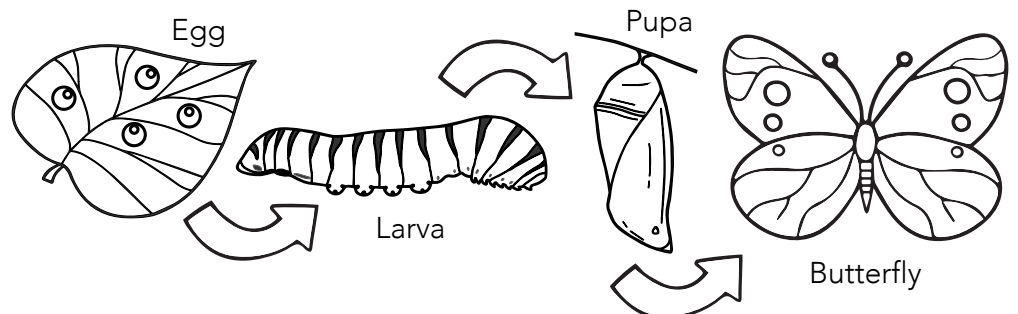


Laugh
Discover
Play

Butterfly Stretching

At the end of our play we get to meet a lot of beautiful butterflies. Try the relaxation exercise below to explore the butterfly life cycle with your little butterfly!

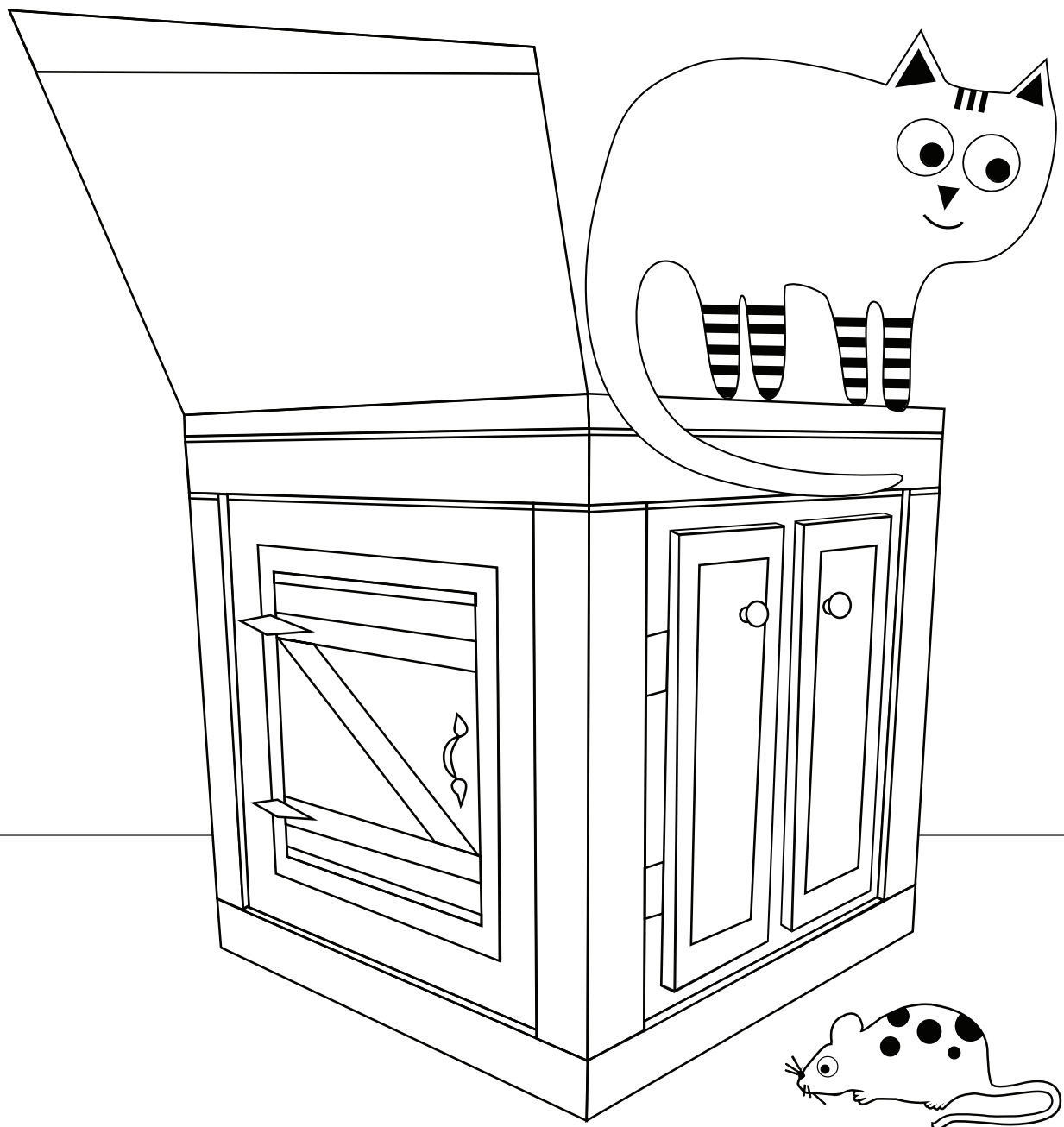
1. Ask your child to make the shape of an egg with their bodies low to the ground.
2. Encourage your child to hatch slowly from the egg, stretching their bodies to become caterpillars. Invite your caterpillar to lay on their back and stretch their arms and legs out to relax.
3. Next have them tense all of their muscles by pulling their arms and legs towards their tummy and hold that pose. Go back and forth between tense and relaxed.
4. Create a cocoon by having your caterpillar stretch out, close their eyes and hug their bodies with their arms. Count out ten deep breaths together.
5. The caterpillar is ready to break out of their cocoon! First one butterfly wing emerges and then the other. The newly hatched butterfly can try fluttering their wings slowly until they land next to you.



BONUS QUESTION: Ask your butterfly to tell you about their wings. What color or colors are they? What size are they?

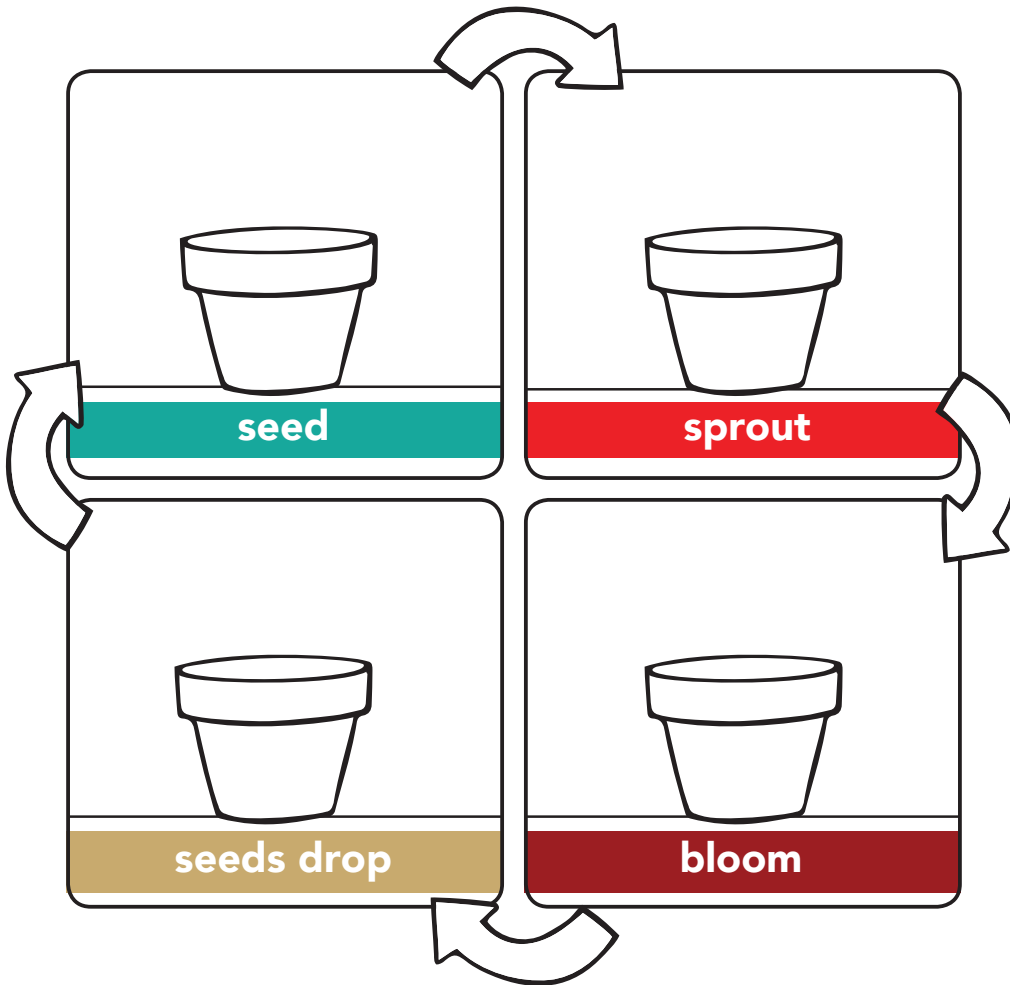
Cat and Mouse Game

1. To start this game, you and your child should be on opposite sides of the room. You are the cat and they are the mouse (or mice.)
2. The mouse will win the game when they get to the other side of the room or are close to the cat.
3. When the cat is looking, the mouse has to freeze.
4. When the cat turns its back, the mouse can move with sneaky feet towards the cat.
5. If the cat hears the mouse moving or turns around and sees the mouse moving, the mouse has to take 3 steps backwards.
6. Play until the mouse succeeds!



How Does a Flower Grow?

During the performance, we were able to see a beautiful flower grow and bloom. In the four squares below draw each of the steps that make up the life cycle of a plant. First, a seed is planted; second, the seed begins to sprout; third, the sprout blooms into a flower; fourth the flower drops little seeds into the ground. Those seeds will eventually grow into new flowers.

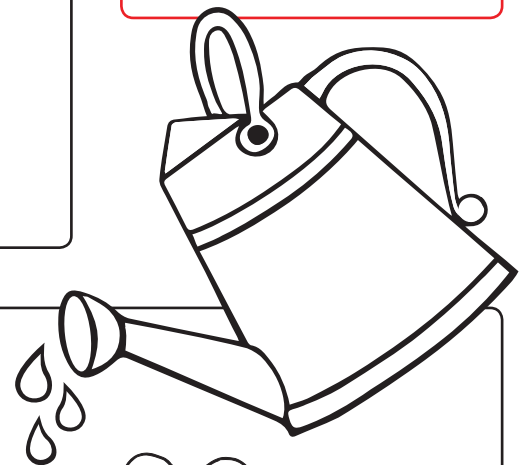


BONUS ACTIVITY:

Work with your child to draw each of the four steps in the plant life cycle onto index cards. Practice putting the steps in order and shaping your bodies like each of the different steps!

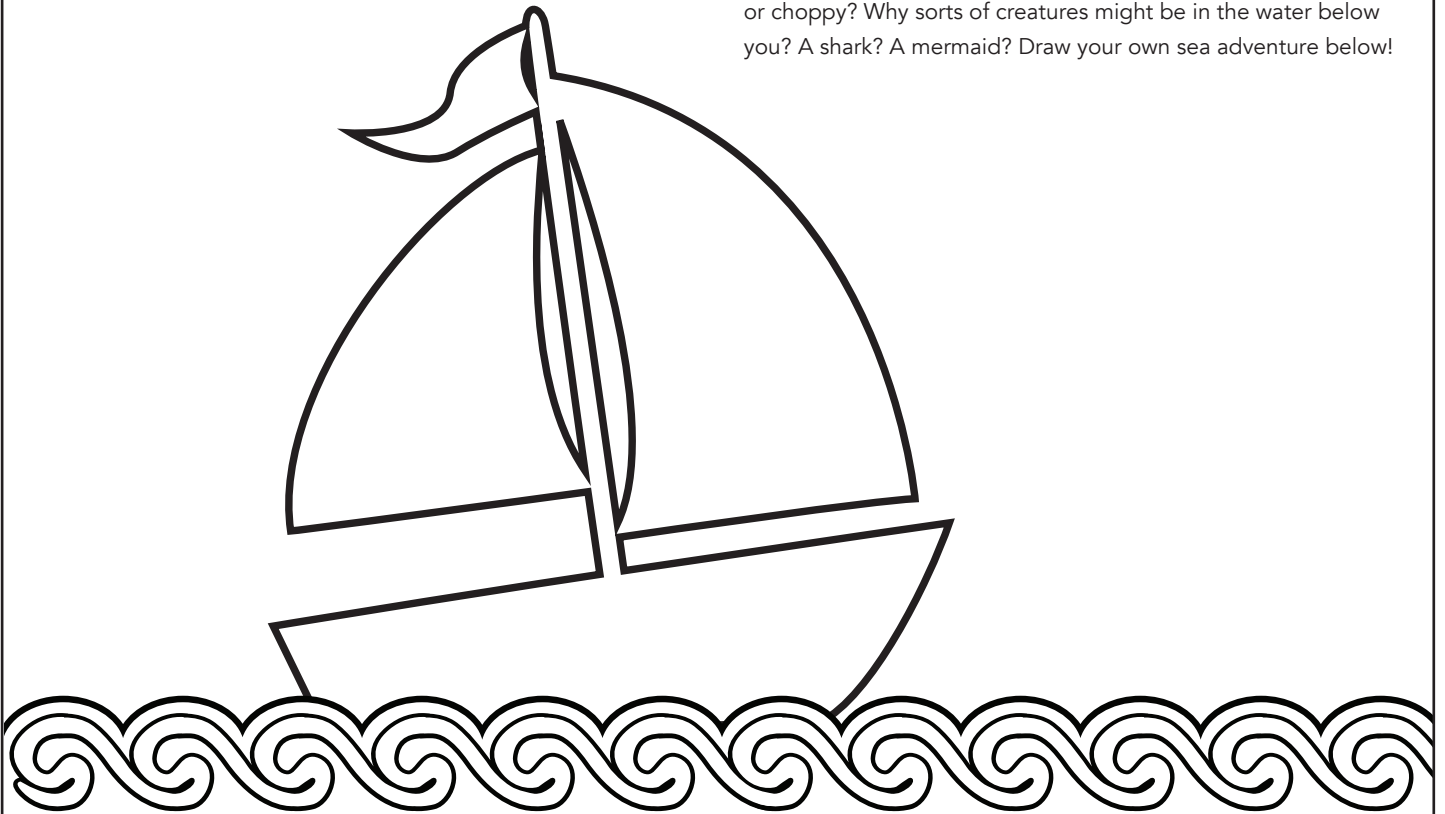
Flowers in the Great Outdoors

Now that you have explored how flowers grow, go for a walk or to the park with your child. See what different flowers you can find. Collect some of the flowers that you see and paste them on a piece of paper. Press the flowers in a book, or work with your child to remember some of the flowers you saw and draw pictures of them.



All Aboard!

During *Out of the Box* the characters went on an adventure on a boat. What would you do if you went out to explore the sea? Would it be sunny or rainy? Would the water be smooth or choppy? Why sorts of creatures might be in the water below you? A shark? A mermaid? Draw your own sea adventure below!



Reinvent the Ordinary

One of the magical things our actors do during *Out of the Box* is use sounds of everyday objects in completely unexpected ways. How can you and your child use objects around the house like a pot, an empty paper towel roll or a bed sheet to recreate some of the magical moments in our performance?

You and Your Shadows

Explore different ways you can make shadows with your child! How can you make shadows outside? How can you use a flashlight to create shadows? What different objects can you use to make shadows? What does the shadow of a plant look like? The shadow of your child? Your child's favorite toy?