



Tatita's rainbow

***A series of creative exercises
to do at home***

Keeping connected with each other and being creative is at the centre of our theatre making at London Bubble.

Whilst we can't meet face to face at the moment, we wanted to offer you the opportunity to take part in something positive and creative during this strange and uncertain time.

Can you help us create Tatita's rainbow?

You might have seen that lots of people around the world are helping to spread positivity during the Covid-19 pandemic by putting rainbows in their windows.

Tatita is the grandmother of one of the drama leaders working with Bubble. She lives in Spain.

Like so many people they are missing being able to spend time together but they have been talking about the rainbows appearing.

This made us think about how we can use our creativity to offer you suggestions of things you can do at home, with the colours of the rainbow as our inspiration.



How to use this pack

There are many right ways! Do what works best for you.

You might like to:

- Start anywhere you like - at the beginning, part way through or pick a task at random
- Do one a day, one a week, all of them in one go or none at all

You might like to keep a creative journal whilst you do the exercises

- At the end of each page we suggest you record your experience of trying the different exercises on a postcard. Before you start you might like to gather 7 blank postcards or 7 pieces of coloured card

OR you can record your experience:

- By taking photos
- Writing notes on your reflections or how it made you feel
- Taking videos
- Calling a friend or family member and telling them about it

This is an experiment and we hope you'll join us in trying it out. We look forward to finding out how you get on...

RED



Find something in your home which matches one of these shades of red.

PINK
RIBBON
CARE

HIGH
VOLTAGE

SWOON

AMELIA

PARTY
PATTIE

DANTE'S
CARDIGAN

SCARLET
TANAGER

ROSEBAY
BLOOM

LAIRD OF
THE ISLE

POMEGRANATE
SEEDS

BRAVE
GIRL

PINK
RIBBON
SUPPORT

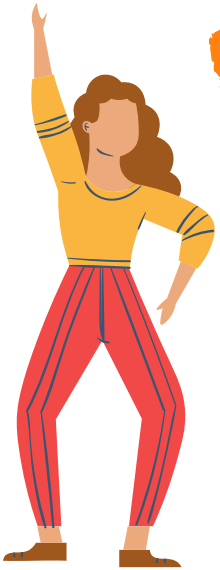
What is the story of that object?

Write it down on your red postcard.

Now give that colour a new name to fit your object.

ORANGE

Find a piece of music that you think fits with this shade of orange.



Dance to it!

What was that piece of music?

Note it down on your orange postcard and write one word to describe how that music made you feel.

Write another word to describe how dancing made you feel.

YELLOW

Look for something yellow outside your window.



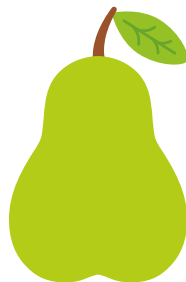
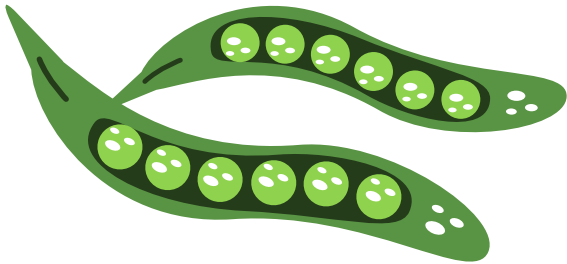
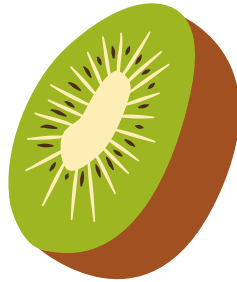
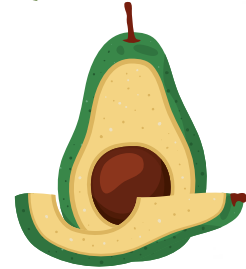
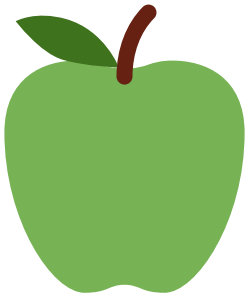
Write a poem about what you see on your yellow postcard.

If you're not sure how to start, try writing an acrostic poem, when the first letter of each line spells a word and the word is the subject of the poem.

If you use the word YELLOW, your poem might start with Yes, Year, Young or Yesterday.

GREEN

Find an item of food in your home that is green.



Use it when you cook your dinner tonight!

How did it taste?

Draw a sketch of your meal on your green postcard and describe how it tasted.

BLUE

Pick an article of clothing that matches one of these shades of blue.

PARADISO

PORTHOLE
VIEW

DEEP OCEAN
FLOOR

CLEOPATRA'S
SUNRISE

SOUL
KISS

BLUE
GROTTO

EMPEROR
BUTTERFLY

IMPRESSIONIST
BLUE

SPRING
GENTIAN

SAPPHIRE
EARBOBS

SEA
ANEMONE

NEVER
GROW UP

Imagine it didn't belong to you. Who would it belong to?
Picture this imaginary character.

What would they look like? What would their personality be?
What job would they do?

Draw them on your blue postcard.

Write down their name and anything else about them that you
would like to share.

INDIGO



Find as many objects as you can that match this colour.



Make a new object using all of the objects you have found.

What is this new object?


How much would it cost?

Why should we buy it?

Write down your responses on your indigo postcard.



VIOLET



Find an object in your home that matches this shade of violet.



Once you have found your object, imagine that it could speak.

What would it say to you?

What accent does it have?


Record what it would say on your violet postcard.

What next?

If you'd like to do more, how about....

- Mix and match! Take any of the activities on any page and do it with a different colour.
For example, looking for green or red things outside your window
or cooking things that are orange, indigo or yellow
- Create a Tatita's rainbow sculpture or picture from all of the objects you found
- Which colour do you like the most?
Does it remind you of something?
- Which colour matches how you feel right now?
Try this every day and see how your answer changes with your mood.





We understand that this is a challenging and worrying time for everyone.

The Bubble office is currently closed but here are some organisations you can contact if you need support:

If you think you have symptoms of Covid-19 Call NHS 111

That includes a fever (above 37.8C)
or a new, continuous cough.

Southwark Adult Social Care: 020 7525 3324

If you live in sheltered housing and are concerned about your living situation, contact your housing officer.

If it is an emergency, pull your SMART support cord or call 999.

Support from Southwark Council for residents who need help with the delivery of essential supplies:

Email: covidsupport@southwark.gov.uk | Phone: 0207 525 5000

Access to Food:

If you are unable to afford food and are having issues accessing food, contact Southwark Council's Community Hub on 0207 525 5000

Age UK:

For practical information and advice: 0800 169 65 65

For a cheerful chat, day or night: Silver Line: 0800 470 80 90

Time @ Talents:

Offer a befriending service. Call to find out more on 020 7231 7845.

Southwark Council's stay at home library:

<https://www.southwark.gov.uk/health-and-wellbeing/public-health/for-the-public/coronavirus/your-stay-at-home-library-of-things-to-do>

STAY HOME. STAY SAFE. WE HOPE TO SEE YOU SOON.

All the team at London Bubble xx