From the makers of Peppa Pig
the BAFTA award winning television show

Ben & Holly’s
Little Kingdom™

Live on stage for
the very first time!

Activity Pack for teachers
of Foundation Stage and Key Stage 1.

www.benandhollylive.com

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Introduction:

From the makers of Peppa Pig and the producers of the two hugely successful Peppa Pig theatre tours comes the first ever stage version of the BAFTA award-winning TV animation, Ben & Holly’s Little Kingdom. This brand new UK tour opens at The Orchard Theatre, Dartford on 26 October at the start of an extensive UK tour, booking through till summer 2013.

Currently a top favourite TV show for children aged up to 6 years old, this charmingly magical animation airs on Nick Jr and on 5’s Milkshake.

The Little Kingdom - where everyone is very, very small - is home to Princess Holly and her best friend Ben Elf. Holly is a young fairy princess who is still learning how to do magic properly and sometimes her spells don’t work out quite right. Ben is an Elf. Elves don’t do magic but they are very good at making things. Ben doesn’t have wings like Holly but he flies on the back of Gaston the Ladybird.

In this exciting new musical adventure, Ben and Holly have fun and games helping Gaston clean up his messy cave; they go on a trip to The Big World with tooth-fairy Nanny Plum; and still have time to plan a surprise for King Elf’s birthday party, complete with an unplanned jelly flood.

Packed full of games, songs and laughter, this is an enchanting and magical visit to the Little Kingdom, live on stage for the very first time. This beautiful story of elves, princesses and childhood innocence will delight all the family.

This pack gives you more background to the characters and the show and activity ideas for children aged 3 to 6 years old. These have been put into sections for Foundation Stage and Key Stage One.
Characters:

Holly is a fairy princess who is still learning how to do magic properly. She loves to play and explore and tries out different spells - even though they don’t always work. She dresses in pink. Ben, an elf, is her best friend.

Ben is an elf. He prefers pretend to magic. He loves playing games and using his imagination. He is very sporty and likes to run, hop and jump. He dresses in blue.

Gaston is a ladybird. He is a good friend to Ben and Holly. He lives in a messy cave which he loves. He is like a pet dog. He lets Ben fly on his back.

Nancy Plum is Holly’s nanny and ‘teacher,’ and a general housekeeper for the King and Queen. She is very good at magic and capable of speaking animal languages. She is also a tooth fairy.

Wise Old Elf is an elf that lives in the same tree as Ben at the top in room 98. He also is the Wise Old Tailor and librarian. He also runs the Elf School and The Elf Factory. He is a good builder. He does not like magic and believes that the elf way is best.

King Thistle is the King in Little Kingdom. He is the father of Princess Holly. He is often hungry and grumpy, finds other elves and fairies annoying and boring.

Lucy is a human girl. Ben and Holly meet her when they go with Nanny Plum and Gaston on Nanny Plum’s tooth fairy duties. Lucy is friendly and kind and loves adventures.
Synopsis:

The show opens with Ben and Holly playing hide and seek and tag. Holly tries to use her magic to make herself invisible in hide and seek and to make her run faster in tag. Ben says no magic and let’s pretend. Ben pretends to be a Prince. Holly tries to change him into a real Prince using her magic and change Ben into a frog instead. Nancy Plum comes to the rescue and changes Ben back into himself. They all go to visit Gaston, who is not feeling well – he has a cold. Ben and Holly decide to clean up Gaston’s cave to make him feel better. There is a leak in Gaston’s cave and Wise Old Elf fixes it for him. However, Gaston prefers his cave messy so they have to ‘unclean’ it up! Next, Ben, Holly and Gaston go with Nanny Plum on her tooth fairy duties. They accidently wake up a girl, called Lucy. They tell Lucy all about the Little Kingdom and Nanny Plum uses magic to make Lucy small so that she can come and visit.

Wise Old Elf collects the teeth that Nanny Plum has collected. He is not happy, at first, that they have brought Lucy to the Little Kingdom. Next, they all listen to Wise Old Elf rehearsing the elf band for King Thistle’s birthday. King Thistle doesn’t want to celebrate his birthday because he has a cold. Nanny Plum says fairy magic cannot cure the common cold but that a potion from her medical book might do the trick. Ben, Holly and Lucy help her make the potion. They collect dew drop from a spider’s web, slime from a slug and a frog burp to help make the potion. However, the potion is actually a cure for baldness and King Thistle ends up with long hair – luckily his cold disappears as well! The King is too grumpy to celebrate his birthday so Nanny Plum and the children plan to surprise him with some jelly. The jelly ends up going everywhere. However, King Thistle does not mind and, it turns out, all he really wants is for everyone to sing happy birthday to him. Everyone has a dance together before returning Lucy back home!
Activities for Foundation Stage:

Communication and Language:

- Ben and Holly introduce themselves in a special way. The children can try Ben and Holly’s introduction, pretending to have a horn or a wand:

  Ben: Hello, I’m Ben, I’m an elf. (TOOTS HORN) I can jump really high and I can run really fast. Elves are good at lots of things and I’m an elf. (TOOTS HORN).

  Holly: Hello, I’m Holly. I’m a fairy Princess. I can fly and I can do magic! (WAVES HER WAND)

- Then, the children can think of introductions for themselves, with actions, to help develop their communication skills, for example:

  Hello, I’m (NAME). I’m five. I like playing football.

- To consolidate learning, everyone else can repeat the words and actions back, each time.

- The animals in the show speak their own language, for example, Gaston the ladybird says: “Harrk, Harrk”. This can mean lots of different things, like hello, goodbye, I’m happy, I’m sad, come and play with me! Ask the children to think of the sounds animals make and how they can make the same sounds have different meanings, such as “quack, quack” to mean I’m hungry or let’s splash for a duck. This activity should also include using facial expressions to help communicate meaning.

- Also, ask the children, what other languages they know and get them to teach the others how to say hello in other languages.

- New words - Here are some useful words to know if you take a group to see Ben and Holly’s Little Kingdom Live Show:

  Here are some words to do with the theatre - use pictures to help the children remember what they mean:

  Foyer: This is the place you wait before they open the doors to the place where you take your seats to watch the show.

  Box Office: This is the place where you buy or collect tickets for the show.

  Usher: The person who shows you to your seat and sells ice-cream!

  Stage: This is the place where the show takes place. Often it is higher than the seats.
Physical Development

Ben and Holly play hide and seek and tag at the beginning of the show.

Ben likes to run, hop and jump.

The children can have fun combining role play and maths by hopping and / or jumping 10 times. Also by running on the spot in normal time and then in slow motion and fast motion!

Holly flies and Ben flies on Gaston’s back. The children can pretend to fly and explore the space around them by pretending to fly up high and down low, flying in circles, swaying from side to side or jiggling up and down as if flying when it’s windy!

Make your own Little Kingdom: Create a space for the children to explore, using benches, mats, play tunnels, cushions and different coloured pieces of material to represent logs, ground, moss, hollows, caves, flowers and blades of grass in the Little Kingdom.
Personal, social and emotional Development

In the show two characters are not feeling well. Both Gaston the ladybird and King Thistle have colds. This is an opportunity to talk to the children about feeling sick and having a cold and what to do to feel better and why. Steps to feeling better when you have a cold:

1. Have a hot drink, like tea, milk or chocolate.
2. Have a warm bath.
3. Get in your pyjamas
4. Have a lovely sleep.
5. Take some medicine
6. Eat some honey.

Birthdays - King Thistle celebrates his birthday in the show. This is an opportunity to talk about how birthdays make you feel and some of the fun things that you can do on your birthday, such as eat your favourite food, have a cake, play games with your family and friends.

- Fun Birthday Facts: Happy Birthday is recognized around the world and has been translated into dozens of languages. It is one of the three most popular songs in the English language.

- Birthday Celebrations around the world:
  - Brazil - The birthday boy or girl receives a pull on the earlobe for each year they have been alive. The birthday person also gives the first slice of the birthday cake to his/her most special friend, usually mum or dad.
  - Canada - In parts of Canada, the nose of the birthday child is greased for good luck. It is believed that the greased nose makes the birthday child too slippery for ill luck to catch them.
• China - In China, the birthday child pays respect to his/her parents and receives a gift of money. Friends and relatives are invited to lunch and are served noodles to wish the birthday child a long life.

• Denmark - A flag is flown outside the window to indicate that someone in the house is having a birthday. Gifts are placed around the bed of the birthday child while they are asleep so they will see them immediately upon awakening.

• Germany - A member of the birthday person's family wakes up at daybreak and lights candles on the birthday cake. The number of candles will be equal to the age of the birthday person, plus one for good luck. The candles are left burning all day long. That night, after dinner, everyone sings the birthday song and the birthday boy/girl blows out the candles.

• Holland - Special year birthdays such as 5, 10, 15, 20, 21 are called "crown" years. The birthday child receives a large present on a crown year birthday. The child wears a birthday 'crown' or hat to school.

• Vietnam - Everyone celebrates their birthday at New Year. On the morning of the New Year, adults congratulate children on becoming a year older by giving them red envelopes, which contains "Lucky Money".

Make some birthday hats, like they do in Holland, or some birthday flags, like in Denmark.
Literacy

- There are lots of word play and rhymes in the show which are great for literacy. Here are a few:

**Magic words:**

Abraca Dribbly Dribble
Abraca Zobbidy, Zabbedy Zee

Here’s one Nanny Plum uses when she is tidying up and might be fun for role play or tidy up time: Abraca dee, abraca dop, brushes, duster, soap and mop!

Nancy Plum uses this rhyming spell to make Lucy small like a fairy or an elf. It could be used with actions - getting smaller and smaller, changing Lucy to ‘everyone’:

Acorns tiny,
Oak trees tall,
Now make Lucy (everyone),
Small, small, small!
Mathematics

Ben and Holly play hide and seek. This game is good practice for counting up to 10!

Another game that is good for counting is What’s the time Mr Wolf. This can be changed to fit in with characters from the show, for example:

What’s the time, Nanny Plum and instead of dinner time, she says magic time and everyone says magic words and does a magical dance.

Or, What’s the time Wise Old Elf and he says: Fixing time and everyone pretends to be fixing up something, e.g. banging with a hammer or painting a wall.

Or What’s the time Ben and Holly and they say “Playtime!” and the children do different actions, such as running, hopping for jumping on the spot.

Counting from pictures:

How many spots are on Gaston’s back?
How many green flowers are growing in the meadow?
How many points on Holly’s crown?
How many leaves on Ben’s hat?
How many legs does Gaston have?
Understanding the World

Ben and Holly’s Little Kingdom is set in a meadow. This is an ideal opportunity to talk to the children about the different animals you can find in an English meadow. Here are a few that are mentioned in the show and some fun facts:

**Ladybirds or Ladybugs** - There are different versions of how these beetles came to be known as ladybugs, but one of the most popular versions is that during the Middle Ages in Europe, the crops were being taken over by insects and dying. People were beginning to starve so the farmers decided to pray to the Virgin Mary to help them with their insect problem.

The farmers were a little bit upset when even more insects showed up, little red beetles with black spots on them, because they thought that these new insects were going to eat the crops, too. But the beetles that came actually ate the bugs that were eating the crops, and so the beetles became known as the “beetles of Our Lady”, eventually shortened to simply ladybug.

**Spiders** - 1 acre of hay meadow may contain 2.25 million spiders. Each of these spiders will eat 2 insects a week for 6 months, which works out at about 108 million insects!

**Slugs** - Do you know that slugs have slime? They use it’s sticking power to help them climb up trees, walls and houses - anywhere they want to go!

**Frogs** - Frog’s tongues are attached to the front of their mouths rather than at the back like humans. When a frog catches an insect it throws its sticky tongue out of its mouth and wraps it around its prey. The frog’s tongue then snaps back and throws the food down its throat.
Bees - A honey bee visits 50 to 100 flowers during a collection trip. A honey bee can fly for up to six miles and as fast as 15 miles per hour, hence, it would have to fly around 90,000 miles - three times around the globe - to make one pound of honey.

Butterflies - Butterflies can see red, green, and yellow. The top butterfly flight speed is 12 miles per hour. Some moths can fly 25 miles per hour!
The children can look at different pictures of these animals and draw pictures themselves.

Expressive Arts and Design

- Art: Elf hats and Fairy Crowns:
  To make an elf hat: Draw a circle that fills a piece of A3 paper. Cut out the circle. Cut a small triangle / slice (about 1/8th) then make it into a cone shaped hat, fix with sticky tape or glue. Stick elastic to the bottom of hat to fit. These simple hats can be coloured in and decorated to a hat like Ben’s!
  To make a fairy crown: Stick together 2 pieces of A3 paper and draw the outline for a crown length ways. Cut out the crown, fit to head for size and stick with tape to complete, then colour and decorate to make a fairy crown like Holly’s.
• Colouring in:
At the end of this pack you will find some colouring in pictures.

• Music:
Have fun thinking of different instruments to make an elf band. This can be done as imaginary or real instruments. With imaginary instruments the children can make the sounds, with real instruments they can experiment with different rhythms.

Instruments from everyday objects: In the show Wise Old Elf uses things from the world around him to make instruments for the Elf Band. The children could have fun seeing what everyday objects can be made into instruments, such as:

Paper and comb; Teaspoons; Pots and pans and wooden spoons.

• Drama / Role play:
Use this simple rhyme to get the children to act out becoming the different animals in the show:

Riminee Ree, Riminee Ree, after the magic words,
Abraca Dribbly Dribble, an (name animal) you will be!
Activities for Key Stage One

English / Literacy

- Magic words and rhymes - Have fun exploring magic words and magic rhymes. Here are some from the show. The children can use listening, reading and speaking skills looking at them and then creative writing skills making up their own magic rhymes and spells:

Abraca Dribbly Dibble
Abraca Dibbly Dibble! Make me Invisible!
Abraca zobbledy!
   Abraca Zobbidy!
   Zobbledy Zee.
   Turn this elf back to who he should be.
Sugar and Spice! Glug! Glug! Glug! Burp of frog and slime of a slug!
Abracadabra, abra-cad-up, make little Lucy all cheered up!
Thunder and lightning north wind blow, magic spells away you go.

- Playing with language:

- In the extract below Lucy looks at the instruments in the Elf Band. They all look funny and have funny names. Read through the extract with the children. Ask the children to think of new funny instruments for the Elf Band, what sound they make and some funny names for them. This can be extended into writing and drawing exercise, as well.

LUCY: (TO EVERYONE ON STAGE) Your instruments look funny.
BEN: They’ve got funny names as well. This (HOLDING UP HIS TRUMPET SHAPED INSTRUMENT) is called a Thrump Warbler (HE BLOWS IT AND MAKES A FUNNY NOISE). And that (GESTURING TOWARDS ANOTHER INSTRUMENT) is the Sparl Throttle. (THE SPARL THROTTLE IS BLOWN AND creates a huge rasping noise. EVERYONE LAUGHS).
And this (POINTING TO A HUGE HORN ON WHEELS) is the Blotto Horn. (THE HORN IS BLOWN AND SOUNDS LIKE A FOG HORN ON A SHIP BUT WITH A WARBLE)

- **Creative Writing Ideas:**

  - What would it be like to be as small as a blade of grass? Nanny makes Lucy as small as Ben and Holly. Get the children to write and / or draw about what it would be like to be as small as Ben and Holly. Where would they go? What would they do?

  - I’m not well! Again the children can write and / or about a time when they didn’t feel well. Maybe they had a cold like Gaston and King Thistle. What did they do to feel better? Who looked after them? This is also a good opportunity to think of adjectives to describe how you feel if you are unwell, such as: sick, poorly, ill, off-colour, under the weather, not a hundred percent, below par, queasy, dizzy, hot, cold.

- **Factual Writing Ideas:**

  - A favourite animal. Gaston, the ladybird is Ben and Holly’s friend and favourite animal. The children can write / draw about their favourite animal. What does it look like? Where does it live? Is it small or big?

  - Playing games. Ben and Holly like playing games, especially Hide and Seek and Tag. The children could write to describe how to play one of these games or another game that they like to play.

  - My birthday. In the show it’s King Gaston’s birthday. The children can write and / or draw about what they do to celebrate their birthdays. Do they spend it with family, friends? Do they have special food? This is also an opportunity to look at how birthdays are celebrated in different cultures. See below:

  - Making Jelly: In the show Nanny Plum and the children make Jelly for King Thistle. Investigate with the children recipes for making Jelly and how to make multi-coloured Jelly, plus healthy options like adding fruit pieces to Jelly. Then get them to write up the recipe and / or write or look up another party food recipe, such as fairy cakes.

  - Wibble Wobble Wobble Jelly on a plate. Wibble Wobble Wobble Jelly off the plate. Explore words and movements about Jelly as well as making Jelly!
Drama / Role Play, Dance and Music

Children can move their bodies to make themselves big and small. Then to fly like a fairy or like Gaston the ladybird.

They can pretend to be prince and princesses and practice moving slowly and carefully like a prince or princess with their noses in the air or a royal smile on their faces and then bow or curtsy in a regal manner. This can be extended with teacher in role as a King or Queen inviting to them to a royal feast and dance. This is an opportunity to explore simple dance moves:

1. Face a partner. Bow or curtsy to them.
2. Take a step back and then a step forward towards your partner.
3. Put your right hand up in the air and your partner does the same to make a triangle shape in the air.
4. Circle round clockwise and then anti-clockwise.
5. Bow and curtsy again to finish.

Being in an Elf Band: Get the children to mime and make the sounds for different instruments in a band: such as piano, trumpet, saxophone, flute, guitar. Conduct the children by putting hands up high for lower and low for softer and crossed arms for stop the music!

The Stage Game. A good game to play if you are going on a school trip, to see Ben and Holly’s Little Kingdom Live Show, or performing a school play. A fun game to learn the vocabulary of moving around on a stage:

Get the children to pretend they are on stage looking at an audience. A move to their left is Stage Left (SL), a move to their right is Stage Right (SR), a move as close to the audience as possible, on stage is Down Stage (DS), a move far away from the audience is Upstage (US), standing in the middle of the stage is Centre Stage (CS).

Label each area with a piece of A4 paper with the shorthand and the longhand version written on each, for example SL, Stage Left. Get the children to move to different areas on the stage by calling out these positions in random order, for example, Stage Right, Centre Stage, Down Stage, Up Stage, Centre Stage, Stage Left.

Get the children to tell you where they are. If you wish, let some of the children have a go, at being leader, calling out the different positions.

In small groups the children could map out a series of moves to do on stage to show to the others or direct others to do
Maths / Numeracy

Counting and Sharing, here are some counting and sharing questions inspired by the show:

- Birthday Cake: King Thistle is having a birthday party. He has invited Nanny Plum, Ben, Holly, their friend Lucy, Gaston and Wise Old Elf. How many slices of birthday cake is that? Draw a circle to be the cake? Can you divide up the cake so everyone gets the same size? What shapes are the slices of cake?
- Jelly: As well as everyone above, Holly’s little sisters and Queen have arrived for some birthday jelly. How many portions of jelly will that be?
- Birthday Candles. King Thistle is 40 years old. So as not to have too many candles on the cake, Nanny Plum decides that each candle is worth 10 years. How many candles are there on the cake?
- Teeth: How many teeth do you have? You lose 2 teeth, how many teeth do you have now? Now you leave the 2 teeth out for Nanny Plum, the tooth fairy, to collect, before you go to sleep. Nanny Plum will put 50 pence under your pillow for each tooth. How much money will you find when you wake up?

Science

Nanny Plum makes jelly for King Thistle’s birthday and it explodes and grows all over the place. Here is a science experiment for you to make an exploding fizz fountain:

- You will need: A sheet of A4 card, stick tape, a toothpick, mints – hard outer, soft centre, diet fizzy drink in a plastic bottle, some plastic sheeting if you are doing this experiment inside. Otherwise do it outside on some grass.
- Roll up the card into a tube, so the end is the same size as the top of the plastic bottle, and use some tape to stick it down.
- Take the toothpick and push it through the tube near the bottom. (This will stop the sweets falling all the way through the tube before they are ready.)
- Load the launcher with the sweets.
- Open the bottle and put the launcher over it / into the top.
- Pull the toothpick out, let the sweets drip, then grab the launcher and move away fast.
- Watch the fizz fly.
Ben and Holly like to play games and have races.

These are the games they play in the show: Hide and Seek and Tag.

There are lots of ways to play tag. Here are some of them:

- **Stuck in the mud:** One person chases the others. If you are caught, you are stuck in the mud and must stand still with your legs wide apart and your arms out. Other people can free you by going through your legs or under your arms.

- **Pairs running game:** Everyone starts by finding a partner. Then each pair stands side by side with legs wide apart. A pair is chosen to start the chase, one person is chasing the other. To save themselves or find ‘home’, the person being chased must run and stand next to another pair and put a foot against another person’s foot. The third person, whose foot was not touched, must now run and find a new home because they are caught and so on. If the person being chased is caught before they find a ‘home’ then they become the chosen. The teacher can pick a new chaser at any time.

- **Cat and mouse:** One person is chosen to be the cat and chases the others. Anyone he catches becomes a cat and helps to catch the others, until there is only one mouse left, who is the winner!

- **Team Tag:** Play in two teams. One team must get ‘home’, to a bench or some mates, without being caught by anyone from the other team.

  - **Elf races:**
    - Ben likes to hop, jump and run.
    - Have some hopping, and running races.
    - Try doing some long jumps.
    - Hop, skip and jump. How far can you go?
    - Try doing a hop, a skip and a long jump and see how far you can go.
    - Personal best: Try again and see if you can go any further!
Art and Design

Artists Ideas and Questions:

Compare and contrast different artistic ideas about meadows, fairies and elves.

Ask these questions:

What does a meadow look like?

What do you think a fairy or an elf looks like?

Holly is a fairy and Ben is an elf. They live in the Little Kingdom, in a meadow. Look at the pictures of Ben and Holly in their meadow below and then look at the painting of a meadow by Van Gogh and the fairy and elf illustrations by Dulac. How are they different? How are they the same?

What do you think of their paintings?
Art Challenge: Say to the children: It’s your turn. Draw, colour or paint you own picture of a meadow, fairy or elf!

vangoghgallery.com - Meadow in the Mountain

Google Images; Fairies and Elves Dulac
Colourful Fairy Fun

Holly is trying out a new spell and has accidentally made everyone black and white! Help save the day by colouring in Holly, Ben and Gaston again.

Discover more magic in this brilliant book!
Appendix:

- Colouring In Templates:

  Colour in Ben and Holly in this winter wonderland scene!