

THE CRYSTAL BALL

An Artful Afternoon activity guide. Let's get making and moving!



The cast of characters...includes you! The performance we will be seeing on Sunday was created by Beech Tree Puppets based on a Brothers Grimm fairytale of the same name. We'll meet a prince, a princess, and the prince's two brothers who were turned into animals! Maybe you have a puppet who would like to watch the show with you. (Puppets enjoy seeing each other perform, but they rarely get the chance!) If you participate in our Zoom meetup after the show, please bring your puppet friend, and **consider dressing up!** Maybe you'd like to come as a prince, or a princess, or an animal!

The wishing cap. Our story features a very unique form of travel - wishing! When someone puts on this special cap, they can wish themselves instantly to another location. If you had a wishing cap, where would you like to go? **Let's make a cap, and we can travel in our imagination!** Here are a few designs that you can make out of newspaper. You can decorate the paper before folding your hat, and add embellishments at the end, too, if you like. Your wishing cap would be another fun thing to **wear to our post-show meet-up** on Sunday!



Pressman's hat. In the 1940s and 50s, newspaper press operators used to make hats like this for themselves daily to keep the ink out of their hair.

[Pressman's hat video tutorial](#)

[Pressman's hat illustrated instructions](#)



Billed cap

This design requires masking tape. It can be modified to make a summer hat with a brim that goes all the way around - a great base if you want to add embellishments like paper flowers!

[Billed cap video tutorial](#)



Bicorn hat (very easy)

[Bicorn hat video tutorial](#)

[Bicorn hat illustrated instructions](#)

You can also make up your own unique design!

Newspaper is an incredibly versatile medium. Here are two more ways to work with it: building with twists or with folded strips.





[Source](#)

The evenly matched giants. The characters in our show also include two giants. They are so evenly matched in strength, that even though they have been fighting for years, neither of them ever wins! Try matching your moves with another person in your household (in a less combative way!)

Partner yoga is a fun approach. Partners do not need to be the same age or size. Be sure to give yourself plenty of room, and use a soft, non-slip surface like a yoga mat or a secure carpet. Remember to warm up and cool down. Be gentle with yourself and each other, and be mindful of the limits of your strength, flexibility and balance.

**Think of your poses as living sculptures!
What shapes will you make?**



[Source](#)



[Source](#)



[Source](#)

Video resources

Yoga warm-ups:

[Blossom Yoga kid-oriented sun salutations, 2 mins.](#)

[7 min. warm-up with Sarah Beth](#) (any age can do, but addressed to adults)

Partner yoga instruction:

[Karma Kids Yoga - lively mix of seated and standing poses, 20 mins.](#)

[Joy of Yoga Beginner routine, seated, 26 mins.](#) (any age can do, but addressed to adults)

Yoga cool-down:

[5 min. kids' cool-down from the Cincinnati Children's Heart Institute](#)

[8 min. cool-down with Sarah Beth](#) (any age can do, but addressed to adults)

Compiled by [Greenbelt Recreation ARTS](#). If you make a wishing cap, please send photos to ndewald@greenbeltmd.gov. Photos may be shared online.