

VE Day- Performing Arts Practical Challenges

Taking part in Performing Arts has a powerful impact on our mental and physical well-being

Performing Arts can help to boost our confidence and make us feel more engaged and resilient. Besides these benefits, arts engagement also alleviates anxiety, depression and stress. You can have a go at the challenges either on your own, with your family or through online platforms with friends.

Practical Challenge 1 (Dance)

It is VE Day on Friday which celebrates WW2 Victory in Europe. Create a short movement phrase based on the theme of Victory. Choose a suitable song (old/new) that goes with your theme.

Practical Challenge 2 (Drama)

Be the Director of a scene celebrating VE Day! Create your own movie trailer using locations around your home. Can you get members of your household to star in your movie?

Practical Challenge 3 (Drama)

Write a VE Day inspired monologue. Winston Churchill's speech is remembered as powerful and brought the country together in a time of need. Can you do the same? Write your own speech which focuses on community coming together and caring for each other during lockdown.

