

tutti frutti



## *Study Guide*

## SYNOPSIS

This theatrical version of Aesop's *The Tortoise & The Hare* explores ideas of opposites, friendship and time; of enjoying the moment, and letting go of (comforting, predictable) certainties in favour of (dangerous, but ultimately more fertile) uncertainties. That is to say, a play about the fear and excitement of growing up.



The play begins in winter with our musical storyteller, Time, introducing us to the main characters: young, fast, Hare and old, slow Tortoise.

Hare has been waiting for Tortoise to wake from her winter sleep. He's so impatient to race that he's failed to notice the beauties of wintertime but when Tortoise eventually wakes, she tells him he has to wait a little longer. Maybe they can race in the spring...

As winter melts into spring, it turns out there are things to do (like getting washed and planting carrot seeds) but if Hare can wait for one whole minute... He tries but fails. Maybe they can race in the summer...

As spring flowers into summer, there are more things to do (like going on holiday/vacation and watering the carrots) but if Hare can wait for one whole minute... He tries but fails again. Maybe they can race in the autumn/fall...

As summer fades into autumn/fall, surely it must be time to race. Can Hare wait for one whole minute? He tries - really hard this time - and yes! Yes! Under the ever-watchful eye of Time, they prepare to race and finally they're off!

Hare is sure he'll win, but stopping along the way to play, eat and sleep, he wakes up to find Tortoise has beaten him to the finishing line. At first, he's upset and annoyed but with Tortoise's help Hare comes to realise that life isn't a race, but rather a journey.

As Tortoise settles down to sleep once more, Hare promises to wait for her - and tell her all the wonders of winter when she wakes in the spring.

And Time looks on, as the world turns...



## Who is Aesop?

**Aesop** (pronounced EE-sop) was a famous storyteller from Ancient Greece. He is known for his many short stories called fables. These fables often teach a moral lesson.

People believe Aesop lived around 620 BC to 560 BC. He was traditionally thought to be a slave, possibly from Africa. His fables are still popular today. They are used to teach important lessons and are often turned into plays or cartoons for children.

No one knows for sure if Aesop wrote all the fables himself. He might have collected them from other storytellers. His most famous fable is probably *The Lion and the Mouse*. Aesop's stories often feature animals or even objects that can talk. These characters act like humans, solving problems and showing different personality traits.

**Aesop's Fables** is the name given to a collection of stories. These stories are all believed to have come from Aesop. The term "Aesop's Fables" also refers to any group of short fables. These usually feature animals that act like people.



The fables are still very popular for teaching children about morals. Many stories from Aesop's Fables are known worldwide.

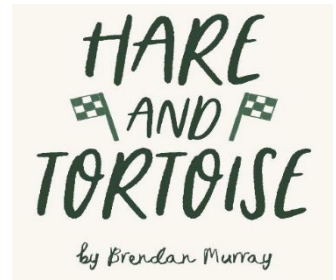
- *The Fox and the Grapes*: This story gave us the saying "sour grapes."
- *The Tortoise and the Hare*: This teaches us about perseverance.
- *The Shepherd Boy and the Wolf* (also known as The Boy Who Cried Wolf): This fable warns about lying.

One of his most famous fables is about The Tortoise and the Hare. In this story, a speedy Hare challenges a slow tortoise to a race. The Hare is so sure of winning that it takes a nap or too many breaks. The tortoise, even though slow, keeps going steadily and wins the race. This story teaches us that "slow and steady wins the race."



## Preparing for the Race

The Hare and Tortoise are preparing for the great race and will be coming to your venue soon. In preparation for their arrival why not...



- Hare and tortoise are very different, one is tall, one is small  
can you make a list of opposites you can think of e.g. fast – slow.
- Read the other Aesop fables and talk about the characters and stories of each one.  
What do you remember most about the story? What do the stories make us think about (e.g., being kind? truthful, consistent?)
- Can you create your own story about two very different animals - what might happen??
- You could make some paper flags for the race to cheer them on, or some animal hats to wear so you can be the animals in the woods watching the race!



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Now you have seen the race and heard our story...

### Recall the story

- List the words that describe the Hare and the Tortoise. Can you think of more animals that might have distinct characteristics (e.g. excited puppy)?
- Do you remember the storyteller (Time) in our story? What did they do? Can you describe them and their role in the story? Why is Time important in the story?
- Can you keep still and quiet for one minute? Try playing the game *Sleeping Lions* to see who can stay still the longest!
- Can you recall what they did in each season? Draw a picture of one activity for each season?

- Spring -Washed their faces, planted carrots
- Summer - vacation, tennis, fishing, picnic, butterfly chasing
- Autumn - training and running the race, flying kites, eating carrots, sleeping.
- Winter - Hibernation

## **The Seasons**

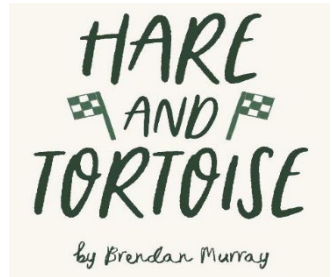
- Our story takes place over a whole year and goes through the all seasons. Can you describe what happens in each season? Make a list of words that describe your favourite season and create a simple poem.
- Create a collage from a walk in nature (collect leaves, flower petals, sticks) depicting your favourite season.
- In spring, Tortoise plants the seeds, and in summer he waters the carrots. In autumn, Hare harvests them and eats them. Could you plant some seeds (such as watercress) in your classroom and watch them grow?

## **The Race**

- To win a race, you need to be fit and healthy. Plan a simple exercise routine for you and your class or family to do to help you get fit. Start with some simple stretches, and some aerobic exercise too (such as star jumps and running on the spot).
- Think about healthy foods, what are they? Design an eating chart for a three meal day which includes lots of healthy food (such as fruit like apples and grapes, vegetables, celery and carrots, protein like eggs and fish, dairy like milk and sugar free yogurt and limiting sugary foods and drinks).
- Timings: you will need a stopwatch, pen and paper.  
Working in twos, write down how long it takes to do different activities or tasks i.e. to walk / hop or run from one end of the playground / park to another or to fill a bucket with sand and to pour the sand away. Make a chart to show your answers.



# Learning from the Hare and Tortoise story



## Direct themes:

Time - how it passes – telling the time - keeping to time

The four seasons

Learning to be patient

Noticing and appreciating the world around you

An exploration of friendship

Opposites

Being different

Identifying your own strengths

Working together as well as alone

Tortoises – hibernation

Hares - living in the wild

Live music

Slow and steady v fast and energetic

Morals - what are they and what do they mean?

Sports - physicality, fitness, racing

How to depict animal characters - characteristics of the hare and the tortoise

Winning (winning is good but is not everything) and losing (learning to lose)

## Associated themes:

Olympics

Kite flying and making kites

Growing vegetables / food

Other Aesop's fables and animal tales

Storytelling

Theatre – set and costume design, music and movement

Maps and routes

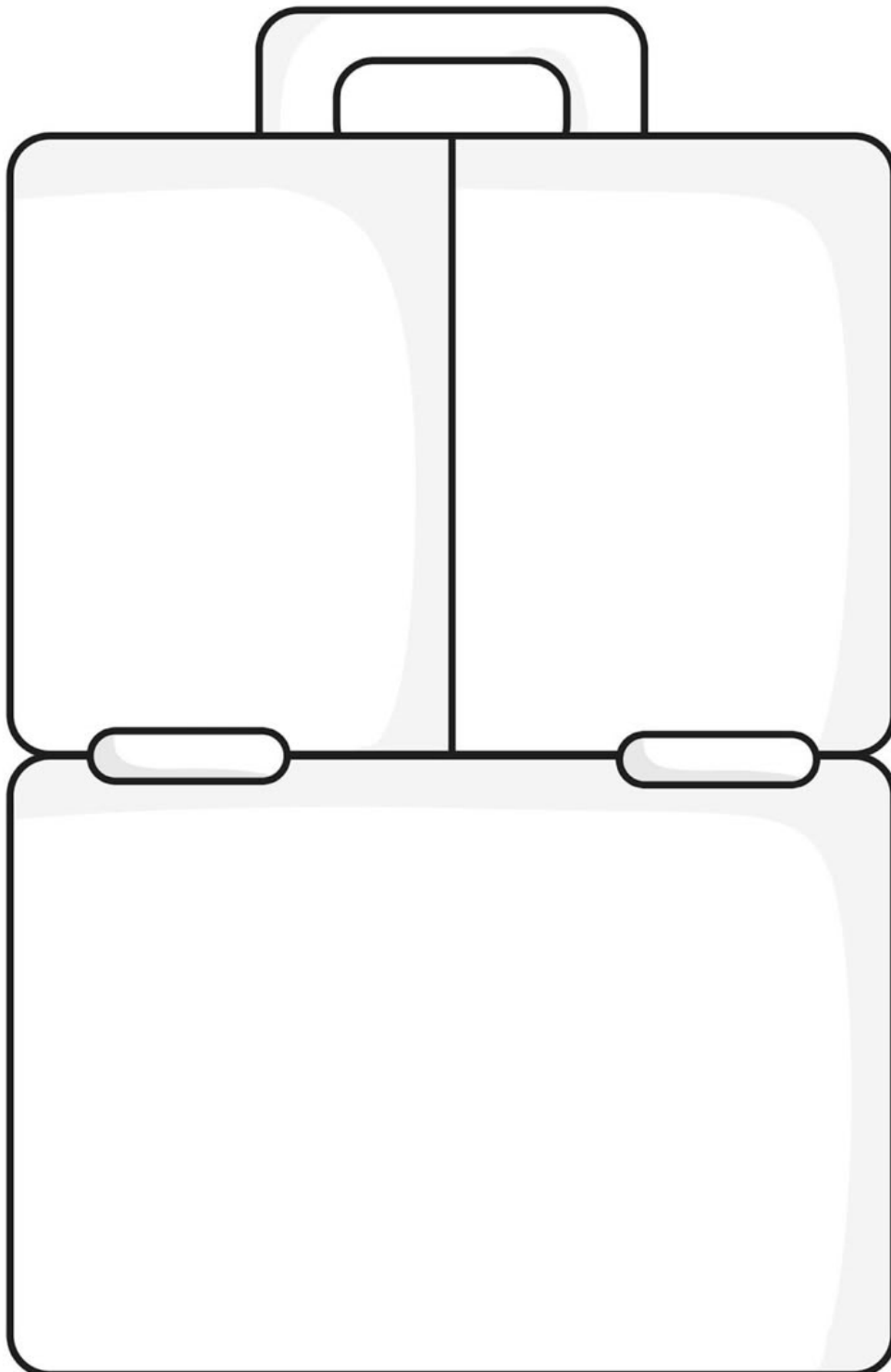
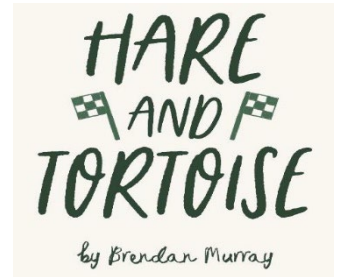
Animals in nature



## Hare & Tortoise - Picnic Party

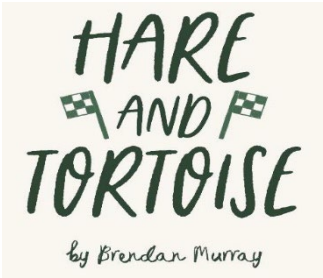
### My picnic lunch box

Fill the lunch box with healthy foods that you could take to eat at a picnic party with the Hare & Tortoise. Draw, colour and collage, you can draw around shapes too. Get an adult to help you to cut out. Think about colour, texture, shape and the size of food.



# What will Hare & Tortoise eat?

Fill the lunch boxes with food that Hare and Tortoise would like to eat. Don't forget they don't eat meat, but they love vegetables. Think about the show and what the Hare and Tortoise grew from seeds.



## Hare likes to eat

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## Tortoise likes to eat

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Colour in and circle what you  
can find from the show!

