



# ***Finding Umberto***

***a companion booklet to Tatita's rainbow***

***more creative exercises  
to do at home***

Developed by the Bubble Creative Elders Programme team:

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[www.londonbubble.org.uk](http://www.londonbubble.org.uk)

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# Who is Umberto

## and why are we trying to find him?



This booklet is a collection of creative activities to do at home.

It is a companion to our Tatita's rainbow booklet which can be downloaded at [www.londonbubble.org.uk/covid-19-bubble-updates/](http://www.londonbubble.org.uk/covid-19-bubble-updates/)

Tatita is the grandmother of Mariño - one of Bubble's drama leaders. Over video calls between London and Spain, she also took part in the creative rainbow activities we offered!



Many of Bubble's drama leaders have also be doing the activities at home.

### How to use this booklet

It contains:

- a warm up you can do at home, like we would do at Bubble

and, for each colour of the rainbow:

- how Tatita did the creative exercises
- what happened when our drama leaders tried the exercises
- ideas for new exercises you can try at home
- ideas for how you can share what you've done with others



We know it can be difficult to get started, especially if you live by yourself, but we also know how great it is once you do!

Being creative and playing might feel a bit silly but it helps us to cope with any stress and anxiety that comes with uncertain times.

We hope that by showing you what we did at home, it will give you the encouragement to give it a try too!



**When it's safe to do so we plan to bring together all the creative work done at home through these booklets to share and celebrate it.**

Please hold onto it & share it with us so we can do that!

**But who is Umberto?**

**You'll have to read on to find out....**



# Advice from Tatita

Mariño asked Tatita what advice she would give you as you try the activities in this or the Tatita's rainbow booklet.

She highly recommends making your own creative folder or memory box to keep your precious creations in a safe place. She said:

*'You can use a folder or an old shoe box to gather all your creations. I used an old folder my daughter had lying around. You can even make a sign and stick it to the front to make sure no-one sticks their noses in! Mine says:*

*Tatita's Creative Tools.*

*Do not touch or you will be punished with a death sentence*

*I suggest you always keep it in the same place so you don't forget where it is. You can then open it when you have family or friends coming around. They will be very impressed and they might want to have a go too!*

*I can't wait to share mine with my girlfriends.'*

Find a shoe box, empty cereal box, folder or something similar and make a sign to stick on the front of it.



# WARM UP

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When we start our group drama sessions at Bubble we begin with a warm up or meditation.

We suggest you do something similar each time you start a creative session at home, to help you connect with your body and your imagination.

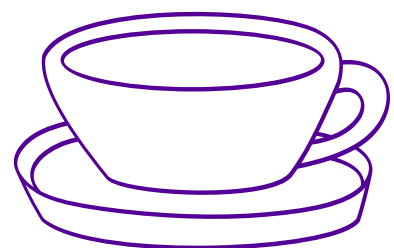
Meditating lowers stress, improves focus and helps us to connect with ourselves.

There are lots of different types of meditation.

We invite you to try our tea meditation. Because is there anything more calming than a good cuppa?

We suggest you practice this meditation before completing the creative tasks in this booklet, but you can also do it any other time of the day!

All you need is a good cup of tea or coffee and a tea spoon!



# Tea meditation



## **Make your drink:**

Choose your favourite tea or coffee and put the kettle on. Bring complete awareness to all your actions:

- holding the cup,
- pouring the hot water,
- putting the tea bag or coffee in...

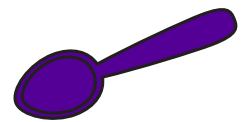
notice how warm it is and enjoy the look and the aroma of the thin steam rising up and dissolving into the air.

## **Take a seat:**

Find a quiet place in your home to sit comfortably.

## **Focus on your breath and your spoon:**

Begin stirring your drink with a teaspoon. Let your breath guide this movement. If your mind wanders to other places return your attention to your breath and your spoon.



## **Drink it:**

Take your time to enjoy your drink and really savour every sip. You've earned it!



# RED



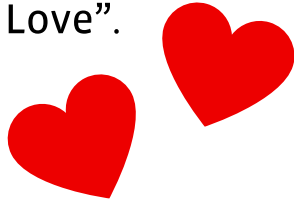
This activity involved looking for an object at home that matched one of the 12 shades of red in the booklet, writing down the story of that object and giving the colour a new name.

## **What did Tatita do?**

Tatita started picking up every single red thing she could set her eyes on! She then remembered about her red shawl, which she has owned for over 40 years.

*This shawl has a lot of history. I use it a lot, even in summer. I put it on when it gets a bit chilly. I take it with me everywhere. It is at least 40 years old. I have it in my living room like another piece of furniture. I probably covered my grandson more than one time with it.*

Coming up with a name for the red shade of Tatita's shawl's was a bit more challenging. If you find it hard, we encourage you to say anything, no matter how crazy it sounds. She decided to call hers: "Amor Calentito" which means "Warm Love".




## **Lucy tried this one at home**

she says...

Over the page is a photo of my cat, Linus, showing you two of his favourite toys.

We think they match the '**ROSEBAY BLOOM**' shade in the booklet.



ROSEBAY  
BLOOM

The scrunchie ball was part of the pack of toys which were given to me, by the girl from whom I adopted him.

Linus likes to show off his 'part dog' skills by jumping up in the air (all 4 paws off the floor!) to catch it in his paws.

The little toy which is shaped like a bean was a gift from my Mum when she came to visit. It has an elastic attached to it and Linus adores it.



He often picks it up in his mouth and carries it about, sometimes talking to it at the same time! Sometimes in the night I hear the sound of the plastic ring on the end of the elastic being dragged along the floor and know he's bringing it to bed with him.

Both are rather the worse for wear but only because they are very well loved.

We think the colour should be re-named **LITTLE DUDE**.

## ***Take it to the next level!***

Can you design a toy that a cat (or dog!) would love to play with?

- Think about what materials, textures, and sounds that an animal might enjoy to catch, scratch, chew, shake or drag.
- Draw it on a piece of paper. Maybe you could include Linus or your own pet playing with it!
- What would this toy be called?
- Can you make it out of materials found in your own home?

Have you ever owned a pet? If not, imagine that you had!

- Draw that pet playing with their most beloved toy
- Write down what that toy is called.

# ORANGE

This activity was all about music, finding a piece that sounded 'orange' to you, moving to it and thinking about how it made you feel.

## ***What did Tatita do?***



Tatita got a bit stuck when she was trying to think of a song. If you're stuck, try asking yourself questions like... 'what does the colour orange make you feel like?' can you think of a song that also makes you feel that way?'

We encourage you to say whatever is going on in your head, no matter how crazy it might seem, because most of the time those are the best ideas!



## ***Jade tried this one at home***

she says...

### **Getting in the mood**

I needed some motivation so I decided to find something orange to wear and sat in the sunshine. Both things really helped me to take a moment and focus my mind on the task.





## Choosing a song

I couldn't think of any songs off the top of my head, so I used my phone to listen to some songs which I had saved on it over the past year. I listened to various songs, imagining what colour I think suited their sound. It took me a while until...

### I FOUND IT!

My song is "The circle of life" from Disney film The Lion King. I liked swaying to this song.

Words it made me think of were:

ENERGISED,  
SPIRITUAL,  
UPLIFTING,  
POWERFUL.

## Take it to the next level!



### Follow the leader

If you live with someone you can do this together, taking it in turns to copy each other's movements. Or, why not video call a friend and do the same with them.

### Match Jade!



- Dress up in orange today

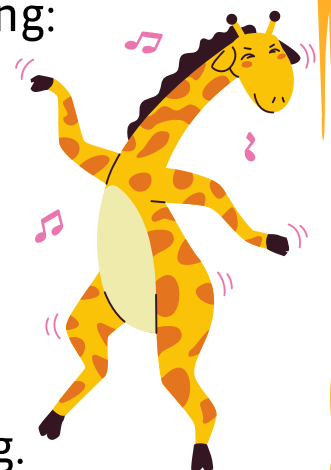
Think about the words she chose to describe her song:

- What song makes you feel energised?
- What song makes you feel spiritual?
- What song makes you feel uplifted?
- What song makes you feel powerful?

Play or sing each one out loud and move to them.

Notice how your movement changes with each song.

If you want a boogie buddy, call a friend or family member, and dance with them over the phone!

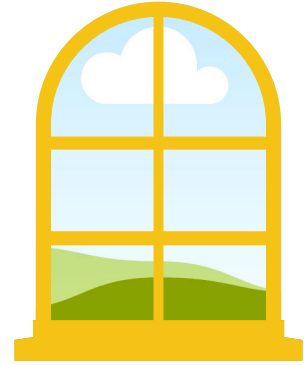


# YELLOW

For this activity we suggested you try to find something yellow outside your window.

## ***What did Tatita do?***

Tatita found some beautiful yellow rose buds that were starting to bloom in her garden. They inspired her to write this poem:



### Yellow Passion

Carpenter that works with wood  
Yesterday I saw you below my window  
You passed by my house  
Umberto, you said your name is  
You called me to give me a present  
You brought me 8 rose buds

ps: I think this guy has a crush on me!



## ***Florence tried this one at home***

and wrote this poem:

YELLOW

by Florence

... the poem is on the next page...

Long metal plate across the front of a car  
Identification of who you are  
Can be important to have when the time comes for it.  
English plates can be yellow! Or white.  
No one else has the same plate number as you, it's unique.  
Something that I don't pay attention to as a non-driver.  
Every car needs it to be on the road.  
Personalised just for you.  
Letter and number variations.  
A dark yellow shade.  
Time will come I will have my own license plate...  
Eventually - till then I'll just have to wait.



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## ***Take it to the next level!***

Read the poems again.

In Tatita's:

- What do you think the carpenter is making?
- What might happen next in the story of the writer and Umberto?

In Florence's:

- Where do you think this car with the yellow license plate is going?
- What will it find when it arrives?

Draw the car and its license plate.

Draw the scenes along the journey with the destination in the distance.

Look for something in your home or outside that is yellow.

- Describe this item as if someone has never seen this object before.
- Call a friend and describe the item to them.
- Ask them to guess what it is.

# GREEN

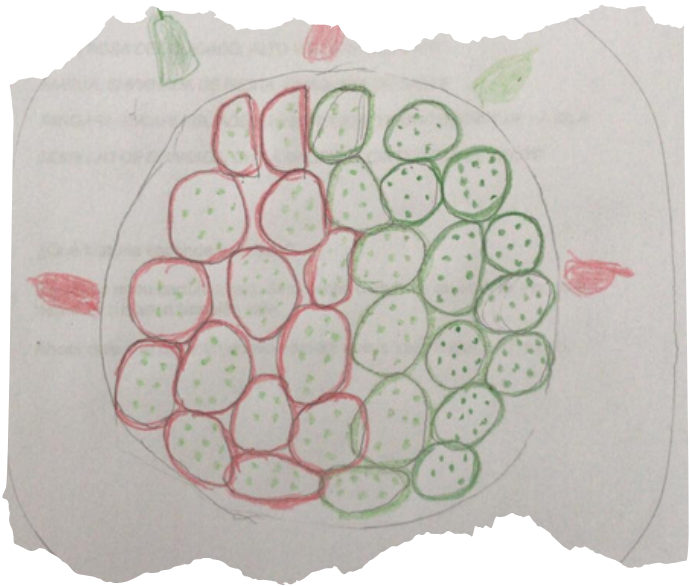
We suggested you find a type of food in your kitchen that is green and use it when you cook your dinner.

## ***What did Tatita do?***

Tatita was a bit nervous about drawing.

She said: "But I am so bad at drawing!"

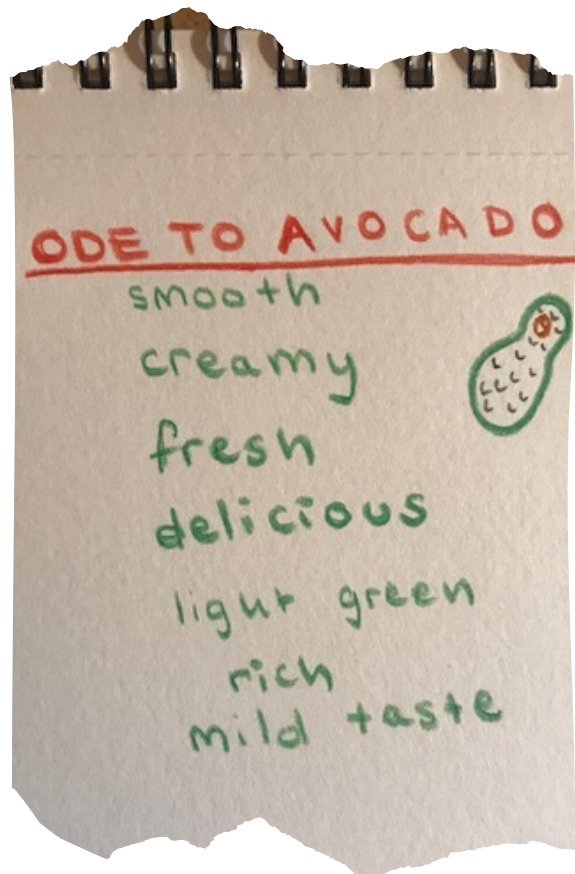
We don't think there is a 'good' or 'bad' when it comes to drawing because art is a very subjective thing.



We encourage you to unlock the Picasso within you and have fun!

## ***Mel tried this one at home***

She found an avocado. This is her list of words to describe its taste.



and here is her drawing of her meal.



## ***Take it to the next level!***

Think of a recipe that includes an avocado. You might remember one you already know or invent a new one!

If you have never tried an avocado (or don't like them!), think of a recipe for another food that is smooth, creamy and fresh.

- Write down the recipe and send it to someone.
- Call to ask them what they think!

**SMOOTH  
CREAMY  
& FRESH**

# BLUE

This was a challenge to find an item of clothing that fitted one of many different shades of blue.

## ***What did Tatita do?***

She loves the colour blue so it wasn't hard for her to find an item of clothing that matched one of the blue shades.

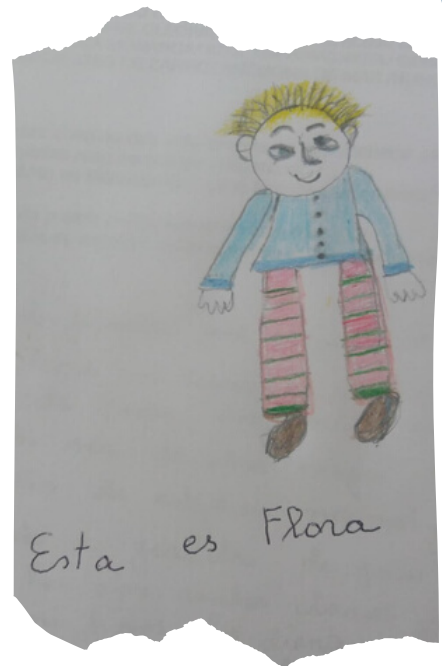
She chose a beautiful reversible rain jacket with a lovely flower pattern on one side and plain blue on the other.

She created an imaginary character who would wear the jacket, called Flora:

Flora is a fake blonde lady in her late 60s that talks lots and works as a Laundress in a hospital.

She has blue eyes, a small nose, average lips and sticking-out ears.

According to Tatita she isn't very good looking but she has a good heart!



## ***Eric tried this one at home***

and he says:

It was quite easy for me to find a blue article of clothing (most of my clothes are blue!) I picked a work wear jacket, one of many, they are all very comfortable and age in a pleasing way, slowly fading from a dark indigo to a pale blue.

At the moment the jacket is probably closest to the '**NEVER GROW UP**' shade of blue.

Here's what the jacket looks like.



I looked at the small label/hook on the inside, to help me imagine a character who might wear this jacket.

The word “Brzozowa” is on the hook. I’ve checked the word on the Internet. The wikipedia entry reads: Brzozowa is a village in the administrative district of Gmina Gromnik, within Tarnów County, in southern Poland.

My label also has the initials 'J.N.W.' So I’ve picked a Polish name for my character with these initials...

**Jakub Natan Wachalowski**

and I’ve decided that he is a builder of wooden churches.

Jakub is a bit younger than me but has similar lockdown interests...

Painting and gardening.

He has never been to England.

Jakub is also a very good cook (and unusually for a Pole, he’s vegetarian.)



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## ***Take it to the next level!***

Eric and Tatita have only scratched the surface of their characters.

There are plenty of things that they don’t know about Jakub and Flora, so maybe you can help them flesh out the characters.

Answer as many of these questions as you like and write down your answers for Jakub, Flora or both of them.

- What is on their bedside table?
- What makes them laugh out loud?
- What was their childhood ambition?
- What is their favourite day of the week? and why?
- If they could call one person for help, who would it be?
- Do they prefer milk or dark chocolate?
- What would they say exists at the end of a rainbow?

# INDIGO

This activity challenged you to find as many indigo objects as you could and then create a new object with all of them.

## ***What did Tatita do?***

Her new object creation was very clever. One of the things she found was a bag so she just put everything in it and sealed the top with a beautiful ribbon. She named it:

**Parcel with a ribbon.**

After that she wrote a description of her parcel, trying to convince costumers of its amazing value.

She also highlighted the multipurpose uses of the bag:

'You can use it when you go shopping, you can pick up dog poop with it, if it starts raining and you don't have an umbrella you can cover your head with it, you can cut it open and turn it into a table cloth, but then you'll have to find some guests and a good meal to go with it!'

## ***Michael tried this one at home***

he created the Banalyzer!

### **Trouble With Your Bananas?**

Is that one too green?

Will that brown spot make my banana go mushy inside?

Is this one too large to finish in one go?

Is this Costa-Rican banana REALLY from Costa Rica?





## Introducing the **Bananalyzer™**

A state-of-the-art all-in-one solution to your banana concerns. The Bananalyzer™ can determine ripeness, calorific content, flavour and it can even tell you where your banana was grown.



It is lovingly handmade with all British components (except for the corkscrew which is from China) at a production facility in Peel, Northumberland.

The Bananalyzer™ is ultra-efficient, using only a single indigo 9-volt battery.

It is completely portable and weather resistant, giving you the freedom to analyse your bananas on the go.

## ***Take it to the next level!***

Who else might have invented the Bananalyzer™?

- Create a character or company name for the inventor.
- Did they invent any other machines or pieces of technology?
- What could those machines be called and what would they do?

If you could ask The Bananalyzer™ a question about bananas what would it be?

- Since you probably don't have a Bananalyzer™ at home, see if you can find the answer yourself.
- Look it up on the internet, in an encyclopedia, or ask as many people as you can!

# VIOLET

This activity was about finding something violet in your home.

## ***What did Tatita do?***

With help from her daughter, Tatita found: polka dot wrapping paper, a book, a table cloth, a serviette, a soap dispenser and a gift box. They all had similar shades of violet.

She chose to use the gift box, which had a really cute violet owl printed on it. She then brought it to life and came up with a really great speech for the owl, they even engaged in a conversation at the end.

It happened to be an Argentinian owl who had moved to Asturias and it wasn't coping well with the rainy weather.

He asked Tatita if she could lend him a raincoat and bring him a cup of Mate tea and an alfajor to dip in!



## ***Ella tried this one at home***

she found an alligator clip. She says:

I was so excited to find a match, I was curious to see how many other objects I could find around the house in that colour. Quite a few, it turns out! I searched, gathered, and made a collage!



It felt satisfying to fit the different shapes and textures together into this homemade puzzle.

I love how such different items are connected by this one colour.

The finger puppet in the violet jacket is Maya Angelou, a magnificent poet and activist icon. (look her up and read her stuff!)

I decided to turn these items into a throne to honour her brilliance.

'All hail queen Maya!'



## ***Take it to the next level!***

Read some of Maya Angelou's poetry.

It might inspire you to write some of your own.

Ella's Queen Maya tells us:

“Together, we may be able to plan a less painful future.”

- Imagine what our less painful future might look like and let your imagination run wild.
- Then call a friend and plan that future together.

Can you tell a story that includes all of the objects from the collage?

Write it down, type it up, or tell it to someone over the phone!

# ***Where was Umberto?***



He was hiding in the poem Tatita wrote, inspired by the yellow rose buds in her garden.

But finding Umberto is really another way of saying that we can keep finding the creativity in all of us.

It doesn't matter where we are, the things we have around us can be an endless source of inspiration.

London Bubble's Creative Elders Programme offers opportunities for older adults to connect and create alongside our team of highly skilled artists.

At Bubble we believe that everyone has a story to tell and should be given the opportunity to tell it.

So please share your stories, your poems, your drawings, your dances ...

...whatever this booklet and Tatita's rainbow inspired you to do.

If you would like another copy of this booklet or Tatita's rainbow, you can download it from:

[www.londonbubble.org.uk/covid-19-bubble-updates/](http://www.londonbubble.org.uk/covid-19-bubble-updates/)

When it's safe for us to come together again we hope to share and celebrate all the creative work done at home.

**Please hold onto your creations so that we can!**

Whilst we plan new ways for us to do that, we encourage you to...



# ***Share your creativity!***

Throughout this booklet there are suggestions about how you can share your creative work with others.

You can also:

- Keep all your creations in a box or folder
- Call a friend and read them a poem or story you've written or tell them about a character you've created
- Send a drawing, poem or story in the post to someone
- If you live with them, try some of these activities with your partner, children or grandchildren
- Post your work to Bubble HQ:  
5 Elephant Lane, London, SE16 4JD.  
We'll pick it up when the office is open again
- and if you use social media, you can share your creations with Bubble on:



***@bubbletheatre***



***@LBubble***



***@LondonBubble.Theatre***

remember to tag us so we can see it too!

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](mailto: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.

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

All the team at London Bubble xx

With thanks to our funders for their continued support:

