

A.B.L.E. - ARTISTS BREAKING LIMITS & EXPECTATIONS

**8 INTERACTIVE STORIES -
YOU BRING THEM TO LIFE!**

ANTHOLOGY

Devised by the A.B.L.E. Ensembles





Be a part of the story!

A.B.L.E.'s teaching artists and facilitators have curated a collection of crafts to help you dive deeper into the world of each story in ***Anthology***.

Make a rainstick from items in your kitchen, design a spider finger puppet, and more!

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Glitter Jar

Chloe the Cat travels to space to save her brother Chocolate and Elizabeth Rose flies through space in 2021 A Space Odyssey.

Make the stars sparkle with this glitter jar craft. This is also a nice way to calm down when you are feeling stressed or sad - you can shake the jar and then watch the glitter float.



For this craft, you will need:

- A water bottle (Voss bottles are nice for this) or a Mason jar
- Glitter glue
- Glitter packet
- Hot water
- A mixing bowl or container
- Whisk

Tips:

- The amount of materials you need will depend on the size of your bottle or jar
- You can always add more glitter or glitter glue, but you can't take it away. Start small!
- For extra color, add a few drops of food coloring to the water
- If all your glitter is sinking fast, add more glitter glue or clear school glue (like Elmer's glue).



Directions:

1. In a mixing bowl, mix glitter glue and hot water with the whisk.
2. Stir in some extra glitter.
3. Pour the mixture into the empty water bottle. Leave some room at the top in case you need to add more water.
4. Test the bottle by shaking it gently. If you cannot get the glitter to fall down in the bottle, you will need to add more water
5. If you need to add more glitter glue, you can put some in the small space you left at the top. As long as the water is still warm, it should mix together fairly well with some good shaking.
6. Let the water come to room temperature before sealing the lid on. You can seal the lid with superglue or strong duct tape.
7. Shake your jar and watch the stars sparkle!

Cat Ears

Inspired by What We Can Do With Paper and Glue

Chloe is a small black cat. Dress up like Chloe to help bring our story to life!

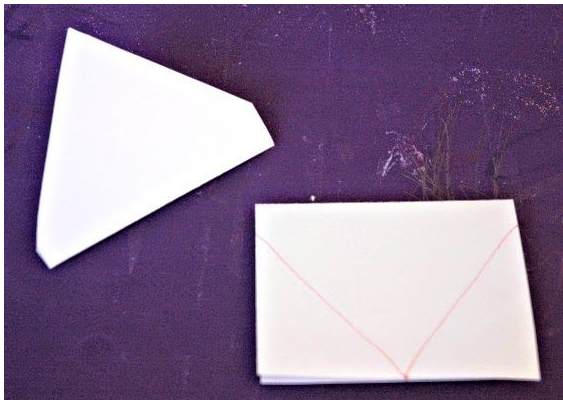


For this craft you will need

- Black construction paper
- Pink construction paper
- Glue
- Scissors
- Stapler or tape
- A pencil or pen to trace with

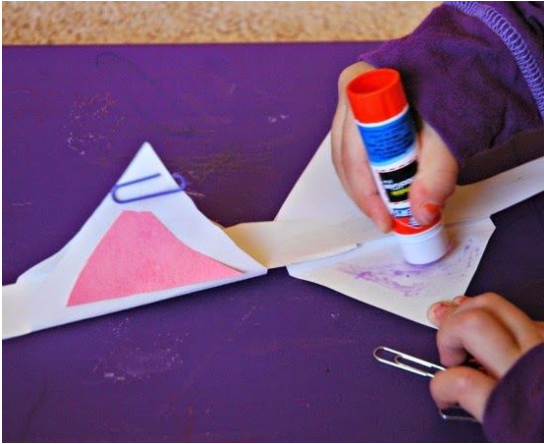
Directions:

1. Start with your black paper. Cut 3 strips, about 1" wide, along the long edge. Two of these strips will make the headband, and the remaining one will make the cross piece to which you will attach your ears.
2. Tape or staple 2 of the strips into a circle that will fit snugly around your head. You might need some help to measure this to the right size.
3. Cut your remaining white paper into four wide strips. You only need 2 of these pieces to make the ears, but cutting one piece of paper into fourths gives you the right size.



4. We need to cut out a diamond shape. Fold each of your ear pieces in half and trace a triangle shape with the folded edge of the paper as the flat bottom of the triangle. Cut out the triangle shape. When you unfold it, you should have a diamond!

5. Next you'll make the little pink insides of the ears. Trace the folded ear shapes, and draw triangles about 1/2" to the inside. Cut them out and glue them to the white ear pieces.
6. Take your remaining long piece of paper that you cut-- the cross piece. Glue the ears to it.



7. Fold the points of the ears up towards each other. Glue the sides of the ear together and secure with a paperclip while it dries. Try to make them stand up as straight as possible.

8. Once the glue has dried, staple or tape the cross piece to the headband, adjusting as needed to fit your head.

Milk Jug Shekere

Inspired by [Tiny Tapping Toes](#)

Mavis and her friends help track down the Missing Mayor using his favorite instrument, the shekere!



What is a Shekere?

A Shekere is a West African percussion instrument. These are traditionally made from a dried gourd with a netting of beads, shells, or seeds wrapped around the outside to create sound like a rattle. Our version of a Shekere will use a recycled bottle instead of a gourd but will sound just as fun!

For this craft, you will need:

- A large plastic bottle (you could use a milk jug, a soda bottle, a large water bottle or something similar)
- Stickers
- Markers
- Construction Paper
- Glue or scotch tape
- Filling (see suggestions below)
- Duct tape

Directions

STEP 1 - Decorate your shekere:

You can do this two ways:

- Applying stickers directly onto the bottle and add extra patterns or designs with markers
- Cut out a piece of construction paper that will fit around the bottle. Lay the paper flat and decorate on that. Once it's ready, you can wrap it around the bottle and secure it with glue or scotch tape



STEP 2 - Fill your shekere:

A traditional shekere gets its sound from the beads wrapped around the outside. For our version, we need to put something inside the container to make sound. What kind of sound do you want? You could pick one filling, or you can mix different fillings

<p>Ideas for a quieter shekere:</p> <ul style="list-style-type: none">● Sand● Salt● Sugar● Q-tips● paper clips.	<p>Ideas for a louder shekere:</p> <ul style="list-style-type: none">● Pebbles● Dried pasta or rice● Dried Beans● Popcorn kernels● Marbles● Pennies
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STEP 3 - Seal your shekere:

Once you've filled your shekere and are happy with the sound, put the lid on your bottle and seal it with duct tape.

STEP 4 - Play your shekere

There are lots of ways to play your Shekere! Here are some suggestions:

- Hold the handle and shake.
- Hold both sides and rattle the contents back and forth.
- Hold both sides and toss it gently while twisting it.
- Hold it vertically and toss it gently from hand to hand.
- Sit a short distance from a friend and toss it back and forth.

Rainstick

Inspired by [Kix Cereal Krafts](#)

In *The Ballad of a Community Hero* our humble drummer is terrified of the rain, and needs to face his fears to help his community. Use this rainstick to make the sound of the rain throughout the story and help us set the scene.

For this craft, you will need:

- An empty paper towel roll
- A sheet of construction paper
- A piece of aluminum foil
- A piece of cellophane
- Popcorn kernels or dried beans
- Tape
- Markers and/or stickers



Directions:

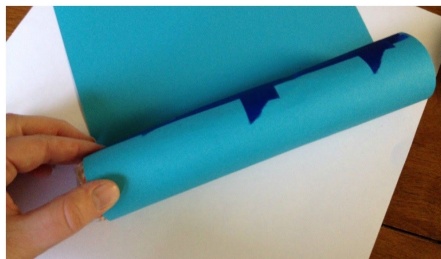
1) Crumple up a long, thin piece of aluminum foil and insert it into the paper towel roll. It should fill up the length of the tube,

2) Wrap a doubled up piece of cellophane over the end of the tube, and tape it in place.



3) Pour some popcorn kernels into the tube. You can play with how many you want to add depending on how strong you want the rainstorm to be. One or two tablespoons is usually enough.

4) Once you have the perfect amount of filling, seal up the end with another doubled up piece of cellophane and tape it in place.



5) Tape a piece of construction paper to the tube, then wrap it around the tube and seal it in place with glue or tape.

6) Decorate your rainstick. You can use colored bias tape to wrap around it, markers, stickers, or anything you like!

Spider Finger Puppet

Inspired by [LalyMom](#)

Sally Marcelline Frankenstein has been living in her cave so long, hundreds of spiders have blocked her inside. Sally will have to battle the spiders if she wants to help her planet. Make this spider finger puppet to bring this moment of the story to life.



For this craft you will need

- Black craft foam
- 2 Googly eyes
- 4 black pipecleaners
- 1 red pipecleaner
- Scissors
- Sharpie marker

Directions:

- 1) Use your sharpie to trace a large circle on your craft foam. You can use a plate or coffee can as a guide. Then cut out this circle with scissors or a craft knife.
- 2) Make 4 small circles in a straight line along the bottom of your circle. You can press the lid of your Sharpie marker down on the foam to make the outline of the circles. Cut out these small circles. This will be where your fingers go - test it out to make sure the holes are big enough.
- 3) Poke to small holes on both sides of the circle for the pipecleaner legs. Feed one black pipecleaner through each hole. Tie a knot in the back so the leg stays put. You can play with folding the legs into different shapes
- 4) Peel the back off the googly eyes and stick them on the front of your spider. You can also secure them on with a gluestick.
- 5) Fold the red pipecleaner in half. Poke two small holes in the craft foam under the eyes and feed the red pipecleaner through that. That's your spider's mouth.
- 6) Have fun making your spider crawl around!

Space Goggles

Inspired by [Economy Handicrafts](#)

Throughout *2021: A Space Odyssey* you'll need to hop in your spaceship and travel with our hero Elizabeth Rose to different planets. Suit up with your very own pair of space goggles!

For this craft, you will need:

- An empty toilet paper roll
- Construction paper
- Glue
- Cellophane
- Elastic string
- Crayons, markers and/or stickers to decorate with
- Scissors
- Sharpie
- Scotch tape



Directions:

1. **Make your eyepieces:** With your Sharpie, draw out the shape of your eyepieces on the toilet paper roll and carefully cut these out with scissors. You should be able to create two eyepieces from one toilet paper roll.



2. **Make your lenses:** Take your cellophane and cut out two squares or circles a little bit bigger than your frames. Then, take your glue stick and apply a bunch of glue to the outside of your frame. Wrap the cellophane over the hole and hold it down until it starts to stick. Do this with both eyepieces. Flatten the ends down and secure them with scotch tape



3. **Wrap your eyepiece:** Cut your piece of construction paper into 4 squares. You can set 2 aside for another project - you'll only need two for your goggles. Spread glue all around your eyepiece, then wrap a paper square over it, lining the end of the paper up with the end of your eyepiece. Cut off the extra paper to match the shape of your eyepiece. Do this with the other eyepiece too.



4. **String your goggles together:** on each eyepiece, cut two small slits. On the top of the diagonal edge, and one on the low side. Then cut your elastic string. You'll need one string about 5 inches long, and another about 10 inches long. Take the shorter string and thread it through the holes located at the lower edge. Tie knots at either end. This will be the nose piece. Then take the longer string and thread it through the slits at the top edge of each eyepiece. Tie knots at either end. This will be the piece that wraps around your head.

5. **Decorate your goggles:** Use markers, stickers, crayons or anything you want to decorate your goggles and add your own flair to them!

6. **Wear these when you watch 2021: A Space Odyssey** so you can fly through space with Elizabeth Rose!

Make a Mini-Book

Inspired by [Anna Brones](#)

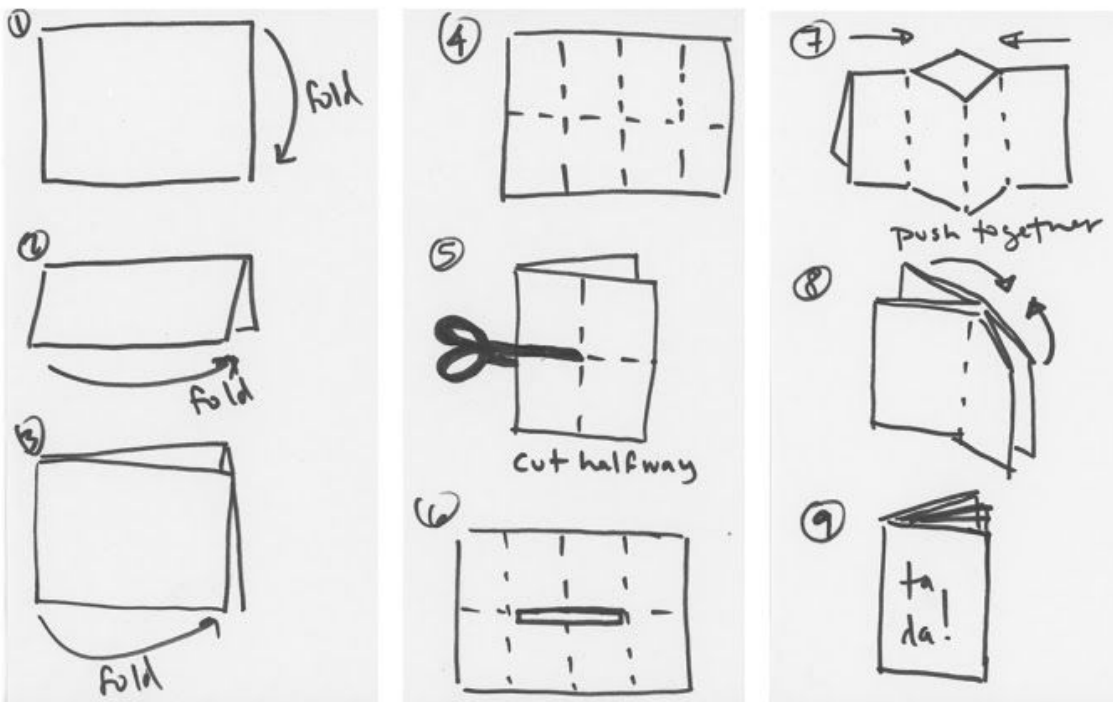
Charlie Devil-Jansen finds help in a tiny book called “How to be a Grown Up.”
You can make your own tiny book about whatever topic you want!

For this craft you, will need:

- A piece of paper
- Something to write or draw with
- Scissors
- Other supplies to decorate your mini-book with

Directions:

1. Fold and cut your piece of paper as follows:



2. Think of a topic. Maybe it's something you're really good at, something you love to do, or maybe a list of favorite things.
3. Grab something to write and draw with and fill up your book!

Paper Bag Hobby Horse

Aldis Radinaher rides back to Minnesota on a horse named Kiwi. Use recycled materials from your home to make this hobby horse and you can ride with Aldis!



For this craft, you will need:

- Horse head template
- A brown paper grocery bag
- An empty paper towel tube or wrapping paper tube, or a wooden dowel or broomstick
- Construction paper
- Markers
- Yarn
- A glue stick

Directions:

1. Cut down one side of your paper bag and then cut off the entire bottom rectangle. You should have one large sheet of paper.
2. Cut out the template and trace this on the blank side of your paper. Flip the template over and trace it again so you have two mirror images. Cut these out.
3. Cut small strips of yarn and glue these to the inside of one of the horse heads (the side with the writing on it). You can layer these to make a thicker mane.
4. Take your glue stick and trace the inside border of the horse head you stuck the yarn to. Don't put glue on the bottom of the neck. Line the second horse head on top and stick these together.
5. Use markers or construction paper to decorate your horse. You can give them eyes, a nose, and a bridle
6. Glue your tube inside the two bags. If you have a hot glue gun, this might make it more secure.
7. Yeehaw! Get riding!



Fire Breathing Dragon

Inspired by [One Little Project](#)

Mal Bubl 's best friend Eevee is half-dragon and can breathe fire! Make your own fire breathing dragon you can bring out whenever you hear Eevee's name mentioned in our story.



For this craft, you will need:

- Scissors
- Glue stick
- Glue dots or a glue gun
- 1 empty toilet paper roll
- 1 piece construction paper
- 2 1-inch pom poms
- 2 1/2-inch pom poms
- 2 googly eyes
- 3 scraps red, yellow, & orange tissue paper

We are using green construction paper and pom poms in our A.B.L.E. kits, but you can make any color dragon you want!

Directions:

1. Cut a piece of construction paper to be the length of your toilet paper roll. Spread your glue stick all over your construction paper and then wrap it around the roll so it's completely covered. Trim down the end of your paper if you need to.
2. Peel the backing off your googly eyes and stick one eye to each of the larger pom poms. You can also do this with glue dots or a glue gun if you have one.
3. Use a glue gun or glue dots to attach each of the dragon's eyes to one end of the roll.
4. Use a glue gun or glue dots to attach the smaller pom poms to the other end of the roll. This is your dragon's nose.
5. Cut scraps of tissue paper into long pointy strips around 10 inches long.
6. Spread some glue onto the end of one of your tissue paper strips and stick it to the inside of the roll, underneath the nose. Repeat until you have glued tissue paper all around the inside of the roll
7. Take a deep breath and blow!



A.B.L.E. - Artists Breaking Limits & Expectations - is a Chicago-based nonprofit that creates theatre and film for, with, and by individuals with Down syndrome and other developmental disabilities. A.B.L.E.'s mission is to provide performing arts opportunities through which individuals can share who they are and all they are A.B.L.E. to do. Through its core teen and adult ensembles, specialized workshops, and outreach programming, A.B.L.E.'s actors strengthen lifelong skills including communication, focus, creativity, and teamwork. A.B.L.E.'s ensembles have staged 20 plays ranging from original works to classics from Shakespeare, Dickens, and Gilbert & Sullivan, and have premiered 2 feature films which have been recognized by several local and international festivals. By promoting practices that place participants with disabilities in the spotlight, and giving them ownership over their experiences, A.B.L.E.'s work strives to shift societal preconceptions, and build more inclusive, empathetic communities.

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 www.ableensemble.com

 facebook.com/ableensemble

 @ableensemble

 bit.ly/abletube

 admin@ableensemble.com

All stories for Anthology were devised by A.B.L.E.'s spring 2020 ensembles

ACTORS

Colleen Altman, Colin Baar, Quincy Bane, Marissa Bloodgood, Christian Boyd, Rachel Buchanan, Jack Butler, Sandia Coleman, Benjamin Collins, Martin Conway, Alena Counter-Brown, Matthew Danaher, Sophie Earvolino, Samuel Floersheimer, Ryan Foley, Emmett Fox, Peter Grzeslo, Natalia Janik, Fletcher Jones, Andrew Kosnik, Christian Kroski, Emily Kwidzinski, Matthew La Chapelle, Emily Lavin, Anna Luzadder, Maggie Marren, Matt Marren, Mila Medina, Maria Meyer, Lucas Miezal, Claire O'Leary, Maddi Perez, Justice Peters-Farrell, Sam Petri, Sam Radinsky, Jake Solworth, Hannah Vilic, & Lucy Walsh

TEACHING ARTISTS

Braden Cleary, Kieran Hartnett, Kaylie Honkala, Lawrence Kern, Emma MacLean, Arin Mulvaney, Sean Okerberg, & Katie Yohe

FACILITATORS

Nette Angelini, Claire Chrzan, Kara Davidson, Shannon Diegel, Mary Feigenbutz, Megan Gray, Chelsea Hosler, Lauren Lynch, Kate McDuffie, Ben Raanan, Jenna Rapisarda, Mary Ruppert, Beth Sherwood, Susan Steinke, Lindsay Stock, & Polly Yukevich

GUEST ARTISTS

John Nyrere Frazier, Myrto Papoulia, Varshini Pichemuthu, & Claudia Rebolledo Sanchez

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to connect, to contribute, and to create.

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