

# DAFYDD'S MONOLOGUE

Poor Dafydd! He ran out of the classroom because he couldn't breathe! No one should have to hide in the toilet! This is Dafydd's way of dealing with the situation but is it the best way?

Dafydd clearly misses his brother, his twin, even though he doesn't remember him. This is a kind of mourning. There is no definite pattern to the process of grieving after losing someone and you can't just turn the feeling off like a switch! Life events, such as watching a video about the history of Tryweryn did for Dafydd, can reawaken feelings and make you feel a certain way.

His mother refuses to let him have swimming lessons because she is worried that what happened to his brother is going to happen to him. But then his Dad is determined that what he needs to know is HOW to swim! Wow, what a difficult situation... I would be confused!!

- What could Dafydd say to his mother in order to convince her?
- And how can Dafydd get over his fear of water so that he can learn how to swim?
- For Dafydd, anything to do with water reminds him and scares him.
- What can Dafydd do instead of hiding in the toilet?
- What advice would you give to Dafydd?

## TASKS

### The Dangers of Water

Dafydd definitely isn't stupid for worrying about the water. Water can be dangerous so you must remember to be careful. Why not help Dafydd learn about the dangers of water in order to educate him. By teaching ourselves about things like this we can make sure we are more careful. There is plenty to learn about water safety, and many useful and fun websites that will help you to learn - go for it!

### Dance your Feelings

Walk around the room leisurely, without talking to anyone and without bumping into anyone. I want you to think about something that has happened in your life that scared you or made you feel afraid to do something ever again after the experience?

Choose one thing that makes you feel uncomfortable, that worries you or something that makes you feel insecure. Something you just want to run away from....like Dafydd. It can be anything. There is no RIGHT OR WRONG here!

**Hold on to that feeling.**

Now walk around the room showing how you feel in this situation. Use your body, your face, and your hands to show the feeling

- How do you hold yourself? Straight back or curved?
- Do you walk confidently?...quickly?...jogging?
- Or are you dragging your feet?...walking slowly?...hardly wanting to walk?

Your task today is to create a dance, individually or in a group showing a normal day, and then something happens (it doesn't really matter what it is) and it makes you feel insecure, maybe scared. You want to run away from the feeling and hide in the toilet! Show how this makes you feel with your body. Show your feelings through dance and music.

In the dance I would like you to include:

- Movement (some form of movement around the room e.g. Walking, skipping)
- Twisting (maybe the twisting/turning comes when you change from one feeling to another?)
- Jump
- Stillness (stay still for a second or two)
- Change of direction

If you're stuck, here's an idea for you... Why not create an A,B,C,A pattern for the dance.

A. Is your normal day.

B. Then something happens that causes B to start (the bad feelings that you start to feel).

C. Next, how do you solve the problem? (this is movement C).

A. Then you can repeat pattern A again to finish because you've overcome the problem.