



Resource Pack

My Shadow and Me
Finger and Thumb & Junction, Goole

About Finger and Thumb / Shadowgraphy

Finger and Thumb Theatre was created by Drew Colby in 2012 to explore the creation of visual theatre using hand shadows.

Finger and Thumb has created three shows for Junction, Goole and several other productions (notably "Circus Bear"). Drew also works extensively in television and advertising and the new company name (Shadowgraphy) covers the diversity of Drew's work.



<http://www.shadowgraphy.co.uk/>

The show—My Shadow and Me

What is your shadow? How big is it? How small? What is it made of? What does it do?

Shadows are amazing! They are shape shifters and cheeky monkeys, underwater worlds and birds in the sky. With your imagination your shadow can be a friend who you can go with on an adventure – across the Sahara desert on a camel, deep-sea diving with the dolphins or even to the moon!

In My Shadow and Me, Drew Colby takes his shadow (and the audience) on a magical journey filled with astonishing shadow characters and twinkly lights.

The pack

This pack has been designed for teachers to use with primary school aged children. Families might also find this useful to use with their children at home.

Firstly there are a couple of pieces of music and poems that inspired the making of this show and some hand shadows you could try.

Song

This song was used to inform the creation of the show.

Below are some of the lyrics and some links to different versions of the song for you to watch and listen to.

"Me And My Shadow"

Shades of night are falling and I'm lonely
Standing on the corner feeling blue
Sweethearts out for fun
Pass me one by one
Guess I'll wind up like I always do
With only

Me and my shadow
Strolling down the avenue
Me and my shadow
Not a soul to tell our troubles to
But when it's twelve a clock
We climb the stair
We never knock
'Cause nobody's there
Just me and my shadow
All alone and feeling blue

1927 version www.youtube.com/watch?v=RftR-G-c6XM

Frank Sinatra and Sammy Davis Jr version
www.youtube.com/watch?v=e5hXtGkzZ9k

Shadow Boy by Kate Wakeling
From the book Moon Juice, The Emma Press

Shadow boy's as shy as they come.
Dark as charcoal,
thin as air,
He tiptoes at the heels of his friends,
or lingers
patiently
under trees,
behind the wall,
at the base of a lamppost,
hoping to catch
a friendly foot.

Shadow boy's as shy as they come.
He tries his best to brave the dark,
daring
to grow taller
and taller
as the sun sets.
But come the night,
shy shadow boy can only fade
then wait
until the bright dawn breaks.

Activity

Here are some prompts for group discussion.

Can you see your shadow when the lights are turned off?

When can you see your shadow?

Can you see your shadow in the sunlight?

Do you ever have more than one shadow?

Can you move away from your shadow?

Where is your shadow attached to you?

Is your shadow the same size as you? And does that change?

Poem by Robert Louis Stevenson:
My Shadow

I have a little shadow that goes in and out with me,
And what can be the use of him is more than I can see.
He is very, very like me from the heels up to the head;
And I see him jump before me, when I jump into my bed.

The funniest thing about him is the way he likes to grow—
Not at all like proper children, which is always very slow;
For he sometimes shoots up taller like an india-rubber ball,
And he sometimes gets so little that there's none of him at all.

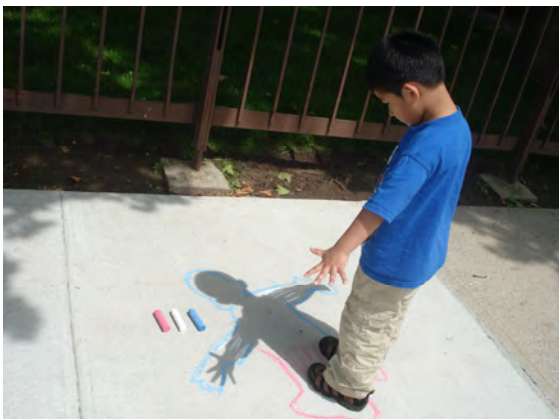
He hasn't got a notion of how children ought to play,
And can only make a fool of me in every sort of way.
He stays so close beside me, he's a coward you can see;
I'd think shame to stick to nursie as that shadow sticks to me!

One morning, very early, before the sun was up,
I rose and found the shining dew on every buttercup;
But my lazy little shadow, like an arrant sleepy-head,
Had stayed at home behind me and was fast asleep in bed.

Activity

What does your shadow look like?

Find a space outdoors and ask someone to draw around your shadow.



About Hand Shadows

Hand shadows are an ancient form of puppetry (perhaps predating all other forms) in which the puppeteer uses his or her hands to cast shadows of animals, people and objects onto a flat surface. Also known as shadowgraphy or ombromanie, it can be described as "cinema in silhouette". Performers of the art are often called shadowgraphists, shadowgraphers or hand shadowgraphers.

The light source used for hand shadows is small and bright - a candle, a torch (with the lens and reflector removed) or any very small light (e.g. an LED light with no reflector or lens). The shadows are projected onto a white screen either from the front or the back. The performer sits or stands between the light source and the screen. The further the hands are from the light, the smaller the shadows will be; the closer the hands are to the light, the larger the shadows will be. The shadows are more sharply defined the closer the hands are to the screen (and the further they are from the light). The performer watches the shadows being cast rather than his or her hands during the performance, as this helps to create the shapes and movements accurately.

Making your own hand shadows



If you would like to make your own hand shadows, find a light source (e.g lamp or torch) and a plain background. Work out the best distance between yourself and the light source. Be careful if using a lamp as it may get warm. Never look directly into the light, watch what your hands are doing and how this affects your shadow.

On the following pages are some images of hand shadows you could try. Or you could make up your own. We'd love to see any that you create! *



Twitter @handshadowgraph



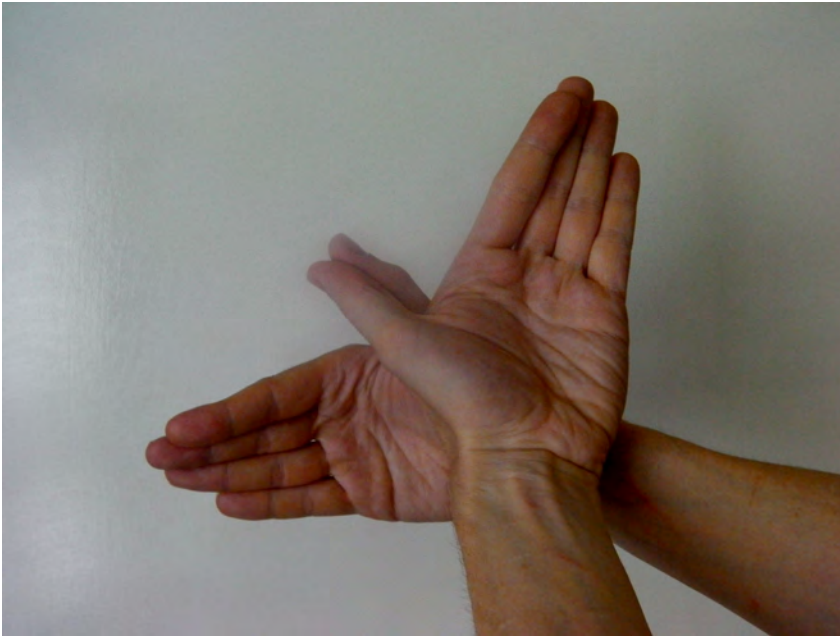
Facebook Drew Colby - Hand Shadowgrapher

Bird

Cross your left hand over your right hand;

join your thumbs together and keep your fingers together.

Flap the bird's wings slowly as it swoops across the sky.



Spider

Make the bird and then open up your fingers to make the eight legs of the spider.



Crab

Make the spider then cross the middle finger of each hand over the pointer (or index) finger.

Stick up the thumbs then see if you can make the crab walk sideways.



Rabbit

Lie you hand flat.

Curl the index finger up and keeping the thumb straight join the tip of the thumb to the tip of the index finger.

The other three finger pull back and the little finger rests out of the way (or the rabbit will have three ears!).

Use your other hand to make the rabbit's legs.

