



🍂 Autumn: Term One

No Such Thing as Normal

Welcome!

 Video

What is Electric Umbrella?

Here are co-founders, Tom and Mel, to tell you more...



Discussion

Let's talk about the video....

What, How, Why?



- What does Electric Umbrella use to unite people and help people express themselves?
- What different things did you see the Electric Umbrella musicians doing in the performance videos?
- How do you think they were feeling in the performance videos, and why?
- Why do you think it's important for a person to feel "seen, heard and valued"?
- Do you think it's harder for some people to feel like that and, if so, why?
- Tom said, "You can change the piano, not the pianist." What do you think he means?
- Who do you think is responsible for making sure that everyone feels included in society?

 Video

No Such Thing as Normal

At Electric Umbrella, we believe that there's "*No Such Thing as Normal*", and we wrote a song all about it...



Discussion

Let's talk about the song and the video....

How does the song and video make you feel?



What's your favourite part?



- How does the song make you feel, and why?
- How does the video make you feel, and why?
- What's your favourite part of the song/ video, and why?

Discussion

Let's talk about the song and the video....

Can your class do the song challenges?



- Can your class do all of the challenges in the song?
 - Sing like no-one's listening
 - Dance like no-one's watching
 - Give like no-one's counting (high fives and smiles)
 - Laugh like no-one's judging (tell a joke to your class and the rule is that everyone laughs together!)
- How does it feel when everyone gets to be involved in the activities together?

Discussion

Let's talk about what the song means....

What is "Normal"?

How would you fill in the gaps in the song?

"Everyone's a little bit...

And a little bit..."



- What do you think "Normal" means?
- Why might someone want to be seen as "Normal"?
- What do you think "If you meet me where I am" means?
- What does it mean to "take a dance in someone else's shoes" and why is it important?
- In the song, there are gaps "Everyone's a little bit..... And a little bit....." Can you think of words, sounds, actions that might fill in the gaps? We're not all the same as each other, we're not even the same as ourselves!
- How do you think we can encourage people to feel confident and comfortable in being themselves?
- Is there another way to think about "Normal"?

 Video

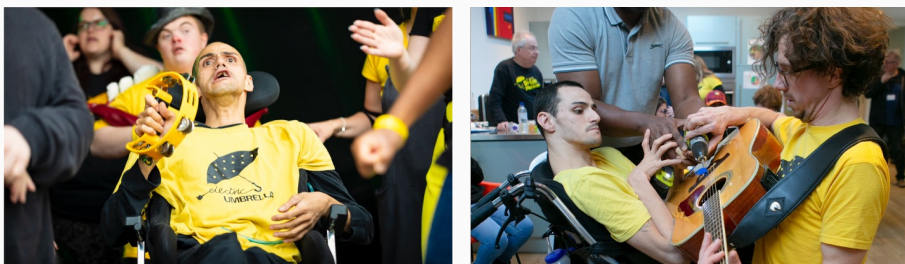
Let's meet William and hear his story...



Discussion

Let's talk about the video....

Thoughts, feelings and understanding...



- How does the video make you feel?
- Did anything surprise you in the video?
- What do you think William loves to do?
- What sort of challenges do you think William faces in order to do what he loves?
- How does Electric Umbrella "meet William where he is" and why do you think that's important?
- What other challenges do you think William might face in daily life?
- Can you think of a time when you've been faced with a challenge and had to overcome it? Did someone help you? Have you helped someone else to overcome a challenge?
- Why is it important that we don't think of everyone as being the same and needing the same things?

Creative Challenge:

Create your own Inclusion Superhero!



What sort of
qualities and
superpowers
do they have?

What are
they called?

Do they work
on their own,
or as part of
a team?

What's their
favourite food,
colour, song,
animal, hobby??

Do they have
their own
unique logo
or costume?



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