

# SAVING SOLSTICE

*a move along story*



Shawn

Jessica

Sydney

## About the Creators

Chicago-based artists, Jessica Ridenour and Shawn Pfautsch are excited to share SAVING SOLSTICE, their second Walkie Talkie for Chicago Children's Theatre. It's their second collaboration ever, if you don't count doing the dishes! You may have seen Shawn on stage at The House Theatre, The Hypocrites or at Chicago Children's Theatre's productions of A YEAR WITH FROG AND TOAD and FREDERICK. Parents may have seen Jessica on stage at Second City or on their televisions on Chicago PD.

Sydney is a Michigan native who transplanted to Chicago to study Musical Theater at Roosevelt University. After graduation, she switched gears to teach children's movement classes and adult fitness to help students of all ages find awareness and comfort of their own bodies. Sydney strives to help you feel successful. Now membership director at YOGA 2.0, Sydney has switched gears to virtual teaching, hoping to connect with anyone who needs a short escape from their day to move their body and have a little more fun.

## About Saving Solstice

Saving Solstice is a story about Leora, a young girl who lives on a remote island. Her yearly holiday plans to visit her Aunt Alvie for the Solstice are ruined when her parents receive some bad news. A once-in-a-century wind storm is headed to the island and they are advised not to sail to the mainland. Worried that her Aunt will be devastated if they miss their favorite holiday, she devises a plan to escape the island and save Solstice. But don't think you get to put your feet up in front of the fire. Saving Solstice is a Move Along Story, designed to get everyone moving while we may not be able to leave the house. It is the middle of winter after all...

## Writer's Notes

Our winter holidays look different this year, there's no doubt about it, but different this year doesn't mean ruined forever. My grandma always said, "You can stand for a short time what you can't for a lifetime."

Changing your holiday traditions may be uncomfortable, but it won't last forever. And perhaps this weird year can be a chance to pick up some new traditions, traditions that are uniquely yours.

## What is a solstice?

The winter solstice marks the exact moment when half of Earth is tilted the farthest away from the sun. It usually happens on December 21 or 22, at the exact same second around the world...The winter solstice is also the day of the year with the least amount of daytime, known as the shortest day of the year.

<https://kids.nationalgeographic.com/explore/history/winter-solstice/>

## Cast, Crew, & Credits

Created by Jessica Ridenour & Shawn Pfautsch

Written by Jessica Ridenour

Music by Shawn Pfautsch

Movement by Sydney Stier

Voices:

Leora- Abigail Halifax

Narrator- Jessica Ridenour

Dad- Shawn Pfautsch

Mom- Sydney Stier

Additional voices- Eric Halifax

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# Movement Guide

## Sneak under the window

Separate your feet together and bend your knees. Keep your chest lifted and pull your hands together as tight as you can. While you stay low, take 8 teenie steps staying small to fit through the window opening.

## Run through the wheat field

Reach your arms up as high as you can! Jump up and down while your arms wave side to side over your head. Squeeze your legs together to get even higher!

## Climb down the ladder

Keep both feet on the ground and make fists with your hands. One arm at a time, create ladder steps all the way down to the ground to help Leora remember to go down the ladder on her map. Get all the way down to the floor.

## Crawl under the thorny bushes

Place your hands on the floor, fingers spread out as wide as you can make them. Push into the ground and walk your hands forward until you're on your tippie toes. Then bend your knees and take four big steps forward until your feet are firmly on the ground.

## Go through the waving willows

Bend your knees and hang your body heavy forward. Loosen your arms and sway side to side, slowly lifting your upper body up all the way to standing. Remember to keep your knees bent for balance!

## Hop over giant boulders

Step your feet wide and turn your toes out to the corners of your room. Bend your knees like you're sitting on a horse. Take your hands to your hips and jump off both feet, landing quiet; with your knees bent.

## Push through ancient ivy

Keep your feet wide as you sway bending one knee at a time, reach forward with your opposite arm and pull with resistance. Help Leora push the anxiety ivy out of her way!

## Leap over the ravine

Still keeping your feet wide, start to build your momentum to push your hips forward and back three times, with your arms helping, jump your feet together as high as you can! Land with both feet together on the ground.

## Hop across teetering stones

Reach your arms out as high as your shoulders. Keep reaching out trying to touch the sides of your room. While your arms are up, jump from side to side (legs are together).

## Pass through the arching gate

Land with your feet wide and arms up in a big X shape - as big as you can be! Bend your knees and reach both hands to one foot. Like a big rainbow arch, reach up through the middle and then down to the other side. Come back to the middle and get ready to get Leora all the way to the dock!

## Sneak down the dock

Bring your feet close in, and bend your knees, just like you did to sneak through the window. Swing your arms forward and back as you run your feet as fast (and small + quiet) as you can. Stay light on your toes.

## Cross the ocean

You've helped Leora to the boat! Proudly stand up with her with your arms outstretched. Relax your shoulders down and sway with the boat, side to side.

