

Butterflies- 2021

A theatre production visiting primary schools, community settings and theatres that explores the feeling of anxiety when you are young



For Early Years/Reception to Year 3
(3-8 year olds)

Butterflies, a Co-Production between Tangled Feet and Half Moon Theatre that toured theatres across the UK in 2018. With the support of the Steel Charitable Trust the production will be remounted, taking into consideration the effect of Covid on children, and adapted to tour to schools, community spaces and theatres in an updated, Covid secure and flexible form.

Available to tour April-May 2021.

"Butterflies was received brilliantly. Teachers, parents and children commented on the high production level and were particularly impressed with the atmosphere created by the performers, lighting, and use of physical theatre. It was particularly interesting to see that the children were connected throughout. This play dealt with anxiety in a sensitive and kind way."
(Primary School Teacher, London)



Three friends embark on an exciting adventure to chase their butterflies away. They cross new seas to uncharted lands, on a journey filled with discovery. The only trouble is they're all a bit worried about it! During their voyage the group ride the waves, walk high bridges, skirt deep caves and climb to the sky, before reaching dry land braver than ever before. Join our intrepid characters as they step into the unknown in an uplifting tale of friendship, courage and facing your fears, told using innovative staging, breath taking physicality, touching humour and a specially commissioned musical score.



Following the Covid pandemic we have adapted the narrative of the production to support the exploration of how Covid may have affected the anxiety levels and resilience of children. How it may have initiated creative coping methods that children have experienced in 2020. By coming together as a community and witnessing the characters talk about, accept and use their anxiety creatively to overcome obstacles physically and metaphorically, we hope to offer young people a launchpad to explore well-being and mindfulness.

“Totally wonderful. It really expressed exactly what my daughter has been feeling, Thank you.” (Audience Member, Half Moon Theatre)

2018 Theatre show Trailer

<https://www.youtube.com/watch?v=ybfRCnOgbLg&t=2s>

2018 Theatre show Full Show

<https://www.youtube.com/watch?v=U1p12Sgp93U&t=1s>

(Please note the show will have an updated tourable design)

Alongside the show we have various free Mindfulness activities and extra resources on offer:

<http://tangledfeet.com/take-part/mindfulness>

-A free Mindfulness workshop for specific pupils post show

-A free Resource Pack for schools to follow Tangled Feet’s 10-week Mindfulness Programme

-A CPD pack for teachers

For an added cost:

-10 week Mindfulness Programme in school led by Tangled Feet (live)

-CPD for teachers led by Tangled Feet (via Zoom or live)



“Butterflies shines a light on the challenging circumstances many young people are living in. As someone who has had anxiety for as long as I can remember – certainly from the age of the young audience sat around me, captivated by the show – seeing Butterflies 20 years ago would have been a truly transformative experience, though watching it now is powerful enough.” - Flossie Waite – www.childrenstheatrereviews.com

Other Info

The show’s adaptation will take place in early 2021 but at the moment we envisage:

-The show will be around 35 minutes long

-We will need about 45-60 mins before show to set up. 30 mins to pack away

-We can do 1-2 shows a day but audiences may need to be in same bubble (TBC)

-We would prefer to leave our set in-situ between shows so if the hall is used for lunch both shows need to be finished and cleared away by then.

-We will need a performance space of around 3m x 7m with space either side for audience to sit within – this may need to include social distancing from performers (led by school protocols).

-Audience size TBC but prob max 2 classes per show- no more than 70 children

-We will need around 3m in height (TBC)

-If possible we may tour with cushions if not we will ask school to provide benches, cushions or chairs (or the floor!) for children to sit on

-We will tour with a simple lighting rig on floor stands and our own sound system. We will need access to a plug socket

-The production will rehearse and tour under Covid secure methods of working and will adapt to changing guidance.



Prices vary depending on distances. The show is offered at a subsidised rate where possible – please get in touch to discuss costs. Emily@tangledfeet.com / 07834 857564