



Nightmares Booklet

Our concert contains a trilogy of nightmare pieces that explore skeletons, ghosts, monsters and lots of other scary things!

Complete this workbook to find out more about the music and the stories behind the pieces.



Camille Saint-Saëns **Danse Macabre**



This piece of music is based on a poem written by Henri Cazalis. The poem tells the story of skeletons dancing in a churchyard on Halloween.

The Poem goes like this...

Zig-a-zig-a-zig it's the Rhythm of Death! Death at midnight playing a dance tune, Zig-a-zig-a-zig on his violin. The winter wind whistles and the night is dark. The winter wind whistles and the lime trees moan. Weird white skeletons streak across the shadows Running and leaping wrapped in their shrouds. Zig-a-zig-a-zig the dance grows even wilder You can hear the eerie clatter of the dancers' bones But wait! Suddenly they all stop dancing. They scatter, they vanish for the cock has crowed.

Listen to Camille Saint-Saëns *Danse Macabre*.

Taking inspiration from the music, can you write your own poem about the dancing skeletons? Perhaps they are joined by other creatures of the night or maybe they are quite silly or scary. Try and use a dictionary and thesaurus to help your writing. Remember, not all poems have to rhyme!

This image shows a full page of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page, typical of notebook or legal stationery. There are no margins, text, or other markings on the page.

Activity 2:

Can you name the night animals below?



What other animals come out at night? List 3 below:

1.

2.

3.

Activity 3:

You are going to do some interpretive dance to Camille Saint-Saëns *Danse Macabre*.

Warm-up

- Jog on the spot for 15 seconds
- March on the spot or around the space for 15 seconds
- Jump on the spot for 15 seconds
- Zig-zag around the space for 15 seconds
- Walking lunges for 15 seconds

Repeat twice

Dance

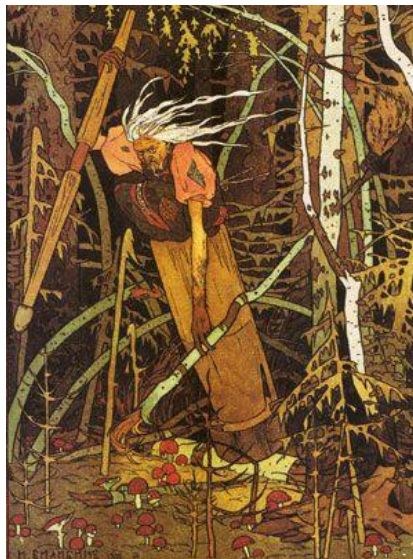
You will be dancing to Camille Saint-Saëns *Danse Macabre*. You will need to interpret the skeletons and other creatures that join in through your body. Think about how they would move and how their faces look.

Please be careful not to trip or hurt yourself. A teacher should be supervising this activity.



Modest Mussorgsky **Pictures at an Exhibition: Baba Yaga**

This piece of music is about a witch from Russian folklore. The witch lived in a hut that could walk on the legs of a bird. The hut not only had bird legs but it could also fly!



Activity 1:

Below are different types of monsters/creatures from folk tales. Create your own monster and give it a name.



Vampire



Dragon



Werewolf

Monster's Name: