

High Rock Productions present Scéalta Gasta (Fast Stories) a new Irish speaking Arts in Education programme for children from 4th – 6th Class (10-12 years) to enjoy shaping Irish Mythological stories and engaging with elements of theatre making and performance, as part of The Civic Education programme 2025 and supported by the Arts Council.

## Scéalta Gasta

### **An Bradán Feasa / The Salmon of Knowledge**

Sa scéal seo, bhí [bradán](#) ann fadó a d'ith naoi [gcollchnónna](#) a thit isteach sa [Tobar Gaois](#), agus deineadh An Bradán Feasa de. Rug an file Fionn Éigeas ar an mbradán tar éis dó seacht mbliana a chaitheamh á lorg. Thug sé an t-iasc dá dhalta, Fionn, agus d'iarr sé air é a róstadh, ach gan é a ithe. Agus Fionn á róstadh thar an tine, leagann sé ordóg air le cloigín ar an gcráiceann a phléascadh. Dóann sé a ordóg, agus cuireann sé ina bhéal é. Ach ansin faigheann sé gach eolas ar domhan! Úsáideann sé an t-eolas seo le bheith ina Thaoiseach ar na Fianna, treabh de laochra agus sealgairí a raibh clú orthu as a bheith lúfar, a ngrá don fhilíocht, agus dá ndílse.

*In the story, an ordinary [salmon](#) ate nine [hazelnuts](#) that fell into the [Well of Wisdom](#) and became the Salmon of Knowledge. The poet Finegas caught the salmon after 7 years. He gave it to his student, Fionn, and told him to cook it but not to eat it. While Fionn was cooking the salmon, he put his thumb on it to burst a blister on the fish, and burns it. He sucks his burnt thumb and gains all the knowledge of the world. He uses this to rise to become the leader of the Fianna, a tribe of hunter warriors who were famous for their athleticism, their love of poetry and their honour and loyalty.*

#### **Línte simplí / Simple lines**

Is mise Fionn Éigeas. Aon iasc go fóill? Fuair mé an bradán feasa. Tabhair aire don Bhradán. Ná hith é. Bhlais mé an bradán. Dhóigh mé m'ordóg. Tá fhios agam!! Tá mé críonna. Tá chuile rud ar eolas agam! Is saineolaí mé!

### **An Táin / The Tain**

Bhí an Bhanríon Méabh agus a céile, Ailill i gcomórtas le chéile, féachaint cé acu is saibhre. Bhí siad ar chomhchéim, seachas rud amháin. Bhí tarbh láidir ag Ailill darb ainm Fionnbheannach. Bhí Méabh go mór in éad leis, agus sheol sí teachtaire chuig Dáire lena tharbh siúd, an Donn Cuailgne, a fháil ar iasacht. D'aontaigh Dáire, ach scaoil an teachtaire an rún go raibh Méabh sásta an tarbh a ghíod munar aontaigh. Tháinig fearg ar Dháire, ach d'ionsaigh an Bhanríon agus ghoid sí an tarbh. Chruinnigh Dáire airm leis an tarbh a fháil ar ais. Ach cuireadh an t-arm faoi gheasa, agus thosnaigh siad ag titim is ag fáil bháis ar an slí. Ní raibh fágtha ach an laoch Cúchulainn, a chuaigh i mbun troda le harm Chonnachta ina aonar. Le croí trom, chuaigh sé i mbun troda lena chara cléibh, Ferdia, agus mharaigh sé é. Ar deireadh, bhí an bua ag fórsaí Mhéabh, agus fuair Cúchulainn bás. Ach chuaigh an dá tharbh i mbun troda le chéile freisin agus fuair an dá ainmhí bás chomh maith.

*Queen Maebh and her husband Ailill were comparing their wealth. They were equal in all but one thing. Ailill owned a powerful bull called Finnbheanach. She was jealous of this and sent a messenger out to Daire of Cooley asking if she could borrow his Bull. Daire agrees until the messengers let slip that she would have taken it by force anyway. Daire is furious but Queen Meabh's Army steals the bull anyway. Daire raises an army to go and retrieve the bull. Daire's army is put under a spell and mysteriously begins to fall ill and die on the journey. The warrior Cuchulainn fights what remains of the army often in single combat against their greatest warriors. Reluctantly, he fights his childhood friend Ferdia who he kills in combat. Finally Meabh's forces are victorious although Cuchulainn dies from his wounds. The bulls fight but both ultimately die from their injuries.*

### **Línte simplí / Simple lines**

Tá mise níos saibhre ná tusa! Tabhair dom an Tarbh! Tá mearbhall orm. Tá mé faoi gheasa. Tá tinneas cinn orm. Ní mian liom troid. Tá brón orm. Seo linn! Airm! Le chéile! Máirseáil! Troid!

### **Cur Chuige High Rock: conas drámaíocht a chur i scéal sa tseomra ranga**

1. Coinnigh an scéalaíocht gairid. Tá sé deacair é a dhéanamh go maith, fiú do dhaoine fásta, agus cinnte i nGaeilge.
2. Ní gá an scéal ar fad a insint! Díriú ar an gcuid is spráúla do na páistí.
3. Bain úsáid as a gcuid scileanna siúd: gleacaíocht, spórt, damhsa, pé rud is maith leo!
4. Cuir béim ar an taobh fisiciúil den mhír. Tá sé níos éascaí cuimhneamh ar na focail le gluaiseachtaí agus fisiciúlacht.
5. An chaint, bíodh sé gairid. Is fearr beagán a dhéanamh go snasta, ná an t-uafás cainte ag gur mearbhall orainn.
6. Leag amach é chun go mbeidh gníomh ann do chách: agus fág spás don chruthaitheacht, agus lig do na páistí a smaointe a roinnt.
7. Gaeilge: coinnigh an béim ar an spraoi trí Ghaeilge, seachas go mbeadh an Ghaeilge féin foirfe.
8. Mol an óige agus tiocfaidh siad!!!
9. Tosaigh le bualadh bos, chun atmaisféar maith a chruthú.

### ***The High Rock approach. Tips for dramatising story in the classroom***

1. *Minimise narration, it's difficult to perform well, even for adults, and especially in Irish.*
2. *You don't have to tell the whole story! You can focus on the most fun bits for the kids.*
3. *Use their skills, gymnastic sport, whatever, dance they're into!!*
4. *Emphasis on physical action of the scene. Physical action makes words easier to remember and perform.*
5. *Dialogue, keep it short, short sentences, a little performed well is better than lots of dialogue.*
6. *Structure it so there's something for all, but allow room for creativity and suggestion from the kids that are really into it.*
7. *Irish: emphasis is on doing something fun through Irish rather than the perfection or detail of the Irish.*
8. *Mol an Óige agus tiocfaidh siad!!!*
9. *You can clap before you start to create atmosphere.*

# Gníomhartha Drámaíochta Spraiúla don Rang

## **Reoite:**

*Tabhair cúpla soicind dóibh tar éis gach treoir, sara ndeireann tú “Reoite!”. Gheobhaidh siad smaointe ó bheith ag faire ar a chéile.*

## **Treoracha:**

Múinteoir crosta; Cúl báire; Rinceoir ballet; Sealgaire; Lasairéin; Duine ag lorg déirce ar an sráid; Leanbh beag i racht feirge; réaltaí pop-cheol ag ceolchoirm; Teaghlach de shioráif; Ag marcaíocht ar roll-chóstóir; an Chríoch-líne de rás Céad Méadar (100m); Clann ar aistear an-fhada sa charr; Robáil bainc; Peasghadaí; maidin Lá Nollag; Banna rac-cheoil.

## **Fuinneamh sa Ghuth**

Roghnaigh líne gairid agus simplí, ar nós “*Tá brón orm*”, nó “*Conas atá tú?*” Abair amach é le páirtneár sna bealaí seo a leanas:

- Chomh láidir agus is féidir,
- Tá an Crannchur Náisúnta buaite agat,
- Tá do mhadra tar éis bás a fháil,
- Tá maratón díreach rite agat,
- Tá do bhéal líonta le grán rósta,
- Déan dorn de do lámh, agus abair é ar ns gur fuath leat an duine eile,
- Oscail do lámha, breathnaigh sa tsúil orthu, agus abair é le grá don duine eile
- Ar nós ceist
- Mar an duine is sine ar domhan,
- I nguth doimhin fear éigin,
- I nguth ard cailín éigin,
- Amhail is go raibh tú ag robáil banc,
- Tá tú ag impí ar do thuistí ligint duit dul go cóisir,
- Tá rún nó cúlchaint an-spéisiúil agat,
- Tá tú traochta,
- Caithfidh tú dul chuig an leithreas,
- Tá an iomarca Coke ólta agat!

## **Fun Drama Exercises for Class.**

### **Freezes:**

*Give them a few seconds after each instruction before saying “Freeze!”. They will get ideas from watching each other.*

*Instructions: An angry teacher; a Goalkeeper; a Ballerina; a Hunter; Flamingos; a person begging on the street; A toddler having a tantrum; Pop stars in a concert; a family of giraffes; coming down a rollercoaster; the finish line of the 100 metre sprint; a family on a long car journey; Bank robbery; Pickpocket; Christmas morning; A rock band.*

## **Vocal Energy:**

Pick a short, easy line (e.g. “Tá brón orm”, or “Conas atá tú?”). Say it out loud to their partner in the following ways:

- as loud as you can,
- you’ve won the lottery,
- your dog has just died,
- you’ve just run a marathon,
- you’ve a mouth full of popcorn,
- make a fist and say it like you hate the person,
- open your hands, look into their eyes, and say it like you love the person,
- like a question,
- like the oldest person in the world,
- in a deep man’s voice,
- in a high pitched girls voice,
- like you’re robbing a bank,
- like you’re begging your parents to go to a party,
- like a juicy piece of gossip,
- like you’re tired,
- like you need to pee.
- like you’ve had too much Coke

## **Moltaí le haghaidh feisteas agus frapaí**

Is breá le páistí feisteas agus frapaí. Cuireann siad beocht sna scéalta! Tá hataí agus clocaí ar fheabhas. Tá uirlisí troda na laochra spraíúil, chomh fada is atá siadsábháilte. Bíonn cluasa nó sróin mhóra greannmhar is cuma cén carachtar atá agat. Tá spraoi i bhfolt bréige freisin, ach braitheann sé ar an gcaighdeán. Ar an bhformhór, ná bac le brístí/sciortaí a athrú.

**MOLADH AN LAE:** téigh chuig siopaí carthanachta roimh Oíche Shamhna le feistis dara láimhe do pháistí a aimsiú ar bheagán airgid. Suíomhanna idirlín le haghaidh feistis: [www.elliotsfancydress.ie](http://www.elliotsfancydress.ie) | [www.costumeshop.ie](http://www.costumeshop.ie)

## **Tips for costume and props,**

*Kids love costume and props, they can really bring the story alive,  
Hats, and cloaks are great, warrior weapons are always fun as long as they’re safe. Large ears or noses can look funny regardless of the character.*

*Wigs are fun but quality can vary wildly and they can disintegrate, but generally avoid trousers skirts*

**TOP TIP,** Go to charity shops before Halloween to pick up cheap second hand kids outfits ,  
Websites to source costumes [www.elliotsfancydress.ie](http://www.elliotsfancydress.ie) [www.costumeshop.ie](http://www.costumeshop.ie)