

ADVENTURES

1. Frozen Forest
2. Ice Retreat
3. Ribbon Trees
4. Castle Feast
5. Installation
6. Shanty Town
7. Reed Bed Tiger
8. The Ointment Maker
9. Volcano
10. Dragon

Frozen Forest

Environment: Low End - White cloths and voiles dressing space. Trees with snowball lights, frost, snowflakes. Mirrors for iced pool, glitter balls, lights. Polystyrene chips, star man puppet. High End - trees decorated with white fairy lights, icicles, beads, little bells, chimes. Lge metallophones, icy instruments - vibratones, silver bells, silver tambourines and shakers. Silver rah-rahs and white streamers. Giant iceberg, ice 'bags' with cellophane and fairy lights inside. Silver space blankets.



Snow Enter and explore 'snow', rolling/burying in voiles, seeing reflections in ice pool, dropping 'chips' like snowflakes, singing snow songs. Light, gentle introduction - meet the star-man and his treasures - glitter ball, icicles, bells, lights.



Ice Instruments Reveal metallophones and encourage gentle playing. Add other instruments to the mix, play the icicle chimes in the trees, listen to the sounds, make ice-music

Dance in ice and snow with silver sparkly rah-rahs and spinning white streamers. Encourage movement through whole space, mirror others' movements, make up your own. Fill the room with swirling movement.



Iceberg Dynamic changes as iceberg appears in green/blue light. See the sparkling colours, feel the 'stretch wrap' shards, climb inside and explore - playful looking, feeling through holes in the ice, crawl in and out, rescue each other. Light the ice-bags and feel them crunch and crinkle while the lights sparkle inside.

Frozen River Bring out rustling, sparkling space blankets, listen to the sounds, dance and see them change colour in the lights, finally spreading them along the floor as a frozen river along which you can dance, roll, skate your way home.

Evaluation Light, gentle start to the workshop/term. Groups explored snow in different ways, some very sensory, feel of cloths, 'chips', others visually with reflections and lights, others in role with puppet, others singing songs - and combinations of all of these. Music section good - crossed over whole space so music also felt spacious, enabling clients to hear individual sounds, rhythms. As hoped, rah-rahs and streamers did encourage a massive increase in dance and movement in most groups and even those more sedentary could see/feel the movement all around them. New props - Iceberg and ice-bags worked really well, providing new visual and tactile experiences which were explored and enjoyed by all. Space blankets as always a truly multisensory resource that could be used in a variety of ways - one child particularly enjoyed being swung in his like a hammock!



Ice Retreat

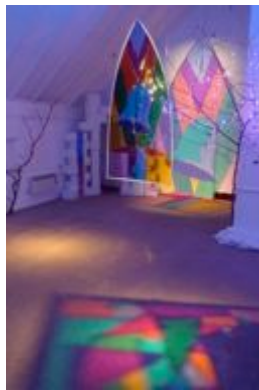
Environment: White table - with various toned bells. Chairs, ice trees still around. Stained glass window screen joining spaces + baskets of gels and water sprayers. Giant stained glass window reflecting on back wall. 2 mobile stained glass windows. Bead curtains, coloured see-through balls, coloured streamers, gel-light boxes, white boxes making archways.

Bells Enter slowly, chanting, playing big triangles. Take places and choose a bell. Listen to sounds of different bells, build up call-answer, rhythmic ding-dongs. Focused listening and playing, tho' can also be playful. Add naming and singing.

Screen Light up screen. Play with shadows, coloured gels, looking through colours, then begin to create own window, sticking on gels to cover the plastic with a riot of colour and shapes.



Window Illuminate stained glass window, explore the colours on faces legs, white costumes. See colours on floor, walls, selves. Feel, see and hear the dangling coloured beads. Roll, bounce and scatter the coloured balls, make spinning coloured rainbows with the streamers.



Boxes Use the white boxes to catch the colours - dance with them through the colours, pass them to and fro, build walls, arches, pathways covered in colours. Collaborating and working together create your own 'spaces'

Gel boxes As lights dim, different coloured gel-boxes are lit, reflecting coloured lights through crinkled polythene which crackles and crunches when hands explore inside. Use to light a pathway home.

Evaluation: Chairs set at a distance from table encouraged patient turn-taking and listening to different sounding bells. Some excellent sessions with really unified listening and playing. Found it worked best when totally acoustic. Many individuals became totally engrossed in creating their own coloured screen. Stained glass window stunning! Gave huge coloured space in which to play - looking through, hiding behind etc. Had to add extra tactile elements for visually impaired i.e. bead curtains, balls, streamers. White boxes picked up colours brilliantly and much fun was had building different structures (and knocking them down!) The light boxes gave a serene, peaceful feeling to the end of workshop, creating a beautiful peaceful environment.



Ribbon Trees

Environment Low end: Yellow character, yellow cloths on quilts, yellow UV ribbons in trees, big and small mirrors bag of yellow tactile/sound props; spiky balls/worms, fan, hat, hot water bottle, maraca, squeaky tube, sunglasses, hair accessories, nail varnish, face paints, bananas. High End: pink/purple - pink uv ribbons in trees, pink/purple/white tissue confetti, purple rah-rahs, pink and purple satin cloths, saaris, 2 electric fans, fans. 3-sized boxes for castle. UV lights



Yellow Character invites group into space and introduces different objects to each individual. Time to explore and enjoy 1-1 contact. Focused, gentle, small interactions, singing yellow songs, painting legs, faces, arms, tasting bananas.



Pink/Purple Lighting changes to pink in high end. See tissue confetti swirling in the air, blown by fans. Big movement section, exaggerated by flying confetti, rah-rahs and cloths - encourage movement/dance, rolling on floor, spinning, twirling all around space. Ribbons flutter in the trees.



Castle Find boxes and encourage clients to build their own structure. Playful and fun, rhythmic with lots of singing and supporting/helping each other. Knock it down and build again, passing to one another, balancing, reaching high, moving between walls.

UV Lighting changes to UV, ribbons change colour, confetti becomes swirling snowflakes fluttering down all around. Dress the castle with snow and UV scarves or rest inside before following the white snow river home



Evaluation 3 completely different dynamics creating good contrasts through the session. Yellow end - focused, with lots of 1-1, building relationships, enabling touch/contact. Pink section really did encourage/enhance movement. For spectators it gave good visual impressions of movement around space. Building the castle was fun and encouraged cooperation between participants - created amazing structures which when dressed in UV became magical castles

Castle Feast

Environment: Medieval castle - banquet tables, candles, throne, stained glass windows, feast: 'chicken', bread, cheese, mead (warm apple juice and honey). Minstrel corner; auto harps, tambours. Dancing space + long voiles. Large hearth, fire, fur rugs.

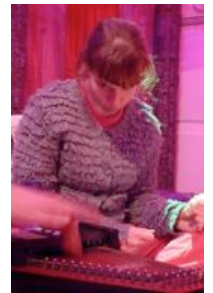


Feast Take your places at table, welcome and elect 'King/Queen'. A toast of mead for everyone! Let the feast begin - silver dome with chicken - gone! Find the chicken puppet - interactions - catch and leave by fire to cook. Have bread and cheese instead - enjoy sharing and eating together.

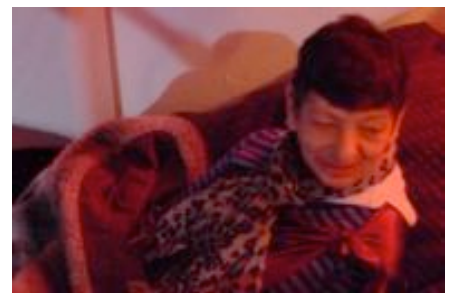


Minstrel Wandering minstrel arrives and begins entertainment. opportunities for individual performances - songs, stories. Builds to musical piece - all playing harps, drums and singing.

Dance Tables pulled back and formal dancing begins - circles and lines, couples, trios and groups. A dance-based celebration. Pull out long cloths to enhance and encourage movement.



Hearth As the music dies down, retire to the hearth and snuggle up under soft furs and rest together, listening to the crackling fire sounds and watching the flickering fire-lights.



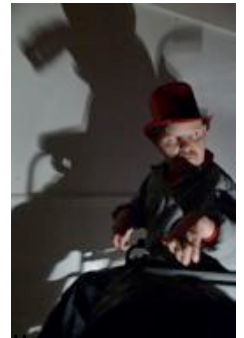
Evaluation: Tables and food acted as big motivators to draw groups together and even the most persistent of wanderers joined their groups to eat, drink and be merry. Chicken puppet provided a comical interlude and most clients enjoyed interacting with this gentle escapee. The arrival of minstrel instigated some lovely individual performances and interactions. there are many clients who clearly enjoy the sounds/strumming of harps. The dance varied group to group, some able to sustain 'formal' lines/circle dances, others just enjoyed moving under the cloths. The hearth was a beautiful, glowing centrepiece for the chill and many found it hard to leave, especially the carers!

Shadow Installation

Environment: Shady character with suitcase, basket of hats, assorted visual and tactile props. Light and screen. Circle spots on floor, umbrellas, projectors creating huge shadows in big space, streamers to enhance movement and chimes. Moonhoops, flashing lights and torches. Small light/shadow boxes. Giant shadow box.



Shady Meet character, see the shadows on screen/walls. Choose a hat and explore variety of props, feeling textures and shapes and making strange shadows around you.

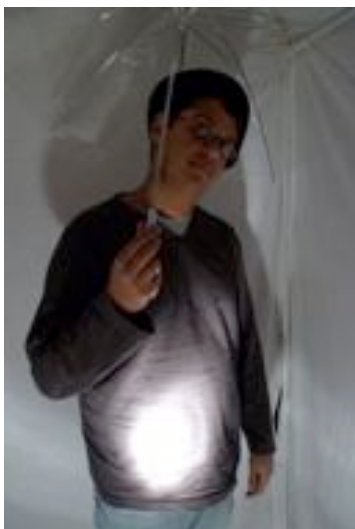
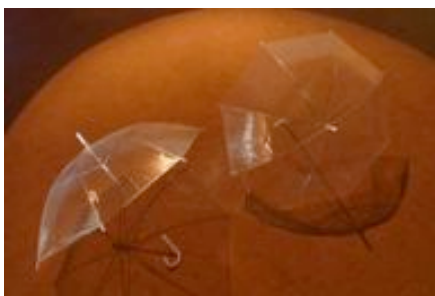


Spots Find spotlights and make shadows with hands, feet, bodies, use umbrellas to create spinning shadows as lights brighten and giants appear on walls all around you. Add streamers to enhance movement and see the ribbons curling and spinning as you move through space and shadows follow and cross and change

Moonhoops Introduce moonhoops with small flashing lights. Make shadows above/below, play in pairs, trios, see each others fingers moving as lights move.

Boxes See lights inside small boxes, put hands inside and watch shadows move - play boxes, tapping and building rhythms.

Big box Climb inside and watch the lights dart and move around you, catch them if you can See your own shadow on box side, move up and down and round. Follow the light boxes home.



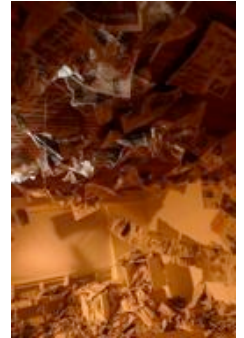
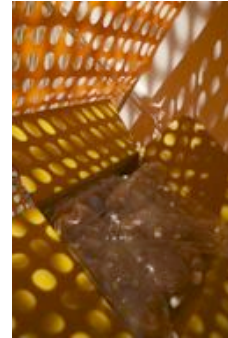
Evaluation: Position of light source is crucial for creating clear shadows. It was difficult within confines of low end to make good shadows on screen. So screen removed and used wall shadows. Freedom of large space and giant shadows were greatly enjoyed with streamers encouraging movement and drawing attention to shadows. Umbrella shadows worked well in spotlights - many clients loved the spinning motion. Focused work on moonhoops and with small boxes encouraged good 1-1 interactions. Several clients particularly enjoyed being inside big box - safe place, visually arresting.

Shanty Town

Environment: Low end: Filled with newspaper - ceiling, walls, floor plus newspaper hats, beaters, fans, balls, pathway, puppet. Large box of plastic lemonade bottles, giant water bottles and beaters. Carpet-tubophone linking two spaces, flip flop beaters. Large and small carpet tubes. Scaff, tarps, clear corrugated poly sheets, tumble drier tubes, netting creating basic structures to build onto. Blankets

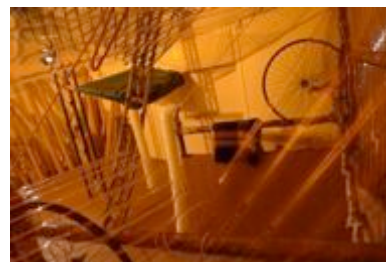


Newspapers Follow the newspaper pathway into space, hear the sound your feet/wheels make. Jump, hop, step, roll to low end and find hidden person under the pile. Explore newspaper qualities: ripping, screwing up, flapping, scrunching - listen to sounds, create rhythms. Bury each other, throw the shredded paper up in the air - see it flutter down. Play the beaters, make hats, meet the little 'newspaper man'.



Bottles Bring out small bottles, hear them resonate as you bang them together, play each others', build rhythms. add big bottles, bounce them on floor and hear them ring, add beaters and listen to different tones as you dance and play them like drums. Feel the vibrations on your hands. legs, tummy.

Tubes Lights up in high end - drop the carpet tubes and hear them sing as they bounce and roll. Play them and the tubophone with flip-flops. Roll them, balance on them, climb inside and rock, then use them to build your own.....

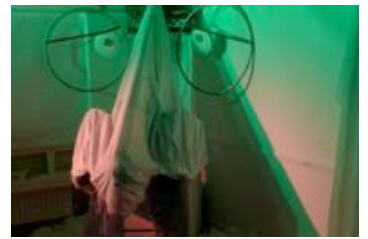


Shanty Town Create your own little dens within the basic structure. add carpet tubes, paper, blankets. Work together, help each other, learn to balance things, reach high, bend low, enjoy yourselves. Find sticks and play the different sounds; on corrugated card, on metal, on plastic, on bendy tubes. As evening falls, lay blankets down and curl up in your little Shanty Town and sleep.

Evaluation: A full-on multisensory workshop, each area of props having its own dynamic and each section offering different multisensory experiences. easily accessible on many levels. Free and open - clients able to engage, play, make a mess - all sanctioned. Wheelchair users responded really well to vibrations of bottles, with relaxed muscles that are usually in spasm. Kids particularly enjoyed burying in newspapers and climbing inside boxes and tubes. Others excelled at building their own spaces and we were surprised by the little partnerships that developed as they helped each other manoeuvre tubes to roofs and walls. A lovely chill in our little dens.

The Ointment Maker

Environment: Giant nose - blocked with green voiles, dusters, squidgy, coloured balls and 'bacteria'. Giant white 'handkerchiefs' and boxes of tissues. Looped sneeze sound. Spices, herbs and citrus fruits in hanging baskets on pulleys. "Ye Olde Remedies" - more spices, sieves, funnels on shelves, tambours, drums and tongue drums. Laboratory and Machine - with carpet tubes, silver foil and metal bins. Looped machine sounds. Tub of creams/ointments, bottle of dolly mixture 'tablets'. Sterile hats and gloves for all



Nose Hear the sound of sneezing, find giant nose, help unblock it! Pull out the long green voiles - yeuck! All kinds of tactile, coloured objects come flying out when nose sneezes, catch them and play - roll, throw, squash, see the flashing lights - have fun together.

Ingredients Time to make ointment and meds - choose your ingredients one basket at a time - lower the baskets down (and up) and down again 1) Cinnamon bark, star anise, cloves, oregano. 2) Rosemary, coriander, mint 3) lemons, limes and oranges. Drop ingredients onto drums and gongs - listen to the sounds, mix them up and add more - choose tubs and baskets from the shelves and add to the mix, playing the sounds and singing the names, until tambours are full of lovely smelling sounds and textures.



Machine Switch on the machine's flashing lights, hear the machine sound. Explore machine then load ingredients into tubes, hear them roll down and land in bins. Climb inside, see coloured lights reflect on space blankets, watch the mix appear at the ends of the tubes.

Ointment and medication As machine comes to a halt, a tub of your own home-made creams and tablets appears through front opening. collect and find space to

Chill Care for each other, massaging hands, feet, faces with beautiful smelling creams. Calm, peaceful, lots of focused 1-1 work. Enjoy taking your dolly-mixture meds before clocking off and returning to the decontamination area.

Evaluation Bizarre nose section quite difficult with most groups - difficult concept to understand - kids and wheelchair users seemed to enjoy it the most - kids suspending disbelief and wheelchair users enjoying the sound and the tactile elements. The 'ingredients' section worked very well. Great response to pulleys again - enjoying the up/down play. Ingredients, with their sensory qualities were greatly enjoyed, especially mixing them all up. The machine, with its playful sound and simple task - putting things down tubes was also greatly engaged with. Massaging with creams helped to chill group and enabled lots of touch and contact.



Tiger

Environment: Bamboo and poles, bamboo instruments, anklung, slit drum, chimes, sticks and beaters. Loose bamboo, pool (stretch wrap over hoop), sheaves of grasses round pool, animal masks and puppets. Tiger video, tiger sound effect, tiger character. In greeting room - face paints, tiger picture, tiger poem.



Greeting: See tiger face on wall, sing the tiger poem and paint camouflage stripes on faces.

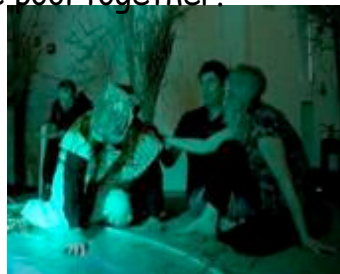
Bamboo Cautiously enter through bamboo poles, find the anklung and play the sounds, build with other bamboo instruments and play the bamboo poles while singing of bamboo and tigers.



Pool Make your way to the pool using bamboo branches and grasses as camouflage. Shake the leaves and see the trembling shadows, hide from each other, gather together round the pool. Put on animal masks and drink, paddle, roll in the pool, playful antics together. Make animal sounds, discover the puppets and feel their fur. Keep listening for the tiger as the sun goes down and you prepare to rest.



Tiger Tiger growls can be heard in the distance, coming closer and closer - localised in corner behind the grasses. Video on - see the majestic tiger as he walks through grasses and stops by the pool to bathe. Character tiger appears behind screen and comes forward to greet the other animals, playful, coy, gently he meets each client - allowing them to stroke his fur, play with his tail, roll in the pool together.



Sunset As the glowing red sun sets, the animals lie down and rest to the sound of the tiger purring.

Evaluation: Bamboo instruments section provided a good settling activity in the space. Most groups stayed altogether and enjoyed playful call/answer, trying variety of sounds and rhythms. Bamboo leaves and grasses sounded amazing when shaken and made lovely shadows around the pool. Also encouraged eye-contact and peeping through leaves. The sound and video of the tiger were really powerful effects - stopping people in their tracks and encouraging listening and looking skills. Tiger character with mask was also amazingly powerful, but even the most initially nervous clients became brave and made friends and stroked him. Most clients did not want to leave him at the end!

Volcano

Environment: Bamboo poles, green/gold cloths attached, basket of pegs. Volcano - hoop with long black/grey cloths, thunder boxes, timpani. Lava bowl, red lights/bubble wrap, flashing red light sparks, red/orange/yellow streamers and cloths, tambourines/cymbals. Lava - orange/yellow voiles attached to pulley to raise up. SFX - bubbling lava/explosions.



Labyrinth Enter through bamboo poles and create your own maze, pegging cloths across space to make tunnels and pathways. Explore - travel through, under, over, calling each other with microphone, making echoes and reverberating sounds.



Volcano The rumbling sounds of thunderboxes call you to the giant mountain. Go inside the cavernous space, in and out the cloths, listening to and playing the 'thunder'.

Lava bowl Bubbling red bowl of lava draws you in, play with the flashing red lights, cupping them in your hands, dancing them round the space, throwing them up in the air, to each other.

Fire The fire grows with dancing coloured streamers, flicking up and down and wriggling round the space. Add cloths as the fire gets hotter - increased movement/dancing, volcanic chaos of colour and sound - add tims, tambourines, cymbals. Dress up, roll around, covered in fire.



Eruption Draw out the lava cloths and watch them bubble and shimmer deep in the mountain. Hear the SFX begin to explode and splutter as the lava stream rises up through the middle of the mountain

Chill under streams of burning lava that flow out around space, or make a 'nest' of lava in which you find the last dragon's eggs. Gently now - don't break them....leave them in the fire to hatch.

Evaluation Labyrinth worked surprisingly well - people enjoyed pegging up cloths and creating tunnels, losing finding each other, calling through microphone. The expectation of finding volcano - using picture, signs and songs in greeting, added to a gradual build up of anticipation. Sounds and visuals worked well together to create effects, flashing lights particularly enjoyed by all. Many groups played tims as a unit, in others individuals controlled the build-up. The lava eruption caught the attention of every client - total focus



Dragon

Environment: UV Dragon tail hung round walls + UV lights. Dragon sticks in circle, small dragon puppet, golden gongs/beaters, congas. Giant dragonhead + orange/red/yellow voiles in mouth. Lava bowl containing chocolate dragon eggs.



Dragon sticks Shhh! Don't wake the dragon. Find the sticks and shake the bells and ribbons, dancing round the space. Click together, play in pairs/trios, play floor, walls, bamboo poles, calling the dragon - where are you?

Baby Small puppet appears and greets each person - interactions - has lost mother -sad, encouraging caring and reassurance.

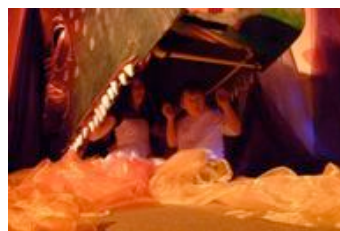
Gongs - introduce 1 by 1, calling the dragon. Add conga pulse to encourage rhythmic playing and dancing - explore space, playing each others gong sounds as you go.



UV tail. Gong sounds wake dragon - tail begins to flick and dance. Lights change and ribbon tail on sticks swirls its UV colours round the space, reaching high and low, in and out, brushing fingers and toes and creating a visual spectacle.

Dragon Hear the SFX of dragon breathing. Lights go up in Low end. Dragon head appears. Approach and interact with dragon, talking to him, stroking his scaly skin, looking in his flashing eyes, crawling inside his mouth amongst coloured voiles and sharp white teeth. Playful, friendly. Overcome your fears and be brave.

Chill The dragon gives chocolate dragon eggs, then returns to sleep as you rest, curled up in warm coloured voiles



Evaluation Dragon sticks encouraged all kinds of movement around the bright, empty space and playful rhythms as they clicked together. The conga pulse changed the way the little gongs are often played, making beats spacious and in rhythm, encouraging movement and listening to different sounds. UV tail was a visually spectacular section, with all engaged, either animating, playing with ribbons or simply watching. The giant dragon head worked better than expected. Even the most timid overcame their anxieties and came forward to interact with him. Almost all went inside mouth, including wheelchair users and were proud of their own bravery. Chocolate eggs were a welcome reward!

