

Flora

Autumn Term 2017

(Each workshop inspired by a plant, flower or tree)

1. Tall Trees
2. Saguaro (Cactus)
3. Mulberry
4. Cotton
5. Thistle
6. Briar Rose
7. Banyan Tree
8. Magic Garden

Tall Trees ('When great trees fall' - Maya Angelou)

"When great trees fall, rocks on distant hills shudder, lions hunker down in tall grasses, and even elephants lumber after safety. When great trees fall in forests, small things recoil into silence, their senses eroded beyond fear".



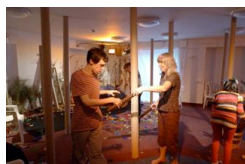
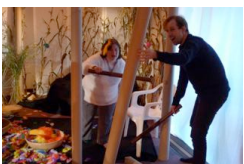
Environment Carpet tube trees are dotted around the space. Birdsong sound effect. Grasses and maize dress one corner, with baskets of brightly coloured bird feathers, small singing bird puppets, large 'toucan' puppets, ocarinas and bird whistles. Boomwhackers, smaller carpet tube lengths and flip-flops. Lion costume and mask. Lion roaring (on looper) Animal biscuit treats.

Birds in the Forest Enter and explore the space, in and out, between tree trunks, listening to birds calling. Find feathers and play together - throw in the air and watch them flutter down, catch them if you can, fan them around, feel their softness, enjoy the colours, tickle arms and feet, adorn hair. Meet the small birds, hear their different songs, feel their softness, look after them. Have fun with the cheeky toucans. Call each other with ocarinas and whistles.



Trees Falling

Using boomwhackers as tools, chop, tap and cut trees down - Timber! Play rhythmically and sing as you work away together. The birds fall silent and fly away. Bring out different lengths of 'trunks' to play with wheelchair users and sitters. Use them for calling and looking through, dropping on floor, rolling and patting with flip-flops for a new sound - feel the vibrations. Work together to carry them to the woodpile - the forest is bare....and all is silent, until....



Lion In the distance his roars echo through the bare forest. He appears from behind the tall grasses - frightened and alone. He comes to greet you, feel his soft fur, stroke him, look after him, play with him, he becomes your friend and leaves animal biscuit treats before disappearing into the long grass. Relax in the forest as the sun goes down and the birds return to sing their songs



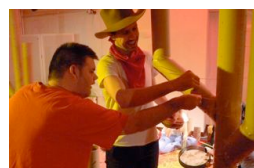
Observations A very successful first workshop, which even new participants found easy to engage with. Bright open space was welcoming, and first activity (feathers) settled and united each group in a colourful corner of the room. Lots of fun things to do! Some preferred the gentleness of feathers, while others enjoyed the rhythmical task based actions of chopping and carrying logs. The lion character was unthreatening - lovely mask and soft onesie - lots of caring interactions

Saguaro (Cactus) Cowboy hats and neckscarves

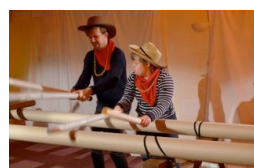
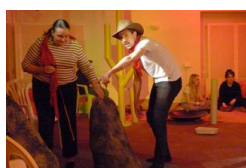
Environment Large carpet tube cactus with spaghetti, red cloth floor, penne and spaghetti, bowls and tambours, varying lengths of carpet tube drilled with holes for penne, scoobies for threading. Long carpet tube railway lines, raised on trestles, smaller lengths for cross slats, boomwhackers and thinner tubes. Electric fans and allium seed heads for tumbleweed, wind sound effect. Rainsticks. Leis flowers, plastic flowers hidden in tubes. Guitar and harmonicas, choc finger treats.



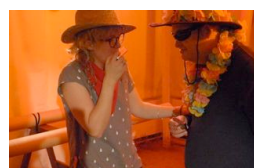
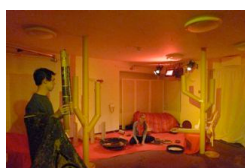
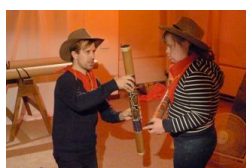
Saguaro Play with the pasta of different thicknesses, inserting in cactus and carpet tube lengths, rolling around bowls/tambours, hearing different sounds, making patterns, pouring through tubes, threading to make necklaces, spinning strings.



Railway Help each other to clear heavy rocks, pushing/pulling. Roll smaller lengths down railway lines and back, watch it move, hear the 'train' rhythms it makes as it rolls along. Add boomwhackers and begin hammering rails - develop a work rhythm, playing together, use some lengths on floor, or upstanding - playful/fun.



Storm Hear the wind as it howls around the desert, see/catch tumbleweed as it rolls swiftly along, add rainsticks to create a summer storm, which in turn encourages the flowers to appear all over the ground. Play with the tube flowers as they pop in and out. Time for a rest, play harmonicas and sing together as the sun goes down.



Observations Pasta provided a good tactile resource, though 'penne' was easier and more rewarding than thin spaghetti. Raising the railway tracks made it more accessible to everyone, especially wheelchair users. Tubes and boomwhackers are good not only for fun rhythm making/work activities, but also for calling/listening and looking through. Tumbleweed looked good but could have done with more and another floor based fan. Rainsticks changed the ambience well. Many clients succeeded in playing harmonicas and enjoyed their success!



Mulberry (Straw hats)

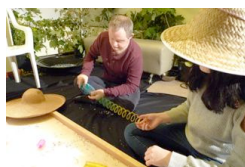
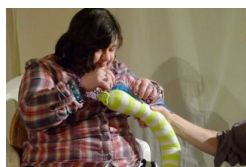
Environment 'Mulberry' leaves (or sim) decorate corner. Water gels as silk moth eggs in a variety of containers; silver trays, silver bowls, clear bowls, on soundboard, fire pit bowl, all on black cloths to contain props. Large trays of various 'caterpillars' - slinkies, furry wigglys, squishy worms. Giant caterpillar costume/mask. 'Spinning' hut - with wheel and glittery threads. Musicians' area with gamelan type instruments + gongs, bells, tubophones. Long silk cloths hung over electric fans. Jelly worms.



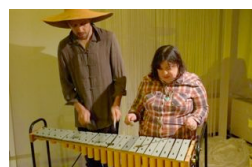
Silk worm eggs Care for the eggs, feel the texture, see them roll, bounce like raindrops, shine like diamonds in the light, hear them drop into trays, pour from one container to another. put them safe in sealed trays for those who dislike the 'wetness'. Bury fingers and toes, spread them over board, hold in fingers, place like raindrops on leaves.



Caterpillars Bring out trays, filled with leaves and caterpillars. See how differently they behave, stroke soft furry ones as they crawl up your arms, squeeze the coloured squishy ones and see them change shape, watch the slinkies crawl and stretch as they wriggle across the floor. Meet the funny giant caterpillar who comes to play.



Spinning silk Turn the spinning wheel and pull out glittery silk threads - feel the texture, see them change colour as they move in the light. Play music as you work, singing and exploring the sounds of the different instruments, carefully selected to play together. Long white silks billow overhead and dance in the light



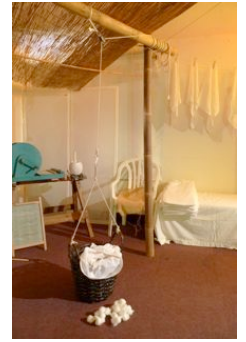
Observations Water gels were a source of fascination to most clients, enjoying the feel - almost therapeutic and relaxing like massage, as well as watching them roll around/bounce in different containers. Caterpillars added comical element/play. Caterpillar character required costume adjustment throughout, could attach snood to mask so face not obscured so easily. Clients loved him and were caring and interested. Spinning being a favourite motion of many participants was greatly enjoyed. Prolonged music section gave time for 1-1 work, building of rhythms and exploration of instruments. Good that they were tuned together so anyone could play.



Cotton

(Baggy cotton trousers and coloured neck scarves)

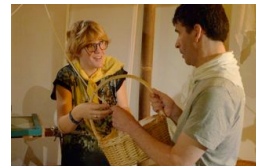
Environment 2 rows of cotton bushes filled with cotton wool balls, white pillowslips and baskets for picking. Shack in corner with rope pulley and basket for weighing, gold chocolate coins. Spinning machine as mangle. White cotton muslins/pillowslips and sheets. Washboard and scrape percussion instruments, guiros etc. Washing lines across space, pegs. Harmonicas



Picking cotton Take bags/baskets and working your way up and down rows, pick the cotton balls off the twiggy branches. Help each other, pick high and low down, throw and catch, feel the texture of the soft fluffy cotton wool balls, dip your fingers/toes into the softness. Sing a happy work song as you go.



Weighing and Wages Put your bag into the weighing basket and pull the rope to lift it off the ground. Be careful you don't let go or it will fall! See the basket swing to and fro, make it rise and drop, help your friends who find it hard to pull on their own. Enjoy your gold chocolate coin wages.



Scrub-a Dub Using the washboard, initiate a 'washing' rhythm, that everyone can join in with using a variety of percussion. Wash the cotton, shake out the big sheets and see them billow in the wind, run underneath and make them flap and fly. Find the pegs and hang the cotton out to dry on washing lines, as electric fans make them dance in the breeze. When work is over relax on cool, clean cotton playing harmonicas.



Observations Picking the cotton was a greatly enjoyed, repetitive, achievable activity. Baskets easier than bags for some. Feeling the soft, fluffy textures, holding the baskets, enjoyed by those who couldn't pick. The weighing section added a comedy element to proceedings, but also encouraged cooperation and support for each other. Wages gleefully received. 'Washing' became more about percussion than the activity, but gave a good lift to the dynamic. Pegging on the line was a very focused, easily understood/modeled activity.

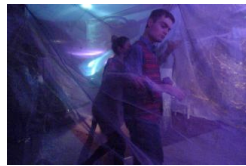


Thistle (Tartan scarves/shawls)

Environment Misty moor created with grey voiles hung across space, which can be drawn back as mists clear - low lighting and torches. Croft in the corner of space, large withy loom in the other + baskets of stripped cloths, ribbons and wool for 'weaving' a tartan rug. Harps and autoharps, a crackling fire, microphone for voice work. Shortbread treats.



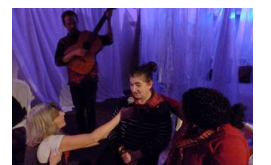
Through the mist Using torches, find your way through the misty voiles, calling to your friends, looking through voiles with lights, lighting faces, hands and feet. Hear a Scottish voice speaking (My Heart's in The Highlands - Robbie Burns) Get lost and find each other, follow the lights through, around, under the mist. See it swirling around you, shifting and curling, confusing your sense of direction.



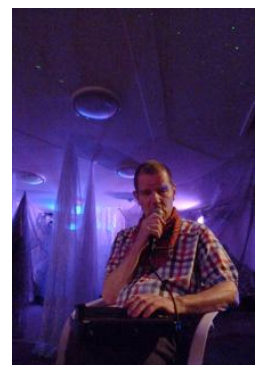
Croft and Loom As the mist slowly withdraws, you find the little house on the hill and a loom. Weave yourselves a large 'tartan' rug to keep you warm. Play with the ribbons/wool, feel the textures, choose your favourite colours, drape over ribbons tied around space or thread through the loom, creating your own patterns. Dance with the ribbons, over/under, around. Celebrate with dancing and song when you have finished.



Around the fire As night falls, spread tartan rugs on the floor, or wrap yourselves up and light the fire. Play the stringed harps together and sing and vocalise using the microphone. Have tasty shortbread before you sleep under a starry sky.



Observations Grey voiles worked well hung horizontally across the space creating an unusual 'environment' to encourage travelling through. Torches added a fun element and a way of working with people who are not ambulant, providing focus and support for sight impaired participants. 'Weaving' gives opportunities for repetitive tasks which clients enjoy - allowing success on every level, whether creating patterns or simply enjoying textures and adorning the space. Mic work enables engagement on a variety of levels for whole group - can be just listening, enjoying others' sounds, making own sounds, speaking names of group or creating a story/song.

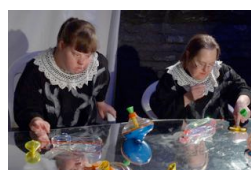


Briar Rose (Black 'tree' t-shirts + white collars)

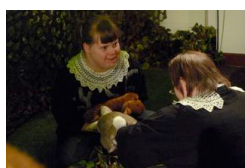
Environment Briar Rose puppet + spinning machine + red rose. Large mirror on table with variety of spinning tops, spinners, windmills, large wheel and green/white streamers. A forest is created with faux grass and camo nets. Woodland creature puppets, black chimes and tank drum. Throne for Sleeping Beauty. Time-lapse plants growing projection. Black elastic that can be pulled out across space to create a 'barrier'. Prince character.



Spinning Find princess at her spinning machine, variety of interactions. Help her spin by exploring all things spinning, over mirror, in hands, reflected on ceiling. Develop into spinning movements out in the space, around wheelchairs, with coloured streamers. In the excitement, Briar Rose pricks her finger on a rose and falls asleep - help her to throne in forest.



100 years While Briar Rose sleeps the furry woodland creatures come out to watch over her. Play with them, feel their fur, hold their little paws, feel their whiskers, see them interact with each other. Play the black chimes and sing a lullaby together as you watch the forest grow up around you.



The Prince At last the dashing young prince appears to save the day. He hacks away the black elastic and greets you all, asking for help to find the princess. He is a comedy character, tripping over, kissing the wrong girl etc. At last he finds her and with a kiss, she awakes to much rejoicing and rewards all round.



Observations A more narrative, drama - based workshop, greatly enjoyed by those who like role-play or a familiar story, more difficult for those who don't. Spinning tops were not as rewarding as expected and difficult for many participants to activate. Using the mirror underneath added a little magic and the streamers were more successful. Woodland puppets - bringing out one at a time might have been more intriguing. Some clients interacted with each other. Black chimes are difficult for many participants to use, though they created a lovely ambience. Dashing prince - more a spectacle to watch, slightly panto, which some clients found amusing.

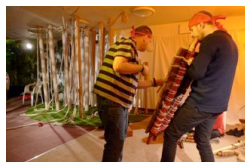
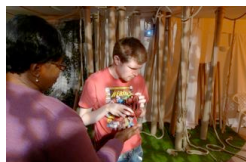


Banyan Tree (Red headbands)

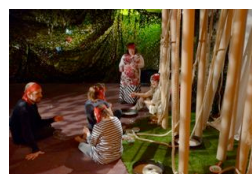
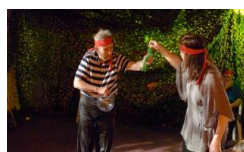
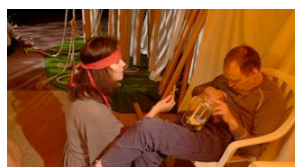
Environment Banyan tree created with carpet tubes and long ropes. Camo nets as forest. Sticks and wood sound instruments, gongs and xylophones. Variety of large and small rubbery insects and amphibians. Globes and jars (plastic), nets, hexbugs, tambours. Butterfly projection, dancing butterflies on sticks, pink butterfly wing fans. jelly snake treats.



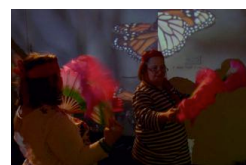
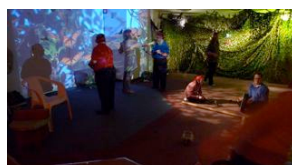
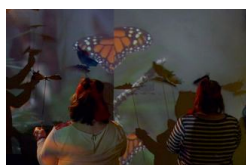
Banyan tree Explore in and out of trunks, under and over ropes. Tap the tree with sticks to waken the insects inside. Play the wood sounds, trying out different instruments and building rhythms and singing songs.



Insects start crawling out of the tree, feel the textures, see them wriggle, hop and jump, make insect sounds, catch them in nets and jars, help each other. Add hexbugs and watch and hear them scurry round tambours, inside jars and down tubes. Feel the vibrations on hands, legs and feet, catch them if you can!



Butterflies flutter around the walls (projection). Hold butterflies on sticks, watching your silhouettes in the projection as they dance up and down with their friends. Use fans like butterfly wings, dance and swirl through the blue sky to the treetops, feel them flutter against your arms, moving the air around you. Play together then gently land and rest.



Observations Playing wood sounds together encouraged good listening and rhythm work. Clients enjoyed a variety of sounds and instruments, swapping and changing their instruments several times. Catching the creepy crawlies was enjoyed on a variety of levels and the hexbugs added sounds and vibrations to the mix. Butterflies and projection encouragement movement. Many participants focused on the colours and patterns really well. The fans added splashes of colour and different movement qualities, as well as dancing together in the space. Jelly snakes very popular.

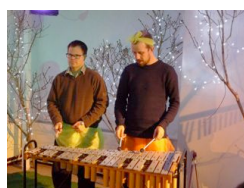
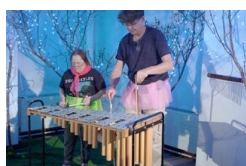


Magic Garden (UV tutus, scarves and bracelets)

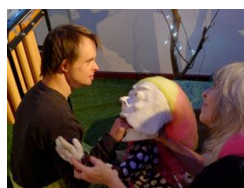
Environment Tree branches around space adorned with fairy lights. At one end the garden is a soundspace, at the other a magical world of UV colours, linked by the 'Gardener' Puppet. Sounds - bowed metallophones, chime bars and bells. UV - raggy ribbons in trees and drawn out across space for dancing with, brightly coloured chiffon material, UV scarves and ribbon streamers. UV balls, tactile creatures, 'spiders' and face/body paints. Mobile mirrors. Bark treasure box full of sweets.



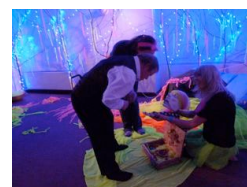
Magical Sounds Enter to eerie sounds of bowed metallophone, sit and listen and enjoy. Encourage participants to play, building sounds with chime bars and smaller metallophones. Change dynamic by introducing sleigh bells, which create light, dancey rhythms along with strings of bells hanging in trees.



Gardener Puppet appears and welcomes you to his beautiful garden. He greets participants individually, is playful and kind, interested in each person, making friends. He then leads them to the other end of the garden, drawing out beautiful ribbon strings that dance across the space.



UV The lights fade and dazzling colours appear. Use streamers, ribbons and scarves to encourage movement and dance, see the colours swirl and twirl around you, feel the textures, adorn yourselves. Settle on coloured cloths and explore the UV creatures, play with the balls, decorate the trees with wriggly 'spiders'. See how the face/body paint glows on your arms, legs, faces, draw patterns on mirrors if you prefer. The 'Gardener' reappears with a treasure box full of brightly coloured sweets to share. Chill then wave goodbye.



Observations Using tree branches and white fairy lights created a magical environment in which to play. Bowing the metallophone enhanced this atmosphere with eerie, ethereal sounds which mesmerised many participants, who sat listening quietly and calmly for a long time. Separating the chimes and bells allowed for a change in dynamic. The puppet was loved by all participants, even those who are sometimes nervous. Separating the UV 'activities' into sections, rather than using everything at once made for a more manageable experience

