

Framed

Summer Term 2017

(Each workshop inspired by a painting)

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2. Monument - Picasso
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Framed (The Arnolfini Portrait - Jan van Eyck)

As a first workshop in a term inspired by famous paintings, we look at frames, being 'in the frame'. Large and small acrylic mirrors provide a frame within which to see ourselves and others, while picture frames covered with white cloth give opportunities for torch and shadow play. Then use a wide variety of costume and accessories to dress up and adorn selves before being seated behind a hanging frame for a 'painting' - taken on iPad for immediate viewing!



Environment

The space is bisected by simple white screens that can later be used for shadow play.

In one half of the space, stand large acrylic mirrors against walls, with smaller acrylic mirrors at hand to use on laps and on floor. Adjust lighting so that clients can see themselves clearly. For shadow work reduce lighting and add individual torches

- Mirrors - large and small
- Rainbow streamers
- Picture frames covered with white cloth, some hanging in the space
- Torches
- White screens, lit from behind to create silhouettes

In the other half of the space hang a giant picture frame, leaving space for a chair and a wheelchair, or someone standing behind it. Dress the 'set' as in Arnolfini painting, with maroon voiles, a chandelier and a 'tree'. Beautiful coloured costumes hang on a rail, with a variety of hats, feather boas and other textured accessories and jewellery to choose from.

- Large hanging picture frame and set
- Rail of bright, easy to put on costumes
- Wide variety of hats/wigs/sunglasses
- Bead necklaces and coloured bracelets/hair accessories
- Make up and soft brushes

Costume Included within workshop

Music - could use music appropriate to the Arnolfini Portrait era.....

In the Mirror

See selves and others reflected within the frame of the large mirrors, side by side, in front and behind, standing on floor mirrors, faces, hands, feet in the smaller ones. Add rainbow streamers to encourage movement, like painting swirling, rippling colours in the mirrors - sing the colours.

Shadows in the frame

Hang frames in space, some free to take to wheelchair users. Use torches to play with creating shadows of hands, feet, faces. Play with torch lights; moving around frame, getting bigger, smaller. Encourage clients behind screens to make whole body shadows/silhouettes - on their own or together with others. Can add funny hats at this stage!

The Painting

Remove screens to open up the space. Encourage participants to choose costumes and accessories and see themselves in the mirror. Swap and change, try glasses and wigs. For those who don't like dressing up, explore the range of textures on offer - feather boas, beautiful beads, jingly hats and scarves with bells on, perhaps some gentle make-up with soft brushes that tickle arms and faces. It is surprising how all are keen to take their places behind the picture frame for a 'photo'. Take them individually, in pairs/trios and as a group. The iPad makes it possible to show the 'painting' immediately - very rewarding.

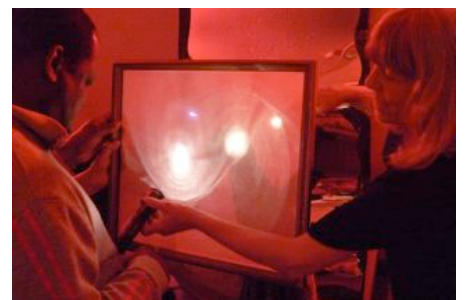
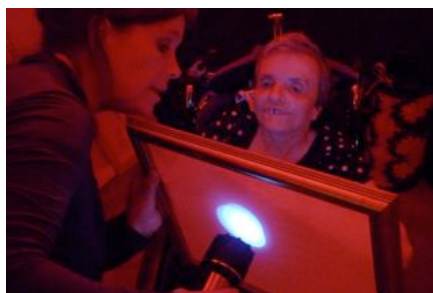
Links

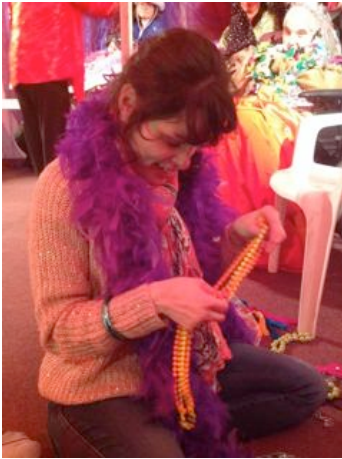
Mirrors

Torches

Costume

Website link: http://innersense.org.uk/innersense.org.uk/Summer_2017/Pages/Framed.html





Monument ('Monument to the Spaniards....' Picasso)

Working in the style of Picasso and using a variety of mediums we create art based on the 'Monument' painting of a 3d sculpture. The workshop is situated in Picasso's art studio in France, picking up on the red, white and blue colors of the French flag. There are opportunities for free creative play with various sensory materials, as well as creating a sculpture by adding carefully chosen sets of objects to a preset frame.



Environment

Arrange a variety of tactile mediums in one end of the space. Limit the colour palette to red, white and blue for 'French' feel. Create a cube or flat screen using stretch wrap or polythene stretched across a white-piping frame upon which you can spray water and attach coloured gels cut into shapes. You could draw eyes, noses, mouths ears onto the shapes to follow the Picasso theme. Different coloured gravel is obtainable from pet stores and it is easy to dye rice any colour using ready mix paint and freezer zipper bags.

- stretch wrap cube/screen + water sprayers
- coloured gels, cut into shapes with features drawn onto them
- red/white/blue gravel in bowls on separate black cloths
- red/white/blue rice on separate trays
- red/white/blue voiles hanging from walls
- red/white/blue streamers

At the other end of the studio, erect a frame structure to which sets of objects can be easily attached to make a 3d sculpture. Using the Picasso painting as inspiration, choose these sets carefully, considering their texture, the sounds they make, how people might engage with them - i.e. playing instruments, calling through tubes, dancing with heads on poles, tasting 'cucumber plant'. There is no right way to do this, every group will create something different - just enjoy!

Costume - clothing that is red, white and/or blue

Music - Traditional French music could be used as background. Once the sculpture instruments become involved, a steady rhythm will help to hold the group together.....

Making Art

Participants are encouraged to explore the variety of mediums on offer, though some may become totally focused on one thing - which is fine.

- Spray water on the stretchwrap screen/cube and press the gels onto it. In this way you can create many different patterns using a variety of shapes and colours. Smaller perspex sheets or frames can be used on the laps of wheelchair users to make this accessible for them
 - Feel and hear the coloured gravel. pouring through fingers, onto trays or the black cloths, making patterns with your fingers
 - Play with the coloured rice, burying fingers/toes, making patterns, pouring onto coloured gels, which sounds like rain

- Bring out the red/white/blue voiles across the space, over people's heads. Encourage movement through, around, underneath, creating a swirling haze of colour, seeing each other through different colours.

- Dance with red/white/blue streamers, flicking, twirling, spinning, painting colours in the air

3d Sculpture

Begin by adding the streamers to the frame to give it colour and focus participants on the structure. Explore the instruments that are already hanging on the frame - in this case, chimes, tubophones, snake bells and hand bells - creating a soundscape around the structure. Begin adding sets of objects (inspired by Picasso painting) - good to have a variety of options, to suit different groups - here are a few:

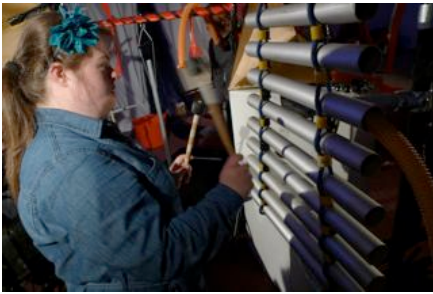
- Introduce 'whirrers' - which can be swung around to create sound, or used for calling and listening to each other and selves. They are then attached to the frame, easily slid onto protruding poles or looped over structure.

- black balloons (cannonballs) and fly swatters shaped like hands make for a playful section encouraging movement, interaction with each other...and fun!

- polystyrene heads on white pipe poles add a surreal feel to the sculpture and can be used for interaction, dancing and play or simply to feel the shape of a face; eyes, nose, mouth, ears

- 'cucumber plant' - giving a 'taste' element - cool, watery slices can be offered to everyone with a toast of Sangria (squash), while the finished sculpture is admired by all.





Woman in Bath (Woman in the Bath - Degas)



A bathroom environment is safe and familiar and gives multiple opportunities for sensory enrichment with a variety of textures and smells. Polythene sheets, used in a variety of ways, act as a good substitute for water and avoid puddles and floods, though a footspa can be used for those who enjoy wetting their feet.

Environment

Create a bathroom - it is possible to find old plastic baths fairly easily, which you can fill with blue voiles and stripped plastic. Lay a blue tarp on the floor as an 'overflow' area, covered with loose strands of stripped plastic and space blanket. A beautiful shower area can be simply made with stripped polythene dustsheets taped over cord strung across a corner area. This material glistens in the light and ripples as you move through it or point an electric fan in its direction. Using shower curtains to dress the space adds to the bathroom feel.

- bath and overflow area
- walk-in shower made from stripped polythene sheets
- hand-held strips for dancing, splashing, floating in electric fans
- large thin sheets of polythene can float over peoples heads like waves or ripple over the floor

Add a variety of bathroom accessories which will allow lots of pleasurable 1-1 interaction with participants. A bubble machine is a wonderful way of adding some fun to the proceedings!

- variety of scented, coloured soaps
- flannels, sponges, exfoliating gloves, nail brushes
- Epsom salts in a tray
- bubble machine, bubble wands and blowers
- electric fans
- warm towels
- talcum powder and body lotion (use 'sensitive' or baby products for safety)
- watery sounding instruments

Costume - coloured spotty, sequined, coloured shower caps

Music - watery, bubbly sfx can be easily downloaded to set the scene, while watery sounding instruments like metallophones and tubophones can be used to create a gentle soundscape.....

Water, water everywhere

Don shower caps and explore bathroom, someone is already in the bath, washing herself and singing - join her. Participants can be wheeled through or dance in the shower, seeing the 'water' glisten and feeling it move over their bodies. The large 'overflow' area provides space to dance, roll in, splash with knotted plastic strips. Add large, thin, floaty sheets of polythene for an immersive watery experience. Then down to serious bathing...

- enjoy the smells, colours, textures of a variety of soaps
- feel the soft and scratchy sides of sponges, nail brushes, flannels
- use exfoliating gloves on arms, legs, faces, taking time and enjoying the personal interaction with another person, getting eye-contact, allowing touch
 - for those who like them, give Epsom salts to run fingers through, pour and shake
 - all this soap makes bubbles - bring out bubble machine to fill the space, catching, popping, walking through bubbles. Give wands/blowers for those who like to do it themselves. Hold in front of electric fans for those who struggle to blow - a playful, fun section in the workshop

Chill

Time to get dry - a calm gentle ending with soft, warm towels, talcum powder and body lotions smelling of coconut, strawberry, Shea butter...

- bring out towels and smooth on faces, hands, feet, gently rubbing them dry
- use talcum powder and/or lotion to massage participants' arms, legs, feet - a caring, relaxing opportunity to build relationships with clients. If they don't like touch, encourage them to massage you
 - could bring out instruments to enhance the chill for those who like to play.

Links

Polythene

Music

Website link:

http://innersense.org.uk/innersense.org.uk/Summer_2017/Pages/Woman_in_Bath.html



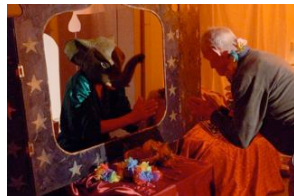


Brides Toilet (Bride's Toilet - Amrita Sher-Gil) Flower necklaces

Environment Altar for Ganesh character + rose petals, lavender water, flower necklaces, elephant + Indian bells, incense sticks, pot pourri. Prep area - brown/white facepaint for adorning hands/feet, mobile mirrors for painting patterns, necklaces, bangles and rings, Indian costumes and sari veils. Mandap for marriage ceremony - 2 'thrones', sparkly cloths, hanging bells/decorations, Indian instruments - dholak drums, handbells, ankle bells, snake bells, harmonium, shruti. Naan breads + mango juice.



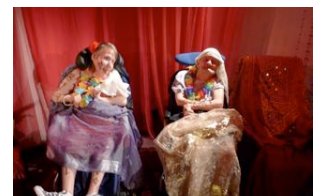
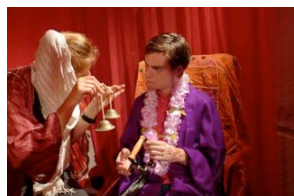
Ganish Pooja - Flower necklaces are given to Ganeesha character who blesses each individual. In return, he gives cool, scented water to feel with fingers and smell, rose petals and hair flowers to wear, Indian bells to play - ceremonial section.



Mehndi Time to get ready for the wedding. Brown/white face paint is used like henna for adorning hands/feet - a time for 1-1 interaction and opportunities to encourage touch with soft brushes or fingers. Mirrors can be used to extend the pattern-making. Bring out necklaces and bracelets, offering choices and tactile exploration, colour, sound and 'spinning' variations. Finish with costumes - veils of different colours and textures can be used to dance with and are easy and light to wear.



Mandap Ceremony Proceed to 'Mandap' where 2 or more participants can be seated on thrones. Build up Indian rhythms with drums and bells and let the celebrations begin, with dancing, processions, maybe even a band. Enjoy a feast of spicy naan breads and toast the happy couple with orange and mango squash (very popular!)



Observations Focusing a whole group on the character worked better when the window shutters were open at the start, so he could be seen on entry. While encouraging individual 'tribute' giving, the rest of the group can watch, while experiencing the scented water, petals and bells. Face painting allowed lots of individual interaction. Full costume can be difficult for some, but light veils and saris provide a good option. Maintaining an 'up', dancey section can be difficult without a strong rhythm underneath. For those who are less mobile, long sari cloths can be used to create pathways or movement around them.



Starry Night Vincent Van Gogh (Blue voile tabards)

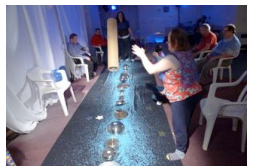
Environment Large mirror on table with silver/gold stars reflecting on ceiling. Blue/white facepaints and brushes, mobile mirrors. Long black cloth on floor, rice swinger filled with blue rice, line of golden/silver gongs and cymbals of different sizes, silver containers. Swirling white net clouds, village of white boxes with cut-out windows, press-on lights inside, white paper lantern 'moons' on sticks with lights inside, animated 'starry Night' projection. Metallophones. Milky way stars.



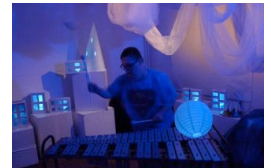
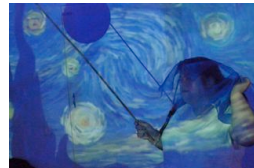
Painting a Starry Sky See mirror and stars reflected on the ceiling, move them around. Add your own swirling clouds and stars by facepainting with brushes or fingers onto mirror, feel the softness of the brushes, tickling your skin. See your skyscape grow and fill the ceiling.



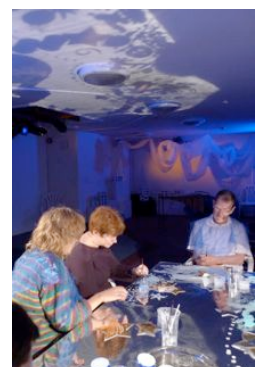
Rice Surround the black cloth and see the swinger swaying up and down. When the stopper is removed, blue rice streams out over the line of instruments - hear the different sounds, catch some if you can! Play with the rice, making patterns on the black with fingers and toes. Pour into different containers, over cut-out stars and onto instruments.



Starry Night As night falls, the lights come on in the village and an animated projection of 'Starry Night' appears. Moon lanterns light up, dance with them in space, twirling and swirling in the night sky, see the shadows as you move. At sunrise the church bells ring - play the handbells, listening to each other, taking turns, stopping and starting, playing in rounds. Chocolate stars for breakfast, before you leave.



Observations Using a big mirror and working as a group to create a 'starry sky' was very successful and united people in this one cooperative activity - watching and copying each other and creating a 'whole'. The ceiling reflection was truly beautiful and encouraged people to lift their heads and look up. Rice is a very popular medium, but dyeing it blue and adding glitter made it even more magical. Projection worked well with white box village lights, but the little 'lantern lights' were a bit fiddly. Milky way stars enjoyed by all! Some sensitive metallophone playing this week.



Summer in an Iris Garden Hiroshiga (Purple/pink sashes)

Environment Sand area, dotted with large stones, rakes, chopsticks, rolls of bamboo fence, bamboo to decorate, trays. Fishpond, weeping willow, fish and small, smooth stones, heron wind chime, anklung. Pagoda area, parasols and fans, Koto type instrument, shimmers, teapot (green tea + cranberry) and bowls, fish snacks and Mikado sticks.



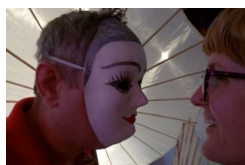
Zen sand garden Rake patterns in the sand, draw with fingers, toes and chopsticks, see/feel the sand pouring down, carry on trays to wheelchair users to feel sand and create their own patterns. Add bamboo 'rolls' and play with chopsticks, creating rhythms and sounds.



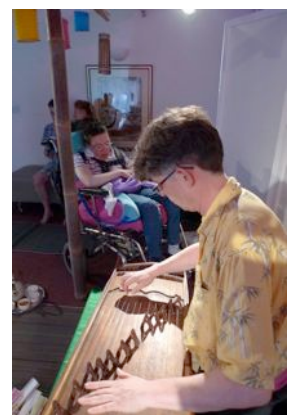
Fish Pond The water is cold and refreshing, feel it with fingers, dip in your toes or climb in! Feel the cool water on smooth stones. Catch the coloured fish, they tickle arms and legs. The heron comes looking for fish, share your catch with him. Make the sounds of dripping water with anklung as you relax by the pool.



Tea ceremony Dance round the garden with white parasols, spinning above and below you, play hide and seek, promenade together. Then cool yourselves with white fans while tea is served. taste the green tea and enjoy Japanese snacks while you listen to the gentle sounds of the 'koto' instrument.



Observations Sand is an ever-popular medium, enjoyed on several levels. Raking patterns added a new dimension and playing the bamboo 'trellis' with chopsticks was fun! The cool pond setting created a contrasting experience, cooling each other with water, playfulness with the fish and some excellent interactions with the heron chimes puppet. The silk parasols provided a beautiful visual prop and the tea ceremony, with the tones of the koto was very ritualistic and created a sense of calm.



American Gothic - Grant Wood (Hats, neckerchiefs and aprons)

Environment Compost area with trowels, forks, sieves, flowerpots, variety of vegetables - carrots, potatoes, beans, cabbage, onions, variety of herbs - thyme, basil, sage, oregano, watering cans. Baskets and trays, flowerpot puppet. Seeds area - sunflower seeds and white beans + bowls, rainsticks. Scarecrow character. American Gothic 'porch' + furniture, harmonicas, guitars, drinks.



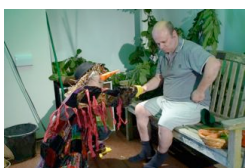
Compost Corner Feel, smell, dig in and sieve the compost, fill flowerpots, bury hands and feet. Dig up carrots and potatoes, find other veg - transfer into baskets, feeling different textures, shapes and smells. Add various herb plants, feel and smell them, plant them in the compost, then water. Meet the flowerpot puppet and play the flowerpot instrument.



Seeds Explore the different sound/textural qualities of seeds and beans by pouring into different containers, fill pots and bowls, plant them one by one into seed trays, then water with rainsticks to make them grow.



Scarecrow The cowardly scarecrow visits the garden, hiding from the crows. He's come to play and greets each individual, assisting with tasks, dancing, making friends, introducing his friend the singing blackbird puppet. When he's gone, return to the homestead for a hoe-down, playing guitars and harmonicas, then rest with a nice cool drink.



Observations The compost proved to be a very popular medium with clients. Gardening may be a familiar activity for many of them, so they were eager to get involved. Having trays and flowerpots enabled engagement with wheelchair users who could not get on the floor. Plenty of sensory options with veg, herbs, seeds and beans. Scarecrow character was enjoyed by all - unthreatening and comical. As there was a heatwave, the hoe-down was fairly subdued but there was a lot of harmonica playing, much to our surprise as blown instruments are often quite difficult for this client group.

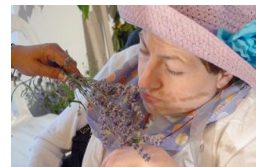


Mont St Victoire - Cezanne (neckscarves and hats)

Environment 3 market stalls with stripey awnings - fruit, veg + dried peas / hats, scarves, ribbons and wool, mirror / french baguettes, variety of herbs and lavender. Shopping baskets and 'euros'. Green area for Boules and dancing with ribbon sticks, fountain in pond, around which to picnic. French bread, cheese, cucumber slices and orange juice for picnic.



Market Day Fill your baskets with fruit and veg of your own choosing. Feel the different shapes and textures, see the different colours, smell them. Choose a hat and decorate with lengths of coloured ribbon, Feel the beautiful scarves, dance with them and adorn yourselves. Buy some bread and smell the herbs, feel the lavender (use purple died rice with lavender oil if you don't have any. Compare your shopping with others, pay for your items.



Games and Dancing While waiting for the 'Bar' to open, have a game of boules on the green, taking it in turns to throw the balls and cheering each other on. When the game is over, dance with the ribbon sticks on this sunny day, seeing the ribbons fly, hearing the rhythms as you tap each others and your own sticks and whirl around.



Picnic by the Pond The bar is open, settle round the pond and listen to the splashing sounds of the fountain, see it sparkle in the light and dip your hands and feet in to cool down. massage hands/feet with lavender water and share the food and drink that is brought by the bar keeper. Relax and enjoy these moments together before heading home with your shopping.



Observations A familiar activity in an unfamiliar setting. Demonstrating produce on the stalls and 'shopping' helped clients and carers to understand how to engage, each with their own basket and money. It really became a bustling market in France, with the music setting the scene. Boules was greatly enjoyed by all, with short lengths of half-pipe useful for allowing wheelchair users with limited movement to participate. Need more bells and ribbons on the dancing sticks to make them effective. The sounds of the fountain added to the relaxing atmosphere and the picnic was greatly enjoyed, with something for everyone's taste.

