

Snapshot

Spring Term 2017

(Each workshop inspired by a photo)

1. Snow Dome

2. Shukhov Tower

3. Nautilus

4. Mesa Arch

5. Skyline

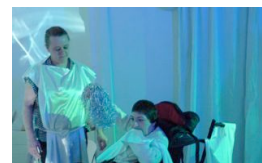
6. Cabin

Snow Dome

Environment Ice-mirror pool surrounded by quilts under white parachute in centre of the room, stretch wrap ice cones. Mobile mirrors, blue/white ice cubes, silver rah-rahs. Electric fans, sm. white fans, Chinese wind fans. Silver space blankets, vibratones. Ice Queen in mosquito net, with lights. Ice pops.



Ice Mirrors Step on the ice - feel it smooth and shiny, with hands and feet, see reflections, tap sounds, roll and slide over the surface. Play with reflections - looking at selves and others, bending mirrors to distort image, wobbling to make icy sounds. Add rah-rahs and see them shimmer and shake in the mirrors.

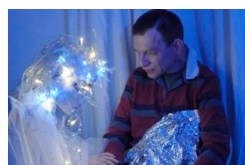


Wind Hear the sound of wind (sfx) and feel the air move around you (electric fans). fan yourselves with little white fans, cold and blustery! Add wind fans and see the colours streaming in the wind, dancing and spinning around the space, over and around you, reflected in the mirrors, brrrr it's getting colder.



Ice The ice is freezing and cracking, silver space blankets spread over the space, hear the sound as it crackles towards you, over hands, feet, bodies. Dance with them, creating sounds as you move, hide under them, make rhythms with the sounds, cover ice cones with silver creating your own statues. They still and vibratones play creating a haunting soundscape.

Ice Queen appears, frozen in her own icicle. Your music melts the snow and she comes out to greet you one by one - interact with her in your own way. She has a surprise for you and gives out frozen ice pops for you to take away with you.

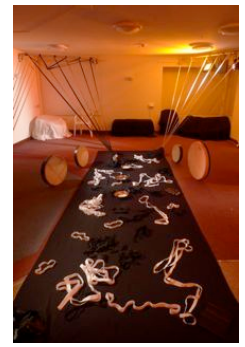


Observations For a first workshop at the new premises with different teams of artists, everyone coped extremely well, in fact, were so pleased to be back, they engaged with even more enthusiasm than usual. The familiarity of all the props used helped to reinforce the consistency of the work and all were comfortable and happy in an environment they knew and understood. The Ice Queen was a big hit as always.

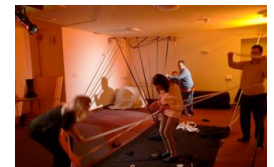
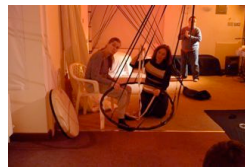
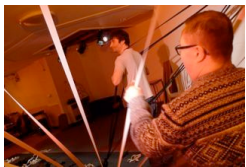


Shukhov Tower

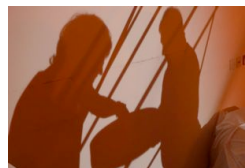
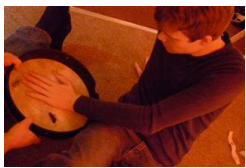
Environment Tower created with black elastic lengths attached to hoop at the bottom. Black and white elastic lengths fan out like soundwaves around the space. White and orange lighting creates shadows on walls. Elastic loops of all sizes and widths on black cloth. A dozen Hexbugs, tambours and drums, beaters. String and cup 'telephones'. Microphone with reverb/echo. Blue tooth vibrating speaker and soundboards set up with familiar 'happy' song on iPad. Sweet 'elastics'.



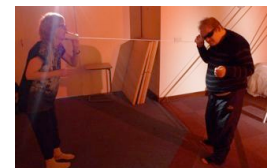
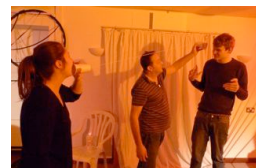
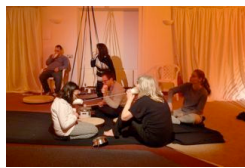
Elastic Shukhov tower can be accessed in a variety of ways - swinging, bouncing, stretching across space, sitting inside, spinning. Explore tension - release and vibrations, see elastic wobble and vibrate, creating shadows on the walls. Wheelchair users can sit behind and feel vibrations, affect the patterns/vibrations with smallest movements of feet and hands. Play with individual loops, joining participants in pairs trios, even whole group. Opportunities for slapstick and fun. Boing! Wear as headbands or sashes.



Vibrations Introduce hexbugs on tambours and drums, feel and hear the sounds and vibrations they create as they skuttle across the surface, catch them if you can!. Feel them on your skin - they tickle. Build vibrations and sounds with rhythmic drumming, creating a pulse of sound.

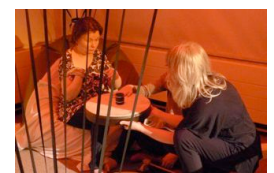


Vocal sounds Use string and cup 'telephones' to focus listening and motivate vocalisation. hear the sounds amplified and feel the vibrations tickle your ears. Good for partner work. Add microphone with effects to further encourage vocalisation



Vibrating speaker Connected to a familiar song, hear how the sound is amplified when put on tambours, soundboards, trays, wall....how it disappears when taken off. Feel the vibrations it creates with hands and feet. Could add rice/salt to add a visual effect.

Observations What we thought might be a difficult workshop, proved to be extremely engaging for participants, providing lots of opportunities for focused 1-1 work as well as fun and playfulness. Accessible to sight impaired and PMLD clients who could feel effects as well as hear the sounds around them. The elastic encouraged movement and interaction as well as creating large visual demonstrations of how soundwaves might travel around the space.



Nautilus

Environment Sand area in middle of space with trays of spiral shells. Blue voiles draped around like waves, blue/green lighting. Mobile mirrors and water pots. Blue/white streamers. Ocean drums and watery instruments - metallophones, small tubophones. Nautilus projection and nautilus puppets.



Sand and shells Explore the sand - feeling it between fingers and toes, making footprints, pouring and trickling through fingers, drawing patterns in the sand. Feel the different textures of shells, roll them and dab them, creating spiral patterns in the sand. Use trays for wheelchair users.



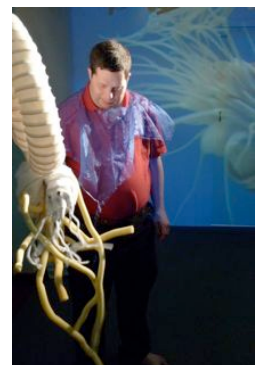
Spirals Paint watery spirals on mobile mirrors, then cover with sand. When shaken off reveals beautiful spiral sand paintings. Add streamers to create spirals and circles in the air, encouraging movement and dance around the space



Nautilus Ocean drums bring the sound of the sea - as the lighting changes to 'underwater', play instruments which create a watery soundscape. Projection of swimming nautilus appears + Nautilus puppet, who wriggles his tentacles in greeting and encourages participants to come and say hello. A baby nautilus puppet can be used for the more timid participants. Taste spiral treats before swimming away home.



Observations Sand is a medium which can be enjoyed and accessed on many different levels - adding a variety of shells, gives more options in terms of texture and pattern making. The sand paintings were simple to create and beautiful to see - especially when reflected around the walls with the lights. Ocean drums created a magical sound and led us into an underwater world, where the nautilus swim and play. A friendly, funny puppet with great visual and tactile elements that engaged all clients.

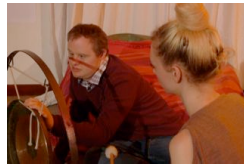


Mesa Arch

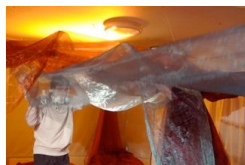
Environment Red/orange lighting. Giant red 'rock' Mesa arch, neolithic rocks around space. Large and small gongs and beaters. Green voile river. Eagle costume. Red stones and gravel + shell/nut shakers. Large blackboard on wall + sm blackboards + red/orange/white chalks. Water pots. Light and black sand box - projecting on wall.



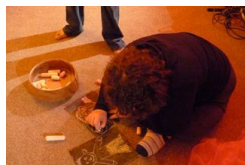
Hot sun, red rock Explore the space, under and around Mesa Arch, hide n seek, feel the heat and play golden gongs which resonate around the space, sounds overlapping, continuous, shimmering in the heat.



Green River Translucent green voiles pour out through the arch, rippling and bubbling, creating waves for going under and through - splashing with feet, rolling underneath, swimming along/between, sparkling in the sunlight. Greet the 'Eagle' as he comes down to the water, feel and hear his feathers as he approaches, touch his beak, dance together.



Rock and Stone The river recedes and the eagle flies away, leaving dry rock, gravel and stone. Play with the sounds - rhythmic tapping and scraping, supported by nut shakers. Add water and make patterns on the stones, see them change colour when wet. Develop with chalk and blackboards - petroglyphs. The light/sand box appears - create patterns in the black sand and see them appear on the rock wall ahead....like magic!



Observations The Mesa Arch remained standing all week! Created an interesting change in the use of space and more exploration and movement around the space by clients and carers alike. Voile rivers also increased movement activities and wheelchair users enjoyed this mobility, going under and around like the others. Eagle character was a great success, in spite of the quite fearsome mask. Filmstrip feathers gave sound and texture as well as being visually arresting. Rock rhythm section worked well, uniting the group and led nicely into water drawing on stones and pattern making with gravel, which was also enjoyed simply for its texture. Although the connection between sand box and projection was not realised by all, working over a light in this way, was highly motivating for many.



Skyline (High vis jackets and flat caps)

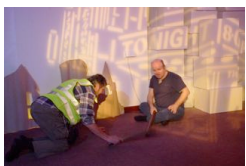
Environment Blackboard 'hole in the road', street lighting, street sign gobo, New York traffic sfx. Coloured gravel, buckets, trays, trowels, sieves, half-pipes, shovels and brooms. Boomwhackers. Large white boxes, small white shoe boxes with windows cut out and press-on LED lights inside. Koyaanisqatsi projection



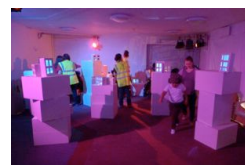
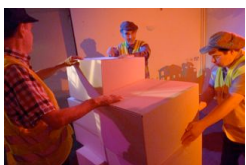
Hole in the Road Use pipes, trowels and cups to fill the hole with gravel. See and hear it trickle down the pipes, pour into sieves and trays, feel the texture, spread it around, gather it together in piles, make patterns, create rhythms, sliding it around and shaking on trays. Swing half-pipes around like cranes, introducing partner work and play. Add brooms to sweep and swirl, increasing movement and sound options.



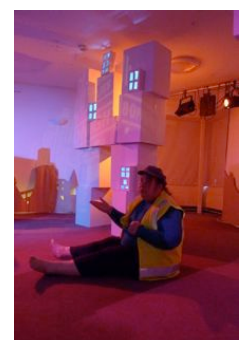
Tamp it down Introduce boomwhackers as tools for tapping down the gravel. This can be developed into a rhythmic, movement section, as well as using them to call and answer, encourage listening and vocalising. They can be rolled along floor, tapped on each other or on upturned buckets and sieves, or to play each others', encouraging partner/trio work.



Building Skyscrapers Use white boxes to build a city - lots of fun carrying them and building towers, which can be knocked down and recreated. This activity promotes cooperation and teamwork. As they are light, they can easily be lifted, carried and stacked, held on laps of wheelchair users, or pushed along with feet, like bulldozers. Add lighted windows, which can be enjoyed individually to focus attention or stacked on towers for a new lighting effect. Stroll through the city, in and out between towers. Add projection of cityscape and enjoy bagels after all that hard work!



Observations Gravel greatly enjoyed simply for its texture and sound. Adding half-pipes gave a new visual/sound action which motivated engagement in all clients. Boomwhacker section added a rhythmic dynamic as well as encouraging movement around the space. Some clients became totally absorbed. White box building is an activity in which everyone can participate. Even the most reluctant clients will engage in building towers (and knocking them down!) The lighted window boxes added a magical quality to the landscape.



Cabin (checked shirts, neckerchieves, furry hats)

Environment Tree branches around space. Wood pile - tree stumps, firewood, sawdust, woodchip, 'axe', wooden instruments and beaters (gatos, claves, tongue drums, wood blocks, nut shakers), sledge. Wolf puppet. Log cabin (made from bamboo) furs on beanbags and benches, lanterns, rugs on floor. Saucepans, wooden spoons, lots of different sized tins and cans, a variety of different coloured/sized beans. Fire and star projector.



Chopping wood Climb the mountain and find the woodpile. Feel and smell the wood and shavings. Take the axe and beaters and start chopping - explore all the different sounding instruments - tapping, scraping, shaking and building rhythms around the work actions. Load the sledge to take home.



Wolf Hear the sound of wolves howling in the woods. The baby wolf puppet appears. He is lost and alone and needs looking after. Feel his fur, play games and look after him.



Cabin Return to the cabin where there's more work to be done. Bring out saucepans and cans and begin pouring and sorting the beans, stirring them in pans, pouring from one container to another, making different sounds, feel their textures as they run through fingers and toes. Cans can be rolled, tapped, filled and emptied, built into towers and knocked down, stacked inside each other. Finally work is done and it's time to rest. Light the fire and listen to it crackling as you settle down for a maple syrup pancake supper and chill under the stars.



Observations Working at the wood pile creates opportunities for an upbeat work rhythm section which unites the group and is lots of fun. For those who enjoy tactile experiences, add woodchip, shavings and sawdust. Even those who are nervous of dogs plucked up the courage to stroke the lonely wolf puppet. Beans are a fantastic resource, offering wonderful pouring sounds, and smooth, shiny tactile qualities enjoyed by all. The variety of activities tin cans provide make them a great resource which could be used in a variety of contexts in the future.

