

Wish You Were Here...

Summer Term 2018

(Each workshop inspired by a postcard)

1. Sorting Office

2. London's Burning

3. Let There Be Light

4. Capoeira

5. Stella Chiwesí

6. Seaside

7. Blind Light

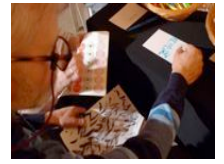
8. Summer of Love

Sorting Office (grey aprons)

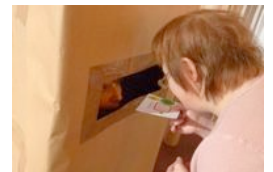
Environment Sorting office reception, postman, envelopes, postcards, stamps. Table set with giant and small postcards, coloured pens and stickers. Postbox with 'character' inside. Brown paper pathways leading to sorting office floor, brown paper, paper hats, masks, streamer sticks, 'curtains', brown boxes. Area of shredded paper (contained on white parachute). Tea break biscuits.



Send a letter Join the queue for the postmaster to stamp your envelopes, then create your own beautiful letters and postcards with coloured pens and stickers. The 'living postbox' dances around you, begging for your letters because he's very hungry. Play games with him and post your letters in the box. Mind he doesn't swallow you too! He's very greedy.



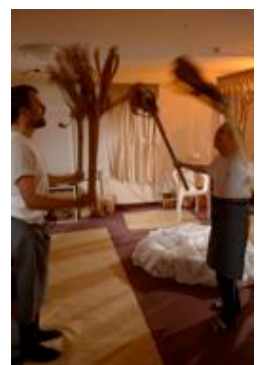
Sorting office Wheel and dance along brown paper pathways, hear the sound of crunching paper, rip small and large sheets, listen to the sounds - roll it, scrunch it, shake it around. Dress up in masks and hats and dance with the streamer sticks, playing rhythms on the boxes. Build the boxes into tall towers and see them fall, build walls and pathways, roll them, throw and catch them, spin them around.



Packaging Reveal the shredded paper, watch it falling, see it flutter down, bury feet and hands, fill bags and boxes and tip them out from height, catch it as it falls. Explore bubble wrap strips, popping the bubbles and squashing into boxes. Sing songs about the work you have done, then time for a tea break, settle down and enjoy a biscuit with your co-workers.



Observations First section quite difficult for some - a little fiddly and needed a lot of support, but the postbox character was a great hit, all clients amused and keen to pop their letters in the box. Splitting the 'sorting office' into clear sections worked well, starting with listening to the sounds of paper, underfoot and in hands, then developing into a rhythmic, dancey section with streamers and hats before moving on to box work. The shredded paper was a great hit, though now that sheets are cross-shredded, makes clearing up between sessions more difficult! Containing on a parachute helped. Box play - another task-based activity, enabled the involvement of all clients in different ways (see website photos)



London's Drowning (sou'westers n hats)

Environment Large white boxes scattered round space. Small white shoe boxes with windows. Big Ben and London Eye landmarks. Stephen Wiltshire London drawing projections. Pool with silver/plastic strips, silk seas. Blue/green streamers, bells and tubophones, clear bead curtains. Large cream umbrellas. Large sheets of thin polythene. Chocolate stars.



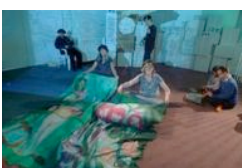
Building London Play with large white boxes, building towers, knocking them down, helping each other carry them, passing to each other, pushing with hands and feet, rolling, playing like drums, feeling vibrations of instruments (i.e. sax) through them. Create a 'London landscape' near and around Big Ben. Add windows with smaller boxes. Projection covers the structures.



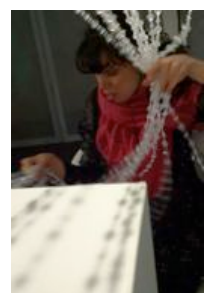
Down comes the Rain Hear the rain falling - drip, drip (bead curtain on box) Find umbrellas and catch projections, hide beneath/behind them, spin them high and low, shelter each other. Add instruments and dance with streamers, filling the space with swirling rain and sound. Play with plastic strips which glisten in the light.



The Flood Bring out the 'silk seas' which ripple across the floor like a river overflowing. Dip your feet in the 'water', feel it with your hands, dive under it as the water rises, walk along the rippling water. Then fill the space with the polythene sheets which shimmer and ripple as electric fans lift and swirl them around participants and buildings. Eventually the water recedes and London appears again under the stars, so swim away....



Observations Boxes are light, maneuverable and fun to play with, encouraging cooperation and play. Also make a great backdrop, taking projections beautifully - especially the Wiltshire line drawings. Umbrellas are good props though maybe too large for the present studio! Streamers more difficult now that groups are less mobile, smaller sparkly ones easier to handle. Thin polythene sheets were stunning, reflecting the coloured lights and moving like water when lifted by the fans. Fantastic! Mesmeric.



Let There Be Light (white tabards)

Environment 'Stained glass windows' reflecting colours into the space, made with lighting gels on frames. Coloured gel shapes on large mirror, mobile mirrors, stretchwrap screen, water sprayers. Brightly coloured balls, silver bowls, 3d mirror shapes. White parachute, moonhoops. Coloured bells/chimes. Coloured sweets.



Colours Walk through all the colours as you enter. Create coloured patterns with the gels on the mirrors and screens. Look through the colours, see the space change. Spray water and make them stick on different surfaces, reflect them onto ceiling and walls, crumple and flick them and hear the sounds. Add the brightly coloured balls and watch them roll and spin, hear them bouncing, reflect coloured patterns on hands, see them multiply in 3d mirrors.



Parachute Spread it out over the floor and catch the colours reflected through 'stained glass windows', lift it up and cross the space under the colours, see it billow and ripple, step, dance and roll over the colours. Add moonhoops, finding different colours as they roll and spin, roll balls around on them, have some fun!



Bells Introduce coloured bells to compliment the theme, listen to their different sounds, church - like ambience. Play with rhythms, stop/start, building melodies, playing together, taking turns. Bring bells to rest and offer coloured Haribo gems as a final treat.



Observations More difficult for sight impaired participants, though have tried to include sounds/textures to enrich their experience. Sprayers and gels make a simple activity that all can enjoy and succeed at. Balls are visually stunning with mirrors enhancing their effect. Opportunities for rolling passing, spinning, playing together in pairs or cooperatively as group. Gatherers enjoyed collecting them all together at the end. Parachute great fun as well as reflecting the colour theme. The bells, while slightly harsh in tone, were recognised by many as church-like as well as offering a chance for more focused turn-taking and call/response.

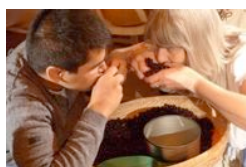


Capoeira (White baggy trousers and sashes)

Environment Hessian on floor. Baskets of shiny brown coffee beans, scoopers, tins of varying sizes, half-pipes, tin shakers. Circle of 'palm trees' made from carpet tubes and brown paper leaves on ceiling. Musicians' area with Berimbau, conga, shakers, agogos and pandeiros. Coffee cake and squash.



Coffee Find the beans, smell them, roll them round, bury fingers and toes, see them pouring and flowing into baskets and tins. Enjoy their texture, hear the sounds they make when pouring into different sized containers. Make patterns on floor and trays.



Tins and pipes Pour the beans from one container to another, listen to the sounds, fill them and empty them. Pour beans, rolling, down pipes into tins and baskets, catch them with your hands, send to each other. Build towers with the cans and knock them down. Play rhythms with beans in can shakers.



Capoeira Come to the Roda (circle). Listen to the Berimbau, unusual sound, join in with shakers, agogos, pandeiros and drum. Build a piece of music, clapping and singing, then take turns to dance in pairs the middle of the circle, enjoy being special and praised :) Finish with a naming song, reinforcing individual personalities/traits. Enjoy the taste of coffee cake.



Observations Some of the coffee beans were oily when taken out of packets and needed washing before use. Beans had a lovely texture and smell and were thoroughly explored by most participants - therapeutic, just rolling fingers around in them. Tin cans of varying sizes make a good resource of containers, looking good and sounding great when beans poured into them. Also have other uses; stacking, rolling, filling/emptying, using as shakers etc. Rolling beans down half-pipes is a fun activity. The 'circle' held the groups together well and the instruments gave an authentic feel to the Capoeira section. Individuals enjoyed their special moments in the centre as well as playing along.



Stella (Animal print tabards)

Environment Coir bowls, wooden bowls holding barley seeds. Broom handles, tambours, shakers, wood xylophone. Round hut - bamboo fencing, painted soundboards, tiger rug, figure statuettes. Magic clay, wooden plates. Mbiras and ballophone. Jelly babies.



Working in the fields Bowls of barley wait to be pounded and ground into flour. Take the broom handles and begin work rhythms as you sing, using the sticks to 'thud' in bowls, lift up and down, grind round and round, holding together as you push and pull. Feel, pour and listen to the seeds as they roll in bowls/tambours and are poured from one to another. Add the xylophone and shakers to enhance the rhythms.



Clay and Mbiras Return home to the round hut where Magic clay awaits to be rolled, squeezed, stretched, moulded into weird and wonderful shapes. Enjoy the texture, create your own sculptures, then listen to and play the mbiras - the gentle relaxing sound of Zimbabwe.



Sheep comes out to say hello. Feel her fur, stroke and pet her, put your fingers in her mouth, she won't hurt you! Play games with her and if you're lucky she will bring you a sweet from her own mouth. Be brave.



Observations Rhythmic work is always popular. Advise do standing up activities before the groups settle into sitting positions. Barley seeds were a great multisensory resource, smooth and shiny, good for pouring from one container to another, burying fingers and toes, make a lovely sound in tambours/bowls, bit like ocean drums or shakers. Adding instruments to this sections definitely lifted the dynamic. Magic clay was enjoyed by everyone, even those often loathe to 'get stuck in'. It's not sticky, is completely malleable and even bounces when rolled into balls! Mbiras sound lovely but difficult to play - created a relaxed ambience. Sheep puppet enjoyed by all, even the most nervous.



Seaside (Sunglasses and sunhats)

Environment Sandy beach, waves and seagulls sfx + windshields, towels on chairs, buckets/spades, shells, trays, rakes. Beachballs, bats and balls. Punch + Judy stand, boy puppet (+croc/princess as back-up). Sea projection, rubber rings, goggles. Picnic blanket, biscuits and drink.



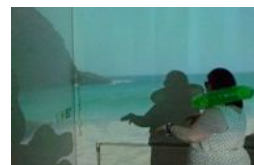
Beach Play on the beach, make footprints in the sand, bury fingers and toes, make patterns with rakes and shells, gather shells in buckets, feel dry/wet sand, make sandpies, see sand pouring over hands, into buckets, onto trays. Play ball games on the beach - see them spin and roll, bounce, throw and kick them to each other, look through them, tap and pat them. Have some fun!



Punch and Judy The show begins and Billy appears. He's come to the seaside on his holidays and is looking for friends. Say hello, shake his hand, feel his hair, show him how to play, lend him your hat/shades. Participants can animate puppets too if enjoyed - croc and princess are available - usually end up kissing!



Swimming Dip your toes in the waves (projection) Put on rubber rings and goggles and go swimming in the water - it's a bit chilly, splash and kick your legs as you jump, dive and swim. Then towel yourselves dry, spread out the blankets and enjoy a picnic before the tide comes in. Pack up your things and head home.



Observations As always, sand is a multisensory resource enjoyed by most people. but it is really good for encouraging 'play' for those who are usually loathe to get their hands dirty! A variety of activities can be enjoyed; burying, pouring, collecting, building, making sounds. Puppet show was a fun activity - 'Billy' being non-threatening, familiar and with a big mouth into which many like to put their fingers! More able participants enjoy animating puppets themselves. The sounds of the sea, smell of suncream and visual effects created a real seaside ambience



Under/Over (The horizon)

Environment Blue/green rippling lighting, blue/green voiles. Fish windsocks, jingly bells and giant fish puppet. Jellyfish puppet (with own lights) and jellyfish umbrellas. Cloud projection, white parachute over white quilts on floor, white voiles, balloons, gossamer thread clouds, kapok, moonhoops. Metallophone and white handchimes. White marshmallows.



Down with the fish Swim through, round, over, under blue voiles which glisten like waves as they move in the lights. Add fish puppets and bells and see and hear them jumping and flying through the water in flashes of colour. Catch one if you can! The big fish puppet appears, moving slowly through the water by comparison, looking for food....he's after your fish but is friendly enough :)



Jellyfish A beautiful, delicate jellyfish appears in the darkness of the deep. She billows and drifts with the current, curious, yet shy, be gentle as you say hello and feel her floating tendrils, mesmerised by her movement. More jellyfish arrive (umbrellas) Spin, twirl and bob, play together beneath the shiny hoods, come together as a shoal then disperse, see rippling, floating shadows as they move across the reflection of a cloudy sky. Rise up to the clouds....



Up in the Clouds Bright, light and airy, a soft and fluffy place to play! Roll around on soft quilts, burying under voiles. Feel the soft textures of kapok and glittery gossamer threads. Play games with white balloons. Use moonhoops in a variety of ways, catching projections, as surfaces for rolling/batting balloons, carrying 'pieces of cloud' to each other. Then settle into the softness and play the white chimes, listening as they resonate around and around the space. The taste marshmallow clouds, before floating home...



Observations Fish windsocks were light and easy to handle, adding flashes of brilliant colour to the underwater world. Clients liked the look and texture of the giant fish - quite playful. Jess's beautiful jellyfish puppet was mesmerising and gave us a moment of pure stillness and wonder in the middle of a busy workshop. Jellyfish umbrellas added movement and wonderful shadows to the mix - familiar objects, used in an unusual way. Staff went away promising to make some of their own! Being in the clouds is an environment we have enjoyed before - comfortable, safe, light and full of texture. The chimes created a gentle, melodic soundscape.



San Francisco - Summer of Love

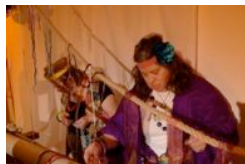
Environment San Francisco Bridge made from carpet tubes and ropes. Boutique of 'hippy' gear - clothes, hats, necklaces, bracelets, hair accessories. Mobile mirrors and facepaints. to decorate bridge - baskets of ribbons and coloured wool. Grass area with 'festival' projection, streamers, rah-rahs, tambourines and bells. Drinks and snacks for picnic



Boutique Choose cloths for dressing up, see the many colours, feel textures. Play with bead necklaces and coloured bracelets, spinning over mirrors, hearing the sounds, adorn hair with hairbands and flowers. Use facepaint to draw coloured flowers and patterns on arms, faces and legs, decorate each other or paint on mirrors.



Flower Power Flowers and colour spread over onto the Bridge, decorate with ribbons and wool, choose colours, bury fingers and toes in the soft strands, clip flowers onto bridge and drape with colour until it's covered in a riot of coloured strands like graffiti.



Festival Bring out streamers and dance in the projection, while the musician plays songs from 1968. Add rah-rahs, tambourines and bells and sing along - time to party! When dancing is done, settle on the grass and have a picnic while singing together about each individual with whom you have shared this and many other journeys. A fond farewell.



Observations Many participants loved the chance to dress up and get into role, while for others, simply enjoying the movement/sound/look of the bead curtains, necklaces and coloured bracelets was enough. Face painting - all enjoyed different ways of using them - the feel of soft brushes on skin, seeing patterns evolve on the mirrors, drawing on someone else, playing with colour. Fortunately they are easy to wash off! Decorating the bridge enabled access to all participants - an easy, repetitive task with added sensory context, allowing cooperation and support of each other and with a stunning visual outcome. Music and dancing are always favourite, especially when linked with a picnic. Many clients remembered the old songs :)

