

Cabin

Be at one with nature at a cabin in the Canadian mountains...but there's work to be done, it's not all relaxing. Wood needs to be chopped for the fire out in the clear, surrounded by the forest. Is that a wolf you can hear? Back in the cabin, it's time for dinner, before settling by the fire under a starlit sky...

Environment

On one side of the space, create the log cabin by hanging and tying bamboo poles together for the walls and hessian material for the roof. Inside the cabin use items such as:

- Fur blankets covering bean bags and benches
- Lanterns
- Rugs on the floor
- Different sized tins and cans
- Saucepans and wooden spoons
- Various sized/coloured beans

Create an outside area by placing tree branches around the space, with wood chopping area in the middle. Use items such as:

- Tree stump and firewood
- Sawdust and woodchip
- An 'axe' with a dowel handle and a cardboard head covered with silver duct tape
- Various wooden instruments and beaters (gatos, claves, tongue drums, wood blocks, nut shakers)
- A sledge for carrying wood

Also used in the workshop:

- Wolf puppet for friendly interactions
- Fire pit for gathering round
- Star projector for the end of the workshop
- Scotch pancakes for taste element

Costume – checked shirts, neckerchiefs, furry hats

Music - The first section of the workshop is a music making activity and in rhythmic work it often helps to have one facilitator maintaining the pulse on a prominent instrument, allowing the others to support the participants. For the puppet section you can download wolf sounds from freesound.org, and for the final section maybe some traditional French-Canadian fiddle music from a performer like Daniel Boucher.

Activities

Chopping Wood – Climb the mountain and find the woodpile. Feel and smell the wood 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 with wood to take back to the cabin.

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

Cabin – Return to the cabin and prepare for dinner. Bring out saucepans and cans and begin to pour and sort the beans. Stir 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 or stacked inside each other. Finally work is down and it's time to rest. Light the fire and listen to it crackling as you settle down for a maple syrup pancake supper under a starlit sky (projection).

Links

Beans

Bamboo

Puppets

Wood instruments

Video - Cabin