

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.

