

## **Framed**

As the first workshop in a term inspired by famous paintings, we look at 'frames'; being framed in mirrors, creating shadows in frames and even dressing up to become the subjects 'in the frame'....

### **Environment**

Section the space in two by using large white screens – these can be made simply using white cloth attached to wooden frames. Position lighting behind to enable shadow work with the screens.

In one side of the space, stand large acrylic mirrors against walls and place in the space:

- Smaller acrylic mirrors scattered around
- Coloured streamers
- Small wooden frames, covered with white cloth, some hanging in the space
- Torches

In the other half of the space, hang a giant picture frame, leaving space behind for chairs, wheelchairs and standing. Inspired by The Arnolfini Portrait, dress the 'set' with maroon organzas and a chandelier. Include a selection of costumes and accessories for dressing up, such as:

- Bright coloured costumes that are easy to put on
- Feather boas and scarves
- Variety of hats, wigs and sunglasses
- Beaded necklaces, coloured bracelets and hair accessories
- Make up and soft brushes

Use an iPad if possible to capture instant pictures.

**Costume** - included within workshop

**Music** - classical music from the Renaissance – era of the Arnolfini Portrait. Recorder music from this period has a very particular sound, maybe "Ricerca del primo tuono" by Amsterdam Loeki Stardust Quartet. You could also explore different recordings of songs and dances from the Flemish Renaissance.

### **Activities**

**In the Mirror** - See selves and others reflected within the frame of the large mirrors, side by side, in front and behind. Stand on floor mirrors and see reflections from below. Reflect faces, hands and feet in smaller mirrors, use on laps of wheelchair users. Add rainbow coloured streamers to encourage movement, like painting swirling, rippling colours in the mirrors - sing the colours.

**Shadows in the frame** – Lower the lights and use torches behind the frames. Play with creating shadows of hands, feet, faces. Play with torch lights; moving around frame, getting bigger, smaller. Encourage participants behind screens to make whole body shadows/silhouettes - on their own or together with others. Can add funny hats at this stage to change up the shadows.

**The Painting** – Remove the large white screens to open up the space. Encourage participants to choose costumes and accessories and firstly look at themselves in the mirror. Swap and change items, 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. Now form pictures behind the frame, encourage participants 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 which is very rewarding for participants before it's time to go.

### **Links**

Mirrors

Torches

Costume

Video - Framed