

Sundial

Time ticks by and the sundial moves on. Play with the light and creating shadows. Build rhythms as the sun rises and sets and the stars appear.

Environment

A dark space with a sundial in spotlight. Use various wooden artists' manikins to create shadows on moonhoops using different size torches. Also in space:

- Metronome ticking
- Tongue drums
- Wooden instruments
- Various beaters

In the other side of the space, create a giant sundial using bamboo poles and set lighting with a warm glow. Also used in space:

- Metallophones
- Tubular xylophones
- White chimes
- Laser machine
- Smoke machine
- White cloths

Costume - dark colours

Music - In the 1960s Miles Davis started experimenting with different forms of jazz, some of which evolved into a more ethereal form. The classic *In A Silent Way* would go beautifully with this workshop and lift the session as the sunrise emerges.

Activities

Shadows - In stillness, to the sound of the metronome, watch the sundial with torch light going round and round. Watch moving shadows of wood figures on moonhoops. Play with the torches, figures and moonhoops, the lights moving, growing and shrinking. Create shadows with hands/feet/fingers. See figures on walls, floor, and imitate figure positions.

Rhythms - The metronome ticks on. Encourage tactile exploration of different instruments. Pick up rhythms with wood sounds:

- Different rhythmic patterns, tempo, dynamics, pitches.
- Stopping, starting and accelerating.
- Sharing and imitation, call and response.
- Different beaters/parts of beaters/use of hands.
- Feeling vibrations.
- Positions of playing (e.g. on lap, on floor etc.)

Sunrise - Warm orange glow appears over giant sundial and draws you in. Move in and out, play with your body, creating shadows on walls and floor. Introduce sustained metallic sounds with xylophones and chimes. Lights dim and lasers create coloured stars across the space. Add smoke machine and see the laser lines appear - magical, beautiful, catch them with moonhoops, body parts, and white cloths, before the sun rises again and it's time to leave...

Links

Moonhoops

Bamboo

Torches