

Boxes

Boxes are light, versatile and come in different shapes and sizes, from shoe boxes to large boxes people can get inside, such as packaging for fridges. White boxes are particularly useful as they take coloured light or projections beautifully and therefore can be used in different contexts.

Storage space can be a big problem for everyone, however, using cardboard boxes that can be flat-packed away in a corner addresses this issue quite neatly. They are easily found online and if bought in bulk are not too expensive and will serve a variety of purposes.

Ways to use boxes:

Building

- Sealed empty boxes are light and stackable. They are also great fun to knock down and rebuild!
- Building work requires a degree of cooperation; working together to create something, passing to each other, carrying on laps of wheelchair users, balancing, designing a space.
- Stacking boxes is a simple and enjoyable task, often engaging those who usually find it difficult to participate in social activities. It is a simple task, just pick up a box and put it on top of the pile, giving a great sense of achievement and success.
- Whatever shape is built is sanctioned, nothing is wrong.

Creating structures

- An igloo with rounded walls (a parachute could be used for the dome) or angular icebergs of all shapes and sizes. Anything goes!
- A wall hiding a secret place, covered with ivy, or maybe a perch for Humpty Dumpty, with lots of opportunities for knocking down and rebuilding.
- A pyramid; carefully stacked, box on box, a tomb for a pharaoh.
- A cathedral with stained glass windows (gels) flooding the boxes with brilliant colour.

Light Boxes

- Cut windows in boxes and put lights inside providing visual stimulation for some people.
- Add a tactile/aural experience to this by including coloured, crunched up cellophane or bubblewrap, which will also help to hold the lights in place.
- Covering the windows with different coloured gels gives another effect.

Sound boxes

- Smaller shoe boxes can be filled with pasta shapes, lentils, small rubber balls, bells etc, each giving a different sound effect when shaken or tipped upside down/side to side.
- Larger boxes conduct vibrations really well, so clients can 'feel' the music around them by holding boxes on laps or feeling with fingers/toes. Try this close to loudspeakers when music is playing, you will be amazed!

Containers

- Boxes can hide surprises, whether puppets, treasure, smaller treats or instruments.
- They can also be used to sort, pack and store, other activities greatly enjoyed by participants.

Links

Lights (Prop)

Building (Activity)

Workshops - Bob, Skyline, Starry Night

Videos

Bob blocks

Build it up, knock it down again

Shoebboxes