

# Cycles

1. The Umbrella Tree
2. Head in the Clouds
3. Sparks to Ashes
4. Bontie Neet
5. Mooncycle
6. OZ - Kansas
7. OZ - Yellow Brick Road
8. Emerald City

## The Umbrella Tree

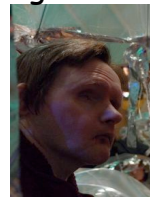
**Environment:** Large cream umbrellas and torches. Rainsticks and rain umbrellas with silver and stripped plastic fringes. Tree made from laurel branches with black starry light umbrellas and star projections.



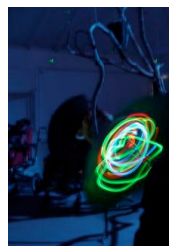
**Cream umbrellas** Someone is hiding underneath, see the torchlight moving, can you find them? Play with umbrellas; holding high, spinning, upside down, to the side, above you. Take a torch and play with the light, make shadows and see fingers and toes. Roll umbrellas around you, dance and sing. Create an umbrella mountain.



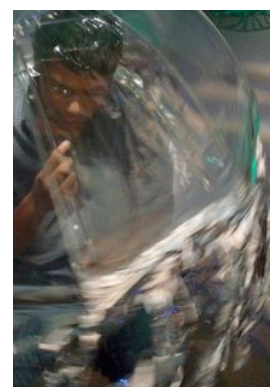
**Rain Umbrellas** Rainsticks emerge - hear the sound that grows, dance with the rainsticks, tip and turn them, hold them high, roll them to each other along the ground, rock with hands and feet, shake a rhythm and sing the rain. Find rain umbrellas, see them shimmer and shake in the light, hide underneath, spin them, twirl around, raise them high, spin on the ground, feel the breeze as they move up and down, tickle fingers and toes with silver rain.



**Starry umbrellas** The light fades and the star projections appear above and around you. Find black umbrellas on the umbrella tree,. They are filled with fairy light stars which shed light on you. Spin them round, rest under their glow and watch the stars move. Sing songs of the stars. Coloured sweetie stars fall from the sky for you to taste as morning comes.



**Observations** Large cream umbrellas, good new resource - take light well and can create structures. Too big for little kids - had their own set of smaller coloured umbrellas. Rainsticks give both aural and tactile experiences. Rain umbrellas beautiful visually, make rain sounds when you shake them, a prop that encourages movement and play. Starry umbrellas loved by all - especially carers! Atmospheric and soothing - created private spaces in which to chill while watching star projection. Star sweets complimented them well!



## Head in the Clouds

**Environment** Voile mountains and stripped plastic rain at far end. Sheets of corrugated plastic running length of studio like a river. Bowls of blue, green, white balls to roll down like raindrops. Sparkly rain twizzlesticks. Bowls of aqua-gel raindrops. Large water bottles with balls inside. White cloud with net and balloons above heads. White quilts and parachute cloud area on floor. Mosquito net tent holding kapok. Moving cloud projections. White chimes and metallophones. Marshmallows.

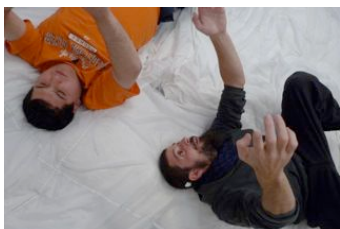


**Raining a River** Find raindrop balls and roll them down the river, gathering in pool at end. Spin the sparkly twizzlesticks and see them glisten as they twirls above, around, below. Dip your hands in bowls of aquagel raindrops - feel them with you fingers and toes, watch them drip drop into bowls, hold a single raindrop in the palm of your hand. Play the water bottles and listen to the sounds of tumbling, bouncing balls - build with rhythms and songs.



## Head in the Clouds

Climb onto the cloud, roll and play on the soft, fluffy, whiteness. Light, airy, white balloons drift overhead. Bury yourselves in soft kapok, immersed in the cloud. Play white chimes and metallophones and build gentle cloud music as you watch beautiful moving clouds projected above you. Rest in the softness and taste marshmallow clouds.



**Observations** An environmentally challenging workshop for the first term! As most clients have already worked at least a year with us, they all took it in their stride and everyone engaged beautifully with the rolling river which dissected the space so dramatically. Very playfully and visually arresting - great deal of 'tracking'. Water bottle rhythms created a change in dynamic and sounded just like falling rain - lots of individual exploration of different ways of making sounds with them. Cloud became a soft, safe space where people could chill, play make music or just listen and watch projections.



## Sparks to Ashes

**Environment** Bubblewrap pathway, bubblewrap squares, sparky lights, autumn leaves, red and gold rah-rahs, Red, orange, yellow streamers, sails to raise in space, fire projections, drums, tambourines, orange, yellow red cloth squares. Grey voiles.



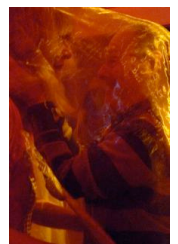
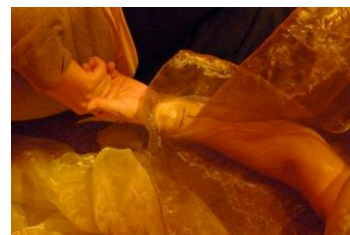
**Sparks** Travel the bubblewrap pathway and hear the snap, crackle, pop of sparks. Hold sparky red lights under bubblewrap squares and see and hear them flash and pop. Lights under rustling, crackling leaves look like fire. Add rah-rahs as flying sparks and encourage movement, dance and play.



**Fire** Coloured streamers dance the fire out into the space, flickering flames flashing all around. Pull up the sails and see fire projected all around you - move in between the blazing flames, as the drums begin to beat out fiery rhythms. Find cloths and tambourines and create a fiery inferno with dance and sounds.



**Ashes** The fire dies slowly down (Lower sails). Bring out grey voiles like ashes and dust that float through the air and flutter down, covering the ground. Move under the ashes, roll on the ground, cover selves in translucent, shimmering cloths and settle on the floor (Green sweet leaves appearing if appropriate).



**Observations** Bubblewrap pathways worked best with wheelchairs, for whom we covered the floor. Big, happy responses from each W/C client. Sparky red lights worked well with bubblewrap and leaves and rah-rahs encouraged sparky movements, dance and playfulness. Streamers a hit as always, while fire projections created a huge visual effect immersing groups in fire. Many clients responded really well to drumming opportunities, often playing together, exploring call/answer with musos and enabling dance and movement. Grey voiles visually beautiful and gave a dreamy, gentle quality to the end.

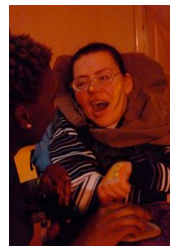
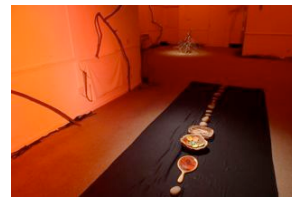


## Bontie Neet

**Environment** Cloaks. Red/ochre face paint + brushes, mirrors. Stones. Twisted laurel and twigs round space. Bonfire, sticks and wood instruments, pampas grass. Glowing boulders, firelights. Hot chocolate and biscuits.

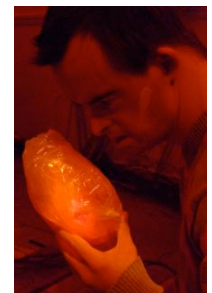


**Ritual** Cloaked character draws them in and demonstrates painting 'flames' on arms legs, hands, faces. Use mirrors to show effects. Focused 1-1 work enabling touch, play, introduction of fire as a theme/celebration. Opportunities for painting flames and sparks on mirrors and stones. **Stones** then used to make patterns, feel contrasting 'hard/cold' qualities, begin gentle tapping rhythms. Stones carried, as part of ceremony, to surround bonfire - linking both spaces.



**Sticks and woods** More twigs and pampas grass added to fire, wooden sticks introduced for rhythmic play, movement and playing in pairs/threes/group. Rhythms develop as the wood instruments are added to the mix. New sounds, rhythms, call-answer, playing together. Prolonged piece of music-making.

**Light bonfire** Ceremonial lighting of fire - see it glow and flicker as the lights are lowered. Add glowing 'coals' - visually entrancing with tactile properties and crackling sounds. Add them to the fire and watch it glow in the dark. Add hot chocolate and biscuits and rest, safe and warm by the fire.



**Observations** Face-painting section gave a gentle focused start to the workshop, time and space to develop relationships with individuals through physical contact and play. Clients particularly enjoyed painting flames on mirrors and stones - a new development. Stones linked 2 spaces. Clients enjoyed 'building' the fire and sticks and woods rhythm section encouraged everyone to join in and play together. New 'glow stones' worked well due to the combination of visual, aural and tactile qualities. Hot chocolate was more popular than tea/coffee.



## Mooncycle

**Environment** Water sounds with water bottles, woks, gongs, bowls. Giant silk sea waves linking spaces. Giant moon (weather balloon) with rotating moon projected on surface, moon hoops, large free-floating balloons, wobbleboards, chocolate button moons.

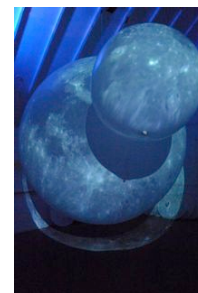


**Water Sounds** Explore how sounds change when water moves in them. Feel vibrations in water bowl, hit woks underneath and listen to singing sounds and see water jump and vibrate, use singing bowls and gongs for sustained wah-wah effects. Add water bottles - listen to sound of water sloshing back and forth, use beaters and feel vibrations, sounds changing as water moves. Build gentle rhythms and sing the water.

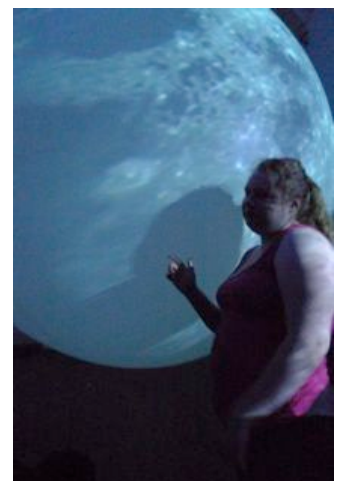


**Silk seas** Create tidal waves with the silks. Clients moving under the waves, swimming, floating, watching the rippling water as it sways to and fro. Jump into, swim in the waves on the floor, watch as tidal ripples run the length of the cloth. Wrap yourselves up in water.

**Moon** Spinning projection of moon on giant weather balloon, See it, walk round the dark side, touch the moon, hear it 'wobble' when tapped by ear, sing into it. Catch the projections on moon hoops, make shadows, see them spin, roll them along the floor, dance with them, make pathways and step from moonstone to moonstone, hide under them. Watch the large floating balloons floating across projection. Bounce and spin them through the lights. Then settle and enjoy chocolate button moons as the giant moon spins.

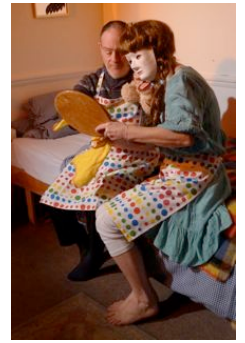


**Observations** Water sound section v. focused and exploratory. One handled woks worked better than two. All sounds complimented each other well and were generally played very sensitively. Water bottles changed the dynamic and added true water sounds + rhythm. Good for rolling too. Silk seas bridged the two focused sections with some good, free movement work. Giant moon incredible - drew us into space, clients eager to touch and play with it. Loved being near it, beside or underneath, kept returning. Thursday's 'lunar explosion' meant the Friday groups did not have the pleasure, however both wheelchair and 'little ones' groups benefited from the space and the workshop was only a little less magical, thanks to the projection and other large balloons



## OZ 1 - Kansas

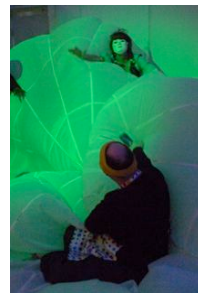
**Environment** Dorothy's bedroom, bed, chest of drawers, rug, mirrors, farmyard sound samples etc. Dorothy and Toto. Dusters and feather sticks, aprons, little mirrors, basket of socks,. Wind sounds, timps and thunder drums. Large parachute hanging over giant fan to create cyclone. Coloured rainbow voiles to bring out across space., rainbow bells, rainbow coloured sweets.



**Dorothy** in bed. Greets clients individually - spontaneous, playful interactions led by them. Use of dog puppet to illicit reactions, caring etc. Tidy up time. Aprons and dusters appear - busy, with lots of movement where appropriate, tactile elements and use of small mirrors where movement difficult.



**Cyclone** Wind sound heralds cyclone. Build with timpani and thunder drums, swirling around space as cyclone grows. Giant fan swells parachute and clients go inside - hear sound of wind, feel air rushing by them, see house spinning above them. Escape to outside and tumble and roll on billowing clouds with Dorothy. Cyclone disappears and D finds red shoes and rainbow.



**Rainbow** Beautiful coloured voiles span the space. Dance among the colours, rest underneath and se colours shimmer. Bring out rainbow bells and create rainbow songs, listening to sounds of each bell. Rest and taste rainbow sweets, before Dorothy says goodbye returns to her bed.

**Observations** Masked character elicited some amazing interactions with most clients, particularly those with autism who seemed to find it easier to engage with someone in a mask. One client, realising D was mute, increased her sign language in an effort to communicate with her. Brilliant. Plenty of tactile, sensory elements throughout workshop for those who find movement difficult - lots of dancing by those who can. Cyclone worked well as a new experience.

Rainbow ending was beautiful and bell sounds worked together to create a chilled ambience - all groups coming together for rainbow sweets.



## Oz 2 - Yellow Brick Road

**Environment** Yellow dusters for pathways. Scarecrow - straw/raffia and shakers, bird, multigrains to taste. Tin Man - oil can, space blankets and metallic sounds. Lion - furs, masks and tails. Red poppy petals. Dorothy.



**Scarecrow** Follow the Y.B. Road to the scarecrow. Say hello, help put stuffing back, play and interact with him. Feel and smell the raffia. Meet the bird, his friend, dance and sing with the cane shakers. Taste the multigrain cereal.



**Tin Man** Follow the YB Road to the tin man. He's rusted up and can't move. Find the oil can and help him move. Bit wobbly, look after him and help him walk around. Explore the metallic sounds and build rhythmic tin man music. Space blankets shimmer and sparkle in the lights making scrunchy sounds with hands and feet.



**Lion** Cowardly lion appears on the grassy hill. Say hello and make friends, feel the soft furs, dance with the lion tails and wear masks if appropriate. Wiggly manes provide another tactile/visual experience.



**Poppies** Red poppy petals fall and make you sleepy. Curl up on the furs and rest. Dorothy appears to wake you and lead you home down the Y.B. Road.

**Observations** Scarecrow was everyone's friend - soft and cuddly, funny, even the little kids sat on his lap and played with him. Interactions with bird also good - soft, bright colours and sound focus attention. Tin man offered completely different dynamic and big music section with metallic sounds. Also encouraged movement around space and opportunities for 'helping'. Lion again offered different tactile opportunities with furs, manes, tails. Poppies gave reason to chill and all were pleased to meet Dorothy again and find the way home.



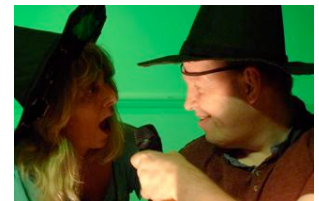


## Oz 3 - Emerald City

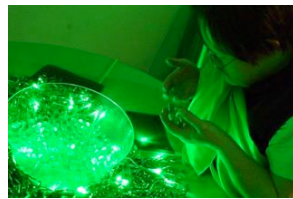
**Environment** Witches Castle - witch, black cloth, hats, broomstick, vibratones, cauldron of beetles, frogs etc, Giant crystal ball, flashing light balls, microphone. Y.B. Rd light. Emerald City - green stretch wrap walls, green cloths, aqua-gels, green gels, Pom-poms, sarongs, hats. Giant projection of Wiz's eyes, voice. Small Oz puppet. Green food/drink. Dorothy and Toto.



**Witch** Meet witch and make magic and spells. Put on hats, play vibratones to make spooky music, stir the insects in the pot, light up the magic crystal balls. Microphone work - focused vocal work (with echo effects), naming, making spells, sounds and singing. Then follow YBR to....



**Emerald City** Everything is green, dress up in sarongs, dance under green cloths, peep through green visors, feel the aquagels, shake the shimmering green pom-poms, play with balloons.



**The Mighty OZ** Eyes appear, watching you, Oz's voice booms out. Interact with character, who can see what you're doing and knows your names. Toto pulls back curtain and reveals small Oz puppet, who comes out to greet you one by one then offers green food to see and taste before Dorothy appears to lead you home.



**Observations** Some incredible individual responses this week, particularly during focused mic work and in response to characters - people who are often mute being enabled to make sounds, others who have been timid of masks/puppets, responding with enthusiasm and pleasure. Particularly good responses to 3rd reappearance of Dorothy with whom they all seem to have built a connection - should use this reappearance of a character in the future. Had to simplify and adjust workshop several times to make successful, particularly food section. Original puppet was difficult to manipulate and featureless face was confusing for many clients.

