

Dream

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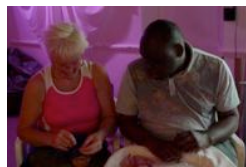
Pyjama Party

Environment Low End - bedroom, bed, rugs, lamp. Pillowslips, fabric pens, stickers, ribbons and wool, Mr Pillowslip puppet. Cheerios, big and little bowls, shaker tubs, scoobies. High end - giant bed - lots of quilts, pillows, soft toys, nighttime toys, torches, white chimes and glockenspiels, hot water bottles. Giant mobile spinning overhead. Hot chocolate.

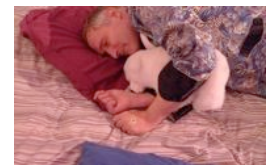
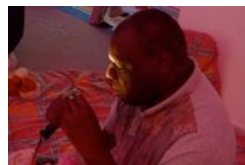


Bedtime Dress up in pyjamas, nighties and dressing gowns. Enter bedroom, find a pillowcase to decorate with fabric pens stickers, ribbons and wool. feel the textures, see the colours, help each other. Meet Mr Pillowslip, the friendly puppet.

Cereals Hear the sound of Cheerios pouring into bowls, taste them, thread them onto scoobies and make edible necklaces and bracelets. Make them into shakers and enjoy the rhythms, playing and dancing together.



Time for bed Climb over, roll on, crawl under quilts and pillows, floor-based activities, hiding with torches, caring for soft toys. Find hot water bottles, feel the warmth on bodies, listen to 'wobbly' sounds. See the giant mobile spinning above, lie down and watch moving shadows. Settle down and play lullabies on chimes, sing songs. Relax with hot chocolate drinks, safe and warm as star projections appear in the sky.

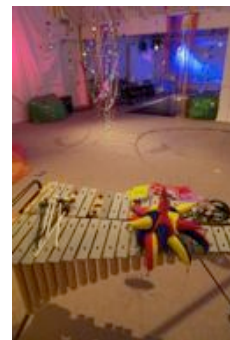


Observations Light open, spacious first workshop. Lots of opportunities for relaxed 1-1 work, re-establishing or initiating new relationships with participants. Many clients really focused attention on visual art work, others just enjoyed colours and textures. Cereals were a great success, good shaker sounds, fine motor threading activities and of course - tasted good! The quilt section gave opportunities for creative play, lots of fun and laughter. The giant mobile was a huge success - mesmerising, relaxing, lifting eye lines, creating moving shadows. Therefore, will re-use in a different way in following 2 workshops.



Dream Jester

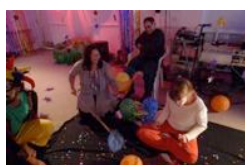
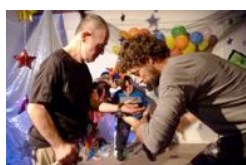
Environment Stars hanging all round space. Jester character hiding with jingly bells and child laughing sample. Low End - mirrors, confetti stars, metallic stars, luminous stars and rubbery stars. Fishing nets, starry balloons, bells. Coloured paper and Pritt sticks. Rainbow voile. High End - Coloured voiles, metallophone, chime bars. Coloured feathers and feather boas. Giant mobile, with coloured spinners and dream catchers. Giant dreamcatcher that can be lowered and flown out (with starry lights).



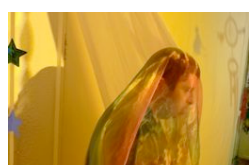
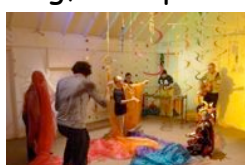
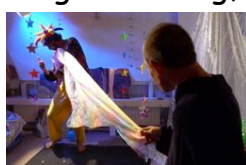
Jester Hidden, sound of bells. Appears and dances and interacts with individuals, laughter in background, playful, mischievous, fun.



Stars Jester leads to low end - find all kinds of stars, see them falling through the air, catch on mirrors and in nets, make starry patterns on paper. Playing with falling stars, starry balloons.



Rainbow Jester finds rainbow in sparkly bag. Encourage clients to pull it out across space, crawl under, dance around, hide behind. Draws group into high end where they find other coloured voiles to enjoy - dressing in and singing the colours of the rainbow. Metallophone and chime bar music to compliment the movement on the floor, as the giant mobile above begins turning, turning, like spinning dreams.



Dreamcatcher Coloured feathers and boas appear, beautiful, soft and tickly, see them fall. The giant dreamcatcher is lowered and the group dresses it with feathers, then watches it rise slowly into the sky to catch your dreams. Have chocolate star treats, then follow the rainbow home.

Observations Jester character extremely successful, even with new, shy clients. Mischievous playfulness, linked with 'laughter' sound, encouraged a friendly ambience which all clients responded to with smiles and interactions. Stars were messy but looked amazing and enabled different ways of interacting, as well as a variety of textures and colours to experience. Rainbow voile beautiful, worked well linking both ends of the space.

Metallophone and chimes changed the dynamic for the voiles section. Once again the giant mobile encouraged the raising of sightlines. Feathers added another texture and a visual activity for those that enjoy creating/dressing something.



Caterpillar/Dragonfly

Environment Low End - stretch wrap floor as pond, grasses round edge, bean-bag toadstools, caterpillar character, hookah pipe and bubbles, shredded holographic threads, water snakes, lycra dance sacks. High end - giant leaves and umbrella flowers, resonance board with mbiras, giant dragonfly mobile above, dragonflies on sticks, Queen dragonfly, sultana 'flies' to eat.



Caterpillar Find it sitting on a toadstool, hear the sounds of the pipe bubbling, see floating bubbles, catch and pop them, interact with character. Pull out shredded threads which sparkle and change colour in the lights, cover selves like a silk cocoon. Find babies (water snakes), feel them, squishy, bendy, slippery, keep them safe. Climb into lycra sacks and wriggle, roll and shuffle away to find food



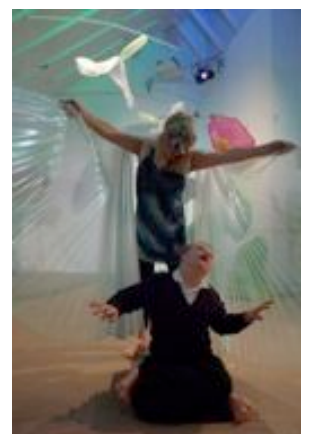
Giant leaves and flowers Crawl to the garden, dance with leaves and spinning coloured flowers, hide underneath, eat your fill....then play mbiras, (on resonance board) feel the vibrations, hear the music...metamorphosis is happening...



Dragonfly Giant dragonflies appear, flying overhead (mobile) and down to greet you. Small dragonflies on sticks dance up and down and move around the space, landing on leaves and flowers, on your laps heads and hands - beautiful colours flashing though the air. Queen dragonfly appears with shimmering wings to dance and say hello, then offers sultana 'flies' to eat, before disappearing again.



Observations Caterpillar was a great success even with new children's' group. Its vulnerability, gentleness and fact that it remained fairly static enabled even the most anxious clients to engage with confidence. Bubbles added playfulness and light movement qualities which contrasted with other floor based work. Shredded threads amazing in the light. Lycra sacks provided a new resource which can be reused in different contexts. Mbiras on resonance board and bodies worked beautifully and changed dynamic. Dragonfly wings visually arresting and encouraged interaction and focus.



Midsummer Night

Environment Low End - Bottom character in the woods, tree branches, wood bowls, spoons, buckets, instruments, sawdust, woodchip, shavings, conkers and sycamore seeds. Giant Jenga wall to build. High end - enchanted forest, woodland projection, magic potion in fairy ring, dewdrop gels in silver bowls. Shimmers and tinkly bell sounds for fairies, fairy spinners and pois, fairies projection. Titania/Oberon with giant wings and 'Love-Hearts'.



Bottom Meet character in the woodland, feel and smell woody textures, find the conkers and roll them around on floor, in bowls, drop the on instruments, see sycamore seeds spin as they fall. Build working rhythms with wood instruments, hammering and sawing, scraping the woods.



Wall Work together to build a wall for the Duke. Pass wooden bricks to and fro, hear the sounds as they drop on floor, tap rhythms, sing as you work cooperatively. Careful, it might fall down....and off you go again.



Enchanted wood Hear the fairies whispering, taste the magic potion in the fairy ring and play with dewdrop gels that sparkle and gleam in the lights as they roll and bounce around in silver bowls. Shimmers and tinkly bell sounds from fairies flying all around (Projection on) Dance with glimmering spinners and fairy pois.

Titania/Oberon enters with giant wings and woodland crown and greets one and all before sharing love-hearts. Sleep now under starry skies and hear the words of Puck telling you it has all been a dream

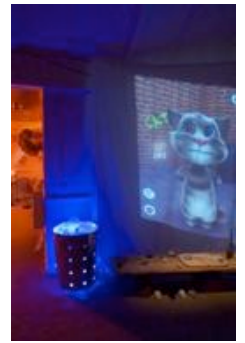


Observations Wood section allowed access at many different levels; textures and smells, sounds, movement and role play. Building the giant jenga wall was playful and fun and enabled cooperation and sharing as well as singing and work rhythms. Use of text particularly effective for changing dynamic and giving a new focus. Dewdrop gels enjoyed by all for their beauty and textural qualities. Really magical woodland with some very special moments. The best Oberon was definitely played by one of our clients.



Alice

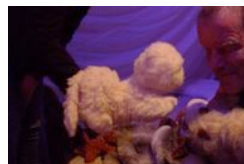
Environment Rabbit hole entrance, giant playing cards hanging round space. Low End - timp drum, dustbin and brazier lids and silver bowls. different sized balls, some flashing. Balls in bottles, beaters. High end - Cheshire cat character, soft furry cats' den, (parachute), textured furry cats, cat ornaments. Lights in braziers with clear 'rubbish' (stripped plastic and plastic bottles). Pink/white face-paint - Cheshire cat stripes on arms/legs, whiskers and noses on faces. Talking Tom iPad app projected large on screen - vocal interactions. Fishy treats.



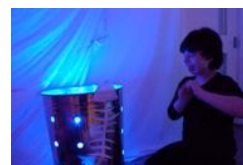
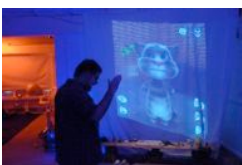
Down the rabbit hole Fall through entrance, spinning, turning rolling down, down, down. See the balls roll round and round in timp - mesmerising. Roll balls round dustbin lids, in bowls, drop them, bounce them, pour them from one receptacle to another, drop them through holes. Hear the sounds they make as they roll around. Try balls in bottles, roll them around and hear the sounds. Add beaters and create rhythms with different sounding metallic items.



Cheshire cat appears. stroke his fur, dance and play, follow him to the den and meet the other cats. Curl up on furry throws, feel the different textures. Paint stripes and whiskers on selves, each other. Gentle, 1-1 time in a warm, safe place, lit by braziers.



Talking Tom appears on the screen. he copies your every word, every sound. He makes you laugh with his funny voice. tell him your name, have a chat or just hear him mimic your own vocals. Enjoy fishy treats and a 'chill' before climbing back out of the rabbit hole home.

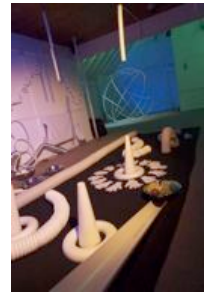


Observations The playfulness and visual/aural elements of the balls was enjoyed by everyone. Lots of both individual and cooperative engagement - people accessing in their own preferred way, but also sharing others' engagements with pleasure. Bottles always a successful resource and had some good upbeat rhythmic sections. Cheshire cat character was welcoming and unthreatening. Many loved playing with the cats or enjoying the lights in braziers. Face-painting not as focused as usual - too spread out? Specific aim - i.e. whiskers? Talking Tom more successful than expected with lots of vocal engagement, humour and watching.



Curiouser...

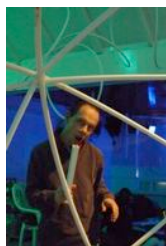
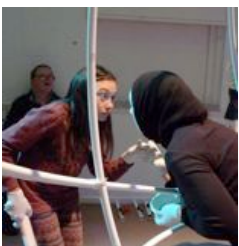
Environment Tubes space - hanging white piping loops and spirals, tumbledrier tubes and piping, corrugated tubes, half-pipes, megaphones, balls, hoops, white gloves, boomwhackers, foam tubes. Orb - giant sphere made from white plastic pipe. masked character, white handchimes and metallophone. White chocolate buttons.



Tubes Explore the creative opportunities of an abstract setting (a world of tubes), themed by shape, colour and texture. Play with vocal sounds through loudhailers and various tubes and pipes - calling and listening. Play with tubes and balls of different kinds. Balls rolled down tubes and stiff half-pipes. Textured white (exfoliating gloves) used to explore touch. Flexible tubes make shapes and sounds from corrugated outer surface. Create different sounds through scraping/tapping tubes. Boomwhackers (plastic tubes) introduced to build a rhythmic section. Dim lighting and change dynamic to explore torches and flashy lights rolling down tubes, sliding up and down inside boomwhackers.



Orb Masked character appears in a spherical frame at the high end and presents the sphere/cage to the participants before inviting interactions. Participants are invited to enter the sphere with the character, engaging individually or in pairs. Interactions can also happen through frame, where clients feel safer on the outside. This section is complemented musically with hand chimes and the big metallophone. White chocolate button gifts from character before saying goodbye and falling asleep.



Observations The large variety of tubes offered a number of different opportunities for play and invited quite a lot of peer interaction. Corrugated tube particularly effective for sound. The tube section was split into 3 - vocal exploration, ball rolling, rhythmic sound section and spooky lighting section in order to give a variety of dynamics. This gave a structure that worked against chaos. The big frame-sphere was very effective and the character remaining inside the orb was important (i.e. invited the approach of participants themselves and kept more nervous clients safe until ready.) Visually arresting.



Excession

Environment Low End - Blue/white face paints, brushes, mirrors, LED balloons, blue orb lantern, spinning hoops. Small blue light 'orbs', tank drum and black chimes. High end - giant stretch wrapped orb/pod, alien puppets, star projections and moon hoops.



Circles and hoops Find hoops, circles that spin, paint circles and spirals on faces, hands, feet and mirrors, dance the light patterns around the walls.



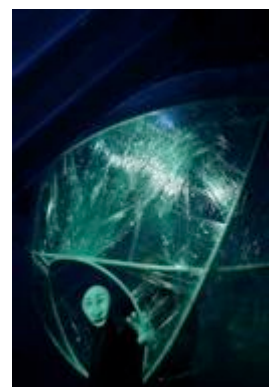
Small blue orbs roll across the floor, to and fro, dance in the air, spin round in your hands and on mirrors. Play tank drum and chimes for an eerie, floating, sustained dynamic. Pass them around, see them light faces blue.



Giant orb Find the pod, it spins around in the coloured lights and rises so you can step inside, then lowers around you until you are enclosed in a magical web of translucent colour. Peep through the portholes, wave to your friends. The alien appears to greet you individually. He wants to make friends, is gentle and kind. (If time, catch stars on moonhoops before you go.)



Observations Painting on bodies/mirrors was very focused and settling. Many clients will now either paint others or allow themselves to be touched with fingers/brushes. Mirror reflections on walls eye-catching. Blue orbs were a brilliant visual prop, but they could have been a little more robust! Tank drum and chimes created an ethereal dynamic. Giant pod was beautiful and engaging. All clients drawn to it, even if they didn't want to go inside. Visually and tactilely interesting. Small alien puppet worked well, tho' magic clay had cracked by the end of the week.



Ghost train

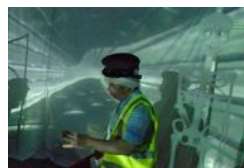
Environment Waiting room, ticket office and dog-man, seating, luggage, blackboards and chalk, mini-mac sound pads with station announcements, clocks, tickets, stamper and armbands, Lost Property box, sticks, flags, whistle and megaphone. Ghost train - white plastic rod frames, video roller coaster train ride, UV light, flying ghosts, skeletons, masks and bats.



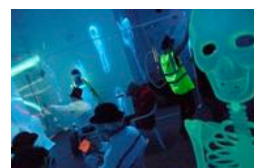
Waiting Room Pick up hand-luggage and go to ticket office, meet Inspector Hound, purchase tickets and take seats. Papers and magazines to read, biscuits from a lost lunch-box, choose items from Lost Property, help bring large luggage to waiting room - hear the clock tick - initiates rhythmic section, playing cases etc with sticks.



All Aboard The guard calls passengers to InnerSense Ghost train, bring your tickets and take your seats for a roller coaster journey (drum and bass soundtrack), fast, exciting, see tunnels/bridges, feel the motion of the train as it rocks along, hold on to your seats!



Ghost Town In UV light, flying ghosts appear and dance and spin around the space. Skeletons emerge to say hello and masked heads move around you. Play with these spooky friends, 'til the dream train carries you safely home.



Observations An unusual, surreal, quite challenging workshop which all our clients totally enjoyed. The dog character was visually arresting (though mask limited vision and breathing!) and participants quickly overcame any apprehension and engaged very well. The 'normality' and playfulness in waiting room settled groups and enabled them to cope brilliantly with spooky last section. Train ride was thoroughly enjoyed, lots of focus on 'track', very lively and fun. Total change of dynamic for ghosts, with whom all interacted - no major anxiety.



