

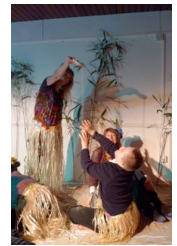
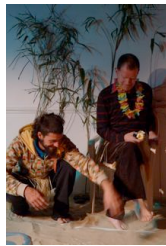
Emporium

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Aloha **Artefact:** Ukelele **Costume:** Grass skirts, flowers
Environment: Low End: Hawaiian beach - lei, sand, shells, shakers, trays, mirrors, blue voiles, conch. High End: Bamboo circle, golden bowl, timp, volcano, red/orange voiles, smoke machine, red orbs, Pele - the goddess, bananas.



Aloha Welcome with lei - flower necklaces, bracelets and head bands. Walk barefoot on the beach making footprints and patterns, feeling the sand between your toes. Play with sand, feel it trickle through your fingers, bury fingers/toes, find shells and make patterns on sand/mirrors, pour and sieve sand, play stone throwing game. Reflect blue waves on walls with mirrors, bring out blue voiles and swim in the waves. The conch calls.



Volcano Process with shells to bamboo circle, place in golden bowl, while conch plays, echoes your vocals, plays rhythms for dancing. Build rhythms with drum and timp. Play the timp, individually/together, soft/loud, stop/start, building volcanic rumblings, feel vibrations with feet and hands. Smoke appears from volcano, glowing red orbs roll out at your feet, they glow and spin in the dark, roll under fiery voiles...



Pele The goddess appears and greets each person, playing with fiery lava, dancing, singing with whole group who give her their shells and in return are rewarded with slices of bananas, as they watch the red lava smouldering and glowing before them.

Pele thanks each one for their gift by name and returns to the fiery volcano as you make your way home.

Observations Lovely gentle, playful start to the term. Using ukulele in greeting with grass skirts worked well, encouraging singing and dance and setting ambience. Sand enabled access on many levels tho' took a while for some people to settle and enjoy. Conch had a huge effect - all listening/feeling the vibrations, arrested attention, echoed vocals and initiated rhythms - very ceremonial. Timp was also accessed in a variety of ways - playing, feeling with body parts, listening, creating thunder, rhythms. Red orbs - stunning effect but could be more robust. Pele was received well - good interactions. Did not use with new group as they don't know/trust us yet.



Tales of Venice

Artefact: Sailing Ship **Costume:** Red neckerchiefs

Environment: Low End - Luigi with his market stall. Pole arches and bamboo poles with red crepe stripes. Herbs, coffee, parmeggiano, peppercorns, olives etc to smell, feel and taste. Pasta of all shapes, sizes and colours in wooden bowls, sm bowls for pouring. Playdoh, boards, rolling pins, cutters, drying rack. Marco Polo character. High End - striped bamboo poles, sails, hanging reds, electric fans, wind machine, rainsticks and ocean drums, red streamers, white poi. Video projection of red chiffon.



Bonjourno Meet Luigi, feel, smell and taste his wares; oregano, basil, coffee, olives etc. Find the pasta and play with different shapes/colours, pour into wooden bowls, shake in tambours, sort and make patterns, bury hands and feet. Make more pasta with coloured playdoh - squish it in fingers, pat and roll, feel and smell it, flatten with rolling pins, cut out shapes, roll sausages, tomatoes, pizzas, decorate with coloured pasta and herbs. Place on drying rack.

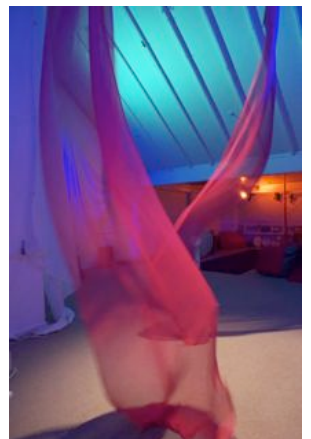


Marco Polo arrives to buy provisions, then leads you to the quay side. Gondolier to the ship with rainsticks and ocean drums. Heave in the anchor with thick rope, play taking weight, heave - ho, pulling wheelchairs with ropes, hoist the sails and away we go.

On the High Seas Hear the wind blow - wind machine, electric fans blow all around you, as the ocean drums roll. See streamers and poi float and flutter as the breeze swirls around the space. Drop the red chiffon sails and watch them as they dance and twirl in the breeze with projection reflecting their movements



Observations The multisensory market stall was a great success with lots of touching, smelling and tasting - accessible to all clients. Pasta and playdoh sections were fun, lots of play, sound elements good for raising dynamic with rhythms. playdoh was accessed on many different levels, from just squishing and smelling to symbolic representations of food and use of fine motor skills for cutting etc. The inspiration of the red carpet video created an amazing 'sailing' sections, both visually and aurally arresting. Even carers said they felt chilled and relaxed!



Strings

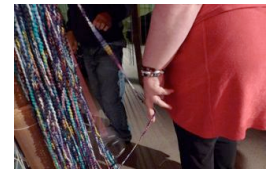
Artefact: Guzheng zither

Costume: Hairnets and wool

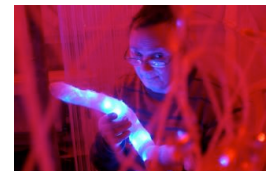
Environment: String curtains round space. Low End - bamboo poles, fish nets and netting breaking up space, Baskets of wool/twine of different colours, textures and lengths, coloured pipe cleaners, strings of beads necklaces /bracelets, hairnets and wool, sm metallophones, mirrors, long lengths of thick wool to cross over space, plastic cups n string, light up silk worms. Gu Zheng zither, sm harp, zither and auto harp, chopsticks. Red silk cloths, fans.



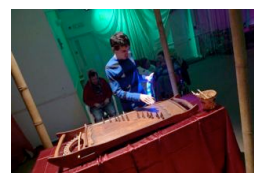
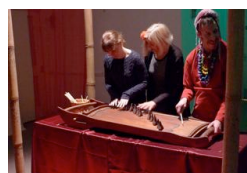
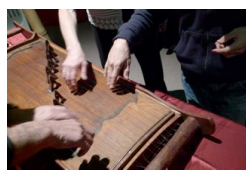
Strings Explore the baskets of wool, sort colours, lengths, adorn arms, legs, wheelchairs, poke through netting, stuff hairnets as soft balls or funny hats, make string pictures on card. Find strings of beads, see them spin, hear the sounds on mirrors, instruments, wear them. Twist pipe cleaners around poles, onto netting, make spiders hanging on threads. Criss cross the space with long lengths of wool, climb over, crawl under, dress them with strands of wool. Hear and make sounds through plastic cups and string.



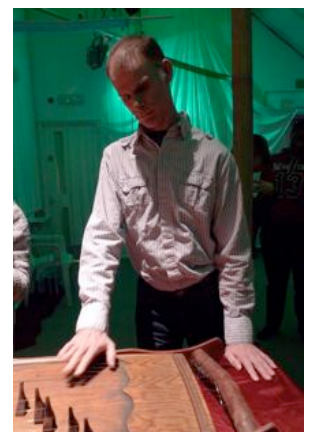
Silk worms Crawling, soft and squishy, glowing in the light, they wriggle along the wool lines, over your legs/wheelchairs, feel them, follow them, dance and play with them, before they crawl softly away to their nest.



Gu Zheng Hear the haunting sounds of the zither, come and see...play the strings with fingers or chopsticks. Add other stringed instruments, play beautiful sounds together. Dance with fluttering silk cloths and fans. Taste string laces.



Observations Plenty to do in string section, lots of people just enjoying textures, others creatively adorning nets and poles, playful dressing up. Necklaces added sound qualities, trickling over mirrors and instruments. Plastic cup/string enabled call and response play. Will try tin cans next time. Silk worms gave a magical quality to the end of this section. The Gu Zheng instrument was loved by all, those who just listened to its lovely sound and others who were motivated to play it. Had several usually passive clients inspired to sustained engagement. Amazing! Could be tonal quality, the scale of the notes perhaps?



Bells 'n' Gongs

Artefact: Cambodian Puppet

Costume: Monks robes

Environment: Low End - sm bells and gongs, indian bells, cymbals, singing bowls, water rings, strings of bells, hanging round space, small puppet theatre for marionette. White face paint, black lines, red lippy, mirrors. High End - big gongs, bells and gamelan, life-size marionette hanging between bamboo poles, elastic loops.



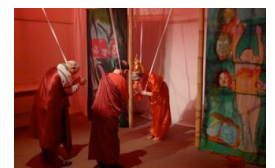
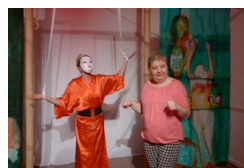
Small bells n gongs Listen to the different sound qualities and tones of a variety of small bells, indian bells, singing bowls and gongs. Meet the small marionette, see him dance and fly, copy his stylised features with white face painted lips and black-lined eyes, then follow him to....



Large Gongs, Bells and Gamelan. Play the huge gongs, hear them resonate on different notes, control the sounds, bring them out into space, feel the vibrations with fingers and toes. Add the gamelan instruments.



Life-sized marionette Meet the character, say hello, watch her movements and imitate as she dances and moves on her elastic strings. Slip your hands through elastic loops and play with the feel of tension/release.



Observations Bells and gongs created a relaxed ambience with dynamic changes brought about by playing with different beaters in a variety of ways. Small marionette gave a focus to this section, with lots of visual attention. In spite of many fairly raucous big gong playing sections, not one person exhibited anxiety or tried to leave and almost all attempted to play or simply enjoyed the feel of the vibrations. The life-sized marionette was a big favourite, perhaps due to the 'friendly' mask. air of mystery or the fact that she was 'tied' to her own space, therefore safe to approach!



Bamboo

Artefact: Bamboo Lantern

Costume Coolie hats

Environment Bamboo round space. Rice in coloured pools of light, bamboo containers, tubes, cones, bowls and tambours, boomwhackers, balingbings. High end: Bamboo shelter, bamboo chair, bamboo instruments, Mr Bamboo character, rice krispies in bamboo cones.



Rice and bamboo See rice in different colours, feel it flowing through fingers, bury feet and hands, watch it pouring from tubes, hear the sound as it falls into different containers, make patterns with it, smooth it out, build mountains of rice, play in shakers, see it jump and dance as it falls, roll it around in tambours and bowls.

Bamboo sounds. Turn the bamboo tubes on end and drop them on the floor to hear the different notes they play. Build rhythms and sounds to make a bamboo song. Add balingbings - hear the 'boing' as you tap them on palms, tubes and floor.



Mr Bamboo Light the lanterns and find Mr Bamboo in his bamboo shelter. Meet and greet the character, who introduces you to more bamboo instruments - anklung, bamboo wind chimes, bamboo xylophones and tongue drums. Listen and play together, try different instruments to hear their sounds. Dance and play with Mr Bamboo. Then rest and watch the bamboo projection as it grows before your eyes and taste rice krispies/rice cakes from bamboo cones, before waving goodbye.



Observation Rice is a great multisensory medium. People who will not normally touch things, rolled their hands round in the rice, feeling the texture and listening to the sounds. It produced sustained focus, many clients just repeatedly running it through their fingers, or pouring from one container to another, watching the flow, for long periods of time. (One teacher was off to buy a large bag of rice for her students asap!) The new bamboo instruments produced interesting and tuneful sounds, but were quite difficult for clients to play themselves, having no sustain. Mr Bamboo was totally engaging to most clients, tho' a couple were nervous at first and wheelchair user group not that interested - maybe features of mask not clear enough?



Panama Canal

Artefact: Map/Compass

Costume: High Vis Jackets

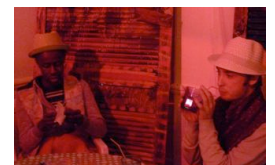
Environment Low End: Crates and cargo to pack and load; cereal boxes, plastic bottles, egg boxes, shredded paper, bubble wrap, shakey bottles. Platform on wheels with rope, wages. Salsa bar - bar, tumblers and cocktail accessories, bowl of fruit, pineapple chunks and bananas to taste, pink lemonade. Dressing up - waistcoats and hats, scarves and frills, flowers for hair, make-up, hairbrushes. Maracas, castanets and shakers, carnival drum. Merengue/salsa rhythms.



Docks The cargo is all mixed up - sort, stack, drop, roll, pack the crates with individual items, feel textures of packaging, sing as you work, help each other fill the crates ready for loading. Build rhythms with bottles filled with beans/pasta, lentils. Dance as you work, having fun. The sound of the container ship can be heard in the distance. Pull the rope and heave it into the docks. Load all the crates onto the ship, pulling pushing, helping each other lift and stack, then pull/push the 'platform' off down the canal. Work is done, remove work jackets and collect your pay.



Shanty town bar Get dressed up for a night out on the town - hats and waistcoats, frills, flowers and make-up. Salsa rhythms get your feet tapping and hips swaying, dance together, add instruments and have a party, spinning around the space, shaking rhythms and singing as you go. The bar opens. Take your wages and pay the barman, who will bring you drinks and bar snacks to taste and share. It is midnight, time to conga home - early start tomorrow



Observations The cargo sorting section worked even better than expected, with engagement of all kinds from people who often just sit and watch (wonder if it was a reminder of tasks often performed in Day Centres? Easy, achievable independently - with wages at the end.) Gave opportunities for playful interactions and cooperation. The packaging provided alternative textural exploration for those who prefer experience to activity. Shakey sound bottles added a rhythmic dynamic which was enjoyed by all. Salsa bar - fun and high energy, loved dressing up and seeing selves in big mirror. Lots of dance and movement inspired by the Panamanian music and rhythms. Maracas not very rewarding - need some new ones!. Food and drink as always, much appreciated!

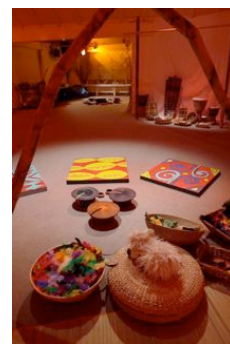


Zulu

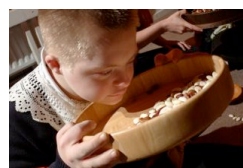
Artefact: Isicholo hats

Costume: Neck/arm/knee bands

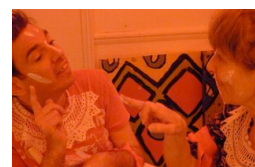
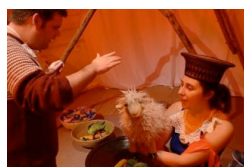
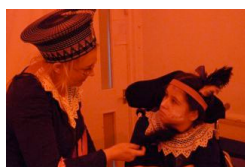
Environment Grasses around low end, wooden bowls and baskets + giant firepit pot, varieties of beans, all shapes, sizes and colours, spices and herbs, grinding poles. High End: Beehive hut, basket of vegetables for pot, sheep puppet, face paint and feathers, African instruments including mbiras, drums, shakers and ballaphones.



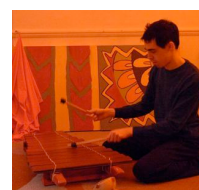
Beans Sorting into different sizes/colours, feeling, smelling, listening to sounds of pouring, dropping, falling, rolling around in tambours, gathering into piles, making patterns, making them jump in tambours, throwing into big cauldron, feeling with feet, watching them cascade. Making shakers with little bowls and baskets. Playing rhythms with the sounds. Smelling, tasting, hiding under pots. Sharing, passing bowls to each other. Gathering in big pot and pole-stirring.



Beehive hut Take beans back to village, meet cook who asks for help putting vegetables in pot, produces reluctant sheep puppet, who makes friends with all and is allowed to live - vegetable soup it is! Prepare for a feast - red, white and yellow face paints for faces arms and feet, feathers to adorn hair and costumes, or just feel the softness and see them flutter to the ground.



African music begins with gentle sound of mbiras, then builds with shakers and drums to a big dancing section. Enjoy the rhythms, move to the beat, dance with each other or play the instruments until the sun goes down. Settle round a crackling fire under the stars and taste Zulu beer and cottage cheese, then rest.



Observations Beans - probably the most successful tactile resource so far this term - all sensory elements thoroughly explored and enjoyed by all. Comedy element introduced by the sheep puppet raised smiles and laughter and genuine concern by clients on its behalf - very caring. Face paints and feathers particularly engaging for many clients, some new faces showed us a way in to their worlds at last. The music and dancing was lively and fun, encouraging instrument playing and movement in most people. The chill under the stars round the fire provided a welcome rest for us all and was often accompanied by gentle chanting - quite magical.



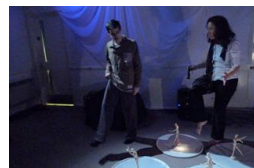
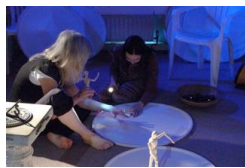
Sundial

Artefact: Sundial

Environment Sundial with light, giant torch, moonhoops and wooden figures, torches. Metronome ticking. Tongue drums and wood instruments. Sun rises over giant sundial of bamboo poles. Metallophones, tubular xylophones and white chimes. Laser machine and smoke machine.

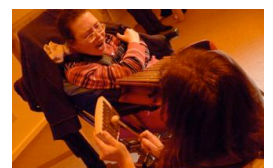
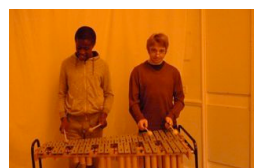
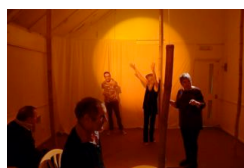


Shadows In stillness, to sound of metronome, watch the sundial with torch light going round and round, moving shadows of wood figures on moonhoops. Play with torches, figures and moonhoops, lights moving, growing, shrinking, creating shadows with hands/feet/fingers. See figures on walls, floor, imitate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



Tick tock The metronome ticks on. Pick up rhythms with wood sounds - listening, movement responses. Tactile exploration and different textures. Different rhythm patterns, tempi, dynamics, pitches. Stopping and starting (& 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 over giant sundial draws you in. Move in and out, play with your body shadows on walls/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, white cloths, before the sun rises and it's time to leave.



Observations The metronome ticking and torch moving slowly round created a real sense of stillness at the start which really focused attention and created a 'silence' in which everyone became united. Torch play was exploratory and fun - could do with another 'giant' torch. Tick tock wood sound section engaged everybody - lots of listening and play with rhythms. Giant sundial created a bright, airy space which encouraged movement and interaction. Chimes worked well - sustain giving great contrast between that and more staccato rhythms of wood section. Laser lights magical - if only the 'smoke' had lasted a bit longer!



Snake Oil

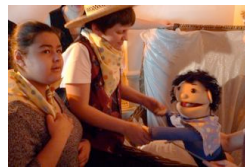
Artefact: Suitcase

Costume: Hats and neckerchiefs

Environment Low end: 3 suitcases containing hats, waistcoats, neckerchiefs and hairbands, instruments - bells, harmonicas and washboard. Giant basket with boy puppet. High End: Hay bales, bunting, fruit stall (baskets of apples and egg shakers), Snake Oil salesman tent - costume, Snake Oil bottle in bag, bubbles bottles, snake basket, lotions and potions. Victuals - pancakes, blueberries, apples, chocolate eggs, cider (apple juice) to drink



Suitcases Open cases and find costumes and instruments, get dressed up and sing and play along to gentle 'deep south' rhythms and melodies - getting into role. Voice from inside giant basket calls you over. Open and find the boy puppet - humorous individual interactions & play



Cow The winner of the livestock show is celebrating! Meet him/her, stroke his fur, feel his nose and ears, tap your feet and dance together, shake your shakey eggs and begin the hoedown, dancing the dosy doe, circle dancing and to and fro, including wheelchairs.



Snake Oil Relax with refreshments on hay bales and blankets. The salesman appears and tries to sell you his wares, meet the snakes, taste the snake oil, then chill under the stars with sweet-smelling lotions and potions until sunrise



Observations An unusual workshop - more performance based than self-motivating interaction. However, there were many really good responses along the way and lots of humour and play with several clients taking on roles of facilitators. The puppet boy inspired very good responses in all clients. Surprising how many immediately put their fingers into his mouth! Raising the energy for the hoe-down was quite a task! Cow was surprisingly well liked.

The cream massage was a welcome point of relaxation and time for individual focus and attention.

