

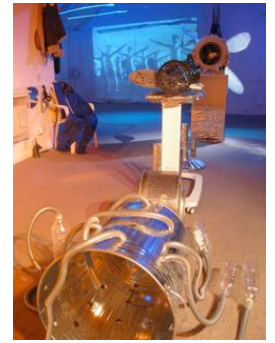
Flight

Spring Term 2016

1. Amy
2. Airship
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7. Flight of Stairs
8. Stork

Amy

Environment Aircraft hangar: Flip chart for drawing planes/maps, maps and plane pictures on walls, raised propeller on stand, variety of metallic objects, tubing and instruments : washing machine drums, brazier, agogos, cowbells, beaters, plastic water bottles with balls inside, dusters and mops for cleaning, silver space blankets, engine sound on looper. Calisthenics projection, broom handles (for wheelchair support). Hanging hammock swing. Aeroplane projection, leaving runway and flying over landscape below, with sound, electric fans for breeze, parachute.



Engine repairs Meet Amy tinkering with engine parts. Help her carry out repairs; explore textures and sounds of a variety of objects and instruments, tapping, scraping, cleaning, joining together, taking apart. Build rhythmic working sounds, helping each other and playing together. Push/pull engine parts together and attempt to start propeller. It works!



Keep Fit Prepare for a long flight by doing some exercises. Join in with the boys; standing or sitting. For the less mobile, just holding tight to a broom handle and feeling the push/pull, up/down, side-side motions will be enjoyed and give a sense of achievement.



Fly Away Opportunities for 'flying' in the hammock seat. Then fasten your seatbelts and watch as the aeroplane leaves the runway and soars over the land below, slight turbulence as you become airborne and the fans provide a breeze at high altitude. Notice landmarks below - houses, roads, lakes, rivers and mountains. Relax and enjoy your flight.....until engine trouble means you have to parachute down to land again...leaving Amy to splutter on her way....

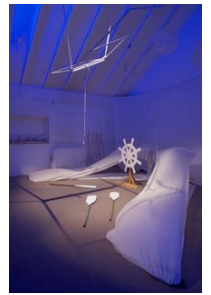


Observations Fixing the engine enabled exploration of a huge variety of props and sounds. It was also fun and gave a sense of unity to the group, being a cooperative activity which ultimately ended in a great sense of wonder when the propeller finally turns and the engine roars into life. Exercises section difficult for some, but the introduction of broom handles as a supporting prop allowed even those with very limited movement to engage. Many clients really enjoyed the 'freedom' of the hammock swing. The in-flight projection worked well, really felt like flying, many clients identifying landmarks as they flew over them. Parachute greatly enjoyed by



Airship

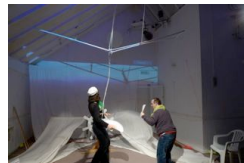
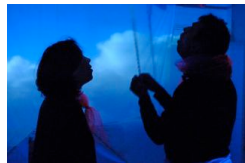
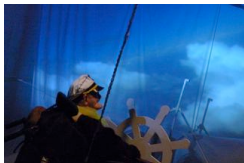
Environment Prow of airship, steering wheel, moveable wings (up/down), electric fans lifting white silk side wings, oars/broom handles, gathering drum. Projection over moorland and up into clouds, white fans, white chimes and metallophone. Star projector and UV lighting with UV scarves, balls and star balloons, long UV cloths and nets. Star masks and UV wool.



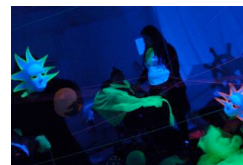
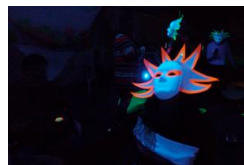
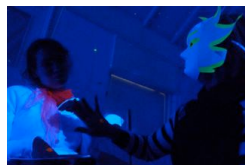
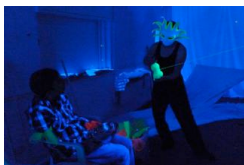
All aboard Crew boards ship, take turns to steer ship and pull rope that makes the wings go up and down. Begin rowing sequence with working drum rhythms and singing and see the wings lift as you begin your journey into the sky



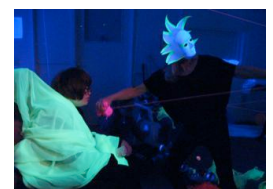
Clouds Projection takes you over rolling hills and up into the clouds. Feel the breeze from hand fans, dance with wings, play metallophone and chimes as you float higher and higher through the clouds into the horizon...and beyond...



Stars appear, covering the space, catch a star on fans or cloths, dance in the stars. UV lighting picks up colours; floating chiffon scarves, bouncing balls, that roll in bowls or whizz across the space. Dance with UV cloths, hide, adorn selves and wheelchairs, make ribbons of colour through the night sky. The star people appear, drawing bright coloured threads across the space and interacting with individuals on their way, then give chocolate stars. Follow the coloured pathway home.

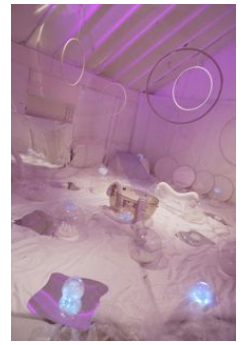


Observations Use of high end throughout, encouraged group to stay together. Wings, steering wheel and rowing gave 'work activities' that could be easily accessed and understood by all. Workshop had a flowing dynamic, enhanced by the projections, lighting and sound. Good balance of physical, visual, auditory and kinaesthetic activities encouraged involvement. Star people were particularly fascinating as appeared to float out of the dark and bright colours encouraged looking and interaction. UV ribbon would have been more easy to see than the thin wool.



Mindscape

Environment Kapok filled mosquito tent at low end. A white quilted environment covers high end. Clear globes in craters hold shredded glitter threads and ping pong balls. White hanging hoops, white ventilator tubes, moonhoops, large and mobile mirrors, large timp base, starry white balloons, clear corrugated plastic. Vibratones and microphone. Small light globes, marshmallows



Whitescape This is a totally exploratory landscape encouraging play with all objects - seeing glitter sparkle and change colour in the lights, feeling texture, pulling out threads, rolling round in globes. Throwing, catching balls in hands/globes/timp, through hoops, rolling round in globes, down tubes, down plastic sheeting, over moonhoops/mirrors, dropping onto mirrors. Wearing globes on hands, feet, heads, listening to change in sound, calling and listening down tubes, peeping through tubes.



Vibratones Musical section built slowly, listening to wah-wah sounds of instruments, creating an eerie soundscape. Add vocals with microphone.



Light globes As night falls in this strange landscape, glowing light balls appear, moving slowly around the space in the dark. Soft marshmallow sweets to end, create light pathway to exit.

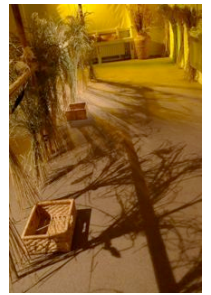


Observations Being in one white landscape gave a feeling of group unity and maintained most of group in one space with odd isolated characters who dropped in and out. The free improvised 'play' element of the workshop enabled not only lots of focused 1-1 work, but also encouraged a great deal of inter-peer interaction, which is quite unusual. Finding new and unusual activities to try out with the props was lots of fun and highly inventive! The introduction of the vibratones had a great calming effect after the somewhat boisterous play of the previous section. Good listening and focus and some lovely vocal work with microphone. Light globes were magical and drew visual tracking and following, as well as movement and dance. Marshmallows a welcome treat.

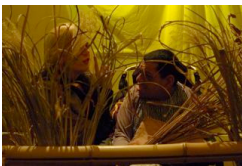


The Last Kingdom

Environment Grass fence running length of studio + reed shakers. Horses hooves sfx in distance. Grass shelter with furs inside, blankets on floor round firepit with grill. Wooden plates/trays, terracotta airdrying clay. Chopped up grass stems for decoration, pattern-making. Udu drum and lyre. Terracotta jug and dish for bread/cheese and 'mead' (apple juice)



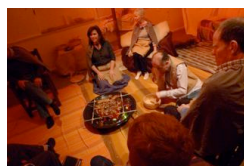
Flight The Danes are coming, hear the horses hooves and hide behind the grasses, (playful hide and seek), peep through the stems, feel their textures, hear the sound as they shiver in the breeze. Repair the holes in the fence with sheaves of grasses, shake them and hear them rustling, add shakers for rhythm work, dance with them. Carry them to the village and repair the inner fence and the roof of the shelter.



Clay Settle round the fire and begin work with clay: dropping, patting, slapping, kneading, rolling into balls/sausages/pancakes, rolling in bowls, making holes in, decorating with patterns, poking in sticks, throwing, catching, holding in fingers and squeezing, making pots/plates/spoons/cups, jewellery - bangles, rings, necklaces, making sounds on plates and trays. Place on grill over fire to dry, with fingers or using sticks.



Chill round the firepit, watching the glowing coals, listening to and playing the udu drum and lyre, smoothing clay paste on hands and feet. Taste bread, cheese and 'mead', then lie down by the fire as the sun goes down.....and rest, 'til morning.



Observations Concerns over challenging nature of fence screen proved unfounded. Everyone managed to navigate the 'changed' space either through or around. Hide and seek section was fun for some groups, but not others, who preferred the tactile/sound exploration of grasses. Some were marched to village by their carers! The settlement had a 'holding' feel to it. Clay - took a long time for some of the clients and carers to become comfortable with the feel of clay but good to introduce more challenging props now and then and tactile qualities greatly enjoyed by many - therapeutic. Udu pot had a big effect creating the mood for clay section. Minimal sound background which supported the activity. Circular 'holding' of group round fire.



Blue

Environment: Low End: Blue gravel, stones, tissue paper, ice-cubes, face-paint on trays and in bowls with cone shaped containers/cups/transparent bags. High End: Stretch wrap giant cone-shapes, medium sized white card cones, blue voiles, swinging light, Theramini. Blue character with blue cone hat+ mask + costume.



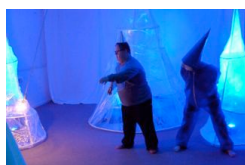
Blue Explore all the blue tactile activities, Using a variety of small cones/cups/cone-shaped bags - experience pouring, dropping from one container to others, feeling with fingers and toes, scraping, rolling in bowls, shaking various receptacles, filling and emptying, making patterns. Tissue - scrunching, tearing, ripping, filling transparent bags and bowls, watching coloured lights through, making blue hair. Face-paint - painting selves, polystyrene cones, cocktail bowls & silver, tissue paper.



Coneland 'Mr Blue' appears behind blue cone, enter space and watch as the swinging light creates a mesmeric shifting landscape of moving shadows. Meet the character, hear the eerie sounds of the Theramini. Take turns to play music in the air, swinging, swooping sounds that create a fantastical soundscape like magic.



Blue landscape Play with Mr Blue, moving cones around the space, hide and seek, pull out the blue voiles to cover the space, roll underneath, over and through the drifting colours. Then settle and rest as Mr Blue brings popcorn in cones for you to enjoy, before waving goodbye.

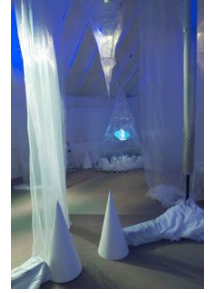


Observations Variety of blue textures enjoyed by many, could perhaps have made blue gravel shakers in plastic bottles to add additional 'soundmakers'? Character provide a good link to 'coneland', encouraging clients to enter space. Swinging light and shifting shadows were totally mesmeric, focusing whole groups, even clients who tend to isolate themselves remained in the space with the rest of the group, engaging with both sound and visuals. Card cards took the light beautifully and being mobile gave clients the ability to change and create new shapes/landscapes.

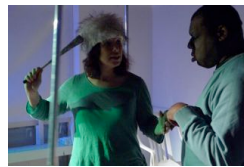


Tundra

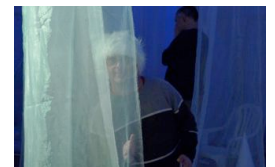
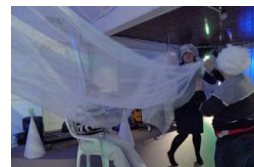
Environment Giant standing chime stalagmites and smaller hanging chime stalactites with beaters, white card cones. Wind sfx. Electric fans, hanging white voiles, balloons, poi, hand fans. Giant stretch wrap stalactites hanging from ceiling, giant stretch wrap stalagmite in corner containing 'Egg of Mantumbi' (blue sapphire with glowing light inside.) Fur blankets. Hand chimes, jingle bells, dulcimers, tank drum. White marshmallow sweets.



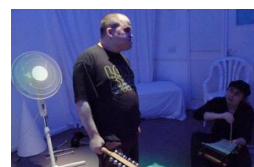
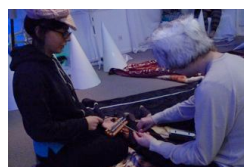
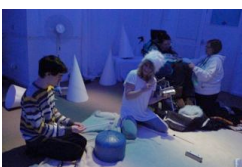
Chimes Enter and play with giant and hanging chimes; use variety of beaters for different sounds, feel vibrations with body parts and through beaters and white card cones, play rhythms and melodies, echo swinging movements with bodies, shiver and shake with resonant sounds.



Blizzard Electric fans whirr and stir the air blowing white voiles around space. Hide dance, play with voiles going under, behind, see them swirl and billow all around you. Add balloons and see them fly up in the air, dancing around the space above you. Dance with poi, watch them moving in the breeze, spinning, twirling, creating motion. Feel the breeze from the hand fans as you move in and out and through this white, crazy storm.



Melting Bring out fur rugs and soft chimes and bells and create a gentle icy soundscape, listening to the notes, and singing along. The 'Egg of Mantumbi' begins to glow in response to the music, see the blue sapphire shining in the iceberg. What's inside? Taste soft white marshmallow 'snow' as you rest safe and warm on the furs.



Observations Big chimes - visually impressive, majestic, sculptural. Incredible resonance, could feel vibrations not only with hands/feet but through other objects such as beaters and white card cones. Difficult for some to play - heavy beaters and require applied strength/force. Feeling vibrations v. rewarding. Hanging chimes - lovely sound but free swinging element can make them difficult to play. Slightly overshadowed by big chimes - could have separated into 2 sections? Storm - fun section full of movement and sound. Electric fans great for feel, sound and visuals (i.e.poi) Blue glowing egg gave visual focus to end the journey

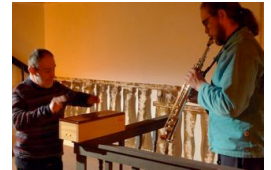


Up the Stairs

Environment Wooden banisters dividing space and creating staircase shadows. Sticks, wood sounds, cahons, tongues drums and beaters. Attic - Trestle masks hanging on elastic around space, polystyrene heads, sad character with; loo rolls, kleenex, white muslins, long white cloths. Happy character with bouncy balls with faces on. Gingerbread men biscuits.



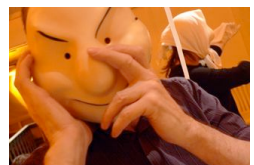
Banisters Up the stairs we go, step by step, between the shadows. Run sticks along the banisters, play with rhythms as you tap on, under, between the railings. Play each others sticks, roll them, drop them, hear the different sounds. One by one add wooden instruments to enhance this playful musical soundscape.



Attic Creep into the attic, see who's there, faces hanging all around. The sad face comes alive and greets you. Sobbing and crying he pulls out reams of loo roll, kleenex tissues and cloths. cover the space with tissue, feel the textures, scrunch it and rip it to pieces, blow noses and wipe your eyes as sad music weaves around you. Wrap yourselves and the character in huge white cloths, comfort him and become friends



Happy Man appears from behind the screen, joyful and full of mischief and fun. He brings coloured balls that spin, roll and bounce around the space, up against mirrors, to and fro, twirling over mobile mirrors on the floor. Try other masks and introduce new emotions, a grumpy man, a 'clown'. Explore various interactions between characters, see yourselves in the mirrors, then share gingerbread faces before making your way back down the stairs.



Observations Banisters worked well, changing shape of space, encouraging clients to walk around/remain standing, good for playing with sticks, on, between rungs, running along, peeping through etc. Masks - some groups responded more easily than others, no-one (apart from Chris) showed signs of anxiety, good interactions, often v. caring, lots of humour, playful. Tissue rolls were fun and covered the space with loops of white that clients found fascinating. Good for ripping, scrunching, gathering etc. Happy character comes as a relief and release. Occasionally difficult to maintain energy level throughout this section - v. reliant on musical support and engagement of carers.

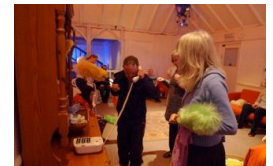


Stork

Environment Low End - Stork's nest on chimney with giant egg and stork costume. Baskets of babies. Windows separate the spaces. High End - bedroom with bed, shelves, settees, dog puppet, baskets of baby toys, clothes, bottles, muslins, cotton wool balls, feather dusters. Projection of baby growing up. Chimes. Jelly babies



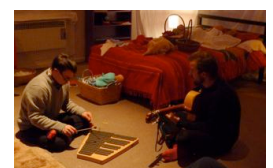
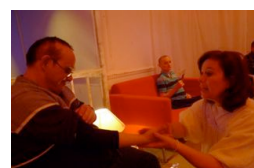
Bedroom Mum to be is sleeping on bed, above is projected dream (Duet) of baby growing up. She wakes and asks for help getting ready for baby. Meet her dog (puppet) and explore textures, colours, sounds of baby toys/soft toys. Find coloured muslins and cotton wool balls, play together. Clean the room with feather dusters - fun, upbeat section.



Stork arrives with baby for mum, greet and say hello, he goes then returns with more babies! Help look after all the babies - one each, holding, rocking, feeding, stroking, singing lullabies, rocking to sleep. Safely put babies to bed, cover them up and watch over them.



Chill Looking after babies is hard work! Time to pamper yourselves - using baby talc and lotion, massage hands, feet, faces, each other/facilitators. Enjoy the soothing sensations and different baby scents. Play gentle music on chimes. Relax and rest. Jelly baby treats to finish.



Observations This was a love it/hate it workshop. Clients generally seemed to enjoy the relaxed, 'normal', cosy setting of a 'bedroom'. Settled quickly and even those who usually isolate themselves remained in the bedroom setting quite happily throughout. Baby toys not as engaging as hoped. Props like gravel/beans have been more successful. Stork added comical element to workshop which was greatly enjoyed - great costume and endearing character. Baby dolls on the whole extremely successful, tho' there were a few participants who just weren't interested. Brought out caring traits in most people - some surprising, maybe not often given opportunities for themselves to be carers?

