

# Landscapes

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## Chesil Beach

**Environment:** Floorpiece filled with gravel, large stones and boulders, giant shells. Cloud projection on wall, sea on gravel sound sample. Rainsticks, ocean drums, resonance boards, wooden bowls. Picnic hamper with tea and biscuits, picnic blankets. Star projector. Blue/green voiles at low end for those who like their own space.



**Beach** Find the beach shoes and step on the beach. Hear the sound of gravel under your feet, walk, slide, jump and dance around, making scrunchy sounds and rhythms. Feel with your fingers, drop and roll around. Let it tumble into bowls, down resonance boards, swoosh around and make sea sounds.



**Stones** Carry the big stones to the beach, helping each other and drop, roll, tap together, make patterns - lines, spirals, circles, piles across the beach.

**Sea and shells** Add rainsticks and ocean drums - hear the sounds of the sea rolling over the stones.



**Picnic** Spread out blankets and settle down. Enjoy sharing drinks and biscuits together the lie down as the sunsets and chill, listening to the sounds of the sea and watching the stars twinkling in the sky.

**Observations** Big open space, gentle sounds, light and airy. Free, abstract workshop giving space for individuals to choose their activities. Once clients became used to it, the gravel proved to be a good sensory resource - offering a variety of activities - sound, feel, fun. The children became quickly engaged and focused and there was v. little 'throwing' throughout the whole week. Picnic brought group together and flowed well into a very relaxed chill under the stars.





### Third Fish

**Environment:** Low End - Chesil Beach + shells. Stretch wrap sea floor, giant fish high on walls. White pipe boat prow, boomwhacker oars, fishing nets, djembe. Net full of silver fish to drop on pulley. Fish on sticks, soft fish, silver bells, helium fish. Jellyfish on elastic, white plate jellyfish, bubble sound sample, underwater projection, metallophone. Silk seas. Mirror ball shoals. Fish puppets.



**All aboard** Settle on the boat and sing a rowing song, chanting, making rhythms with boomwhacker oars and drums. Row with the oars and feel the boat rocking side to side as you travel far out to sea.



**Go fishing** Drop the anchor and throw out the nets, looking for fish. After several tries the silver fish fall, shimmering and glinting into the nets. Play with the fish, see them flutter and glimmer in the lights, hear the jingly bell sounds as they swim and dance around you.



**Underwater** Lights dim, video projection throws fish across the walls, mirror ball shoals swim around you. Fish on sticks flick around, catch a fish, feel the shiny scales, see the colours glinting, make shadows on the coral reef, catch the giant silver fish as it floats above you. Meet the puppet fish, see them move, stroke them, help them swim

**Jellyfish** Hear the bubbles, make the jellyfish dance and jump through the water

**Waves** Swim under the silk sea waves or travel down their rippling currents home.



**Observations** Boat section brought group together, both physically in the space and with rhythm, chanting and movement. Made a focused, united moment. Fishing with nets was fun and silver fish magical in the lights. Underwater section beautiful and free allowing clients to explore as they chose and making time for 1-1 interactions with carers and artists.





## Tarty Bakewell

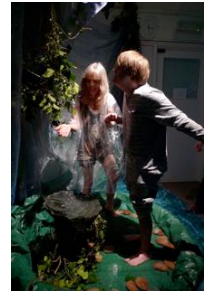
**Environment:** Back packs, blankets, torches, rain ponchos, picnic - Bakewell Tart and bottles of Spring water. Stretch wrap walls of cave. Grey voiles across low end as mist. Torches, mic and wind sample. Waterfall dripping into pool, stones, anklung. Shaft of light in cave, silver trays and mirrors to reflect shimmering light round walls. Bowl of coloured crystals.



**On the moors** Use torches and calling to find your way through the mist, losing and finding each other, playing with torchlights as they dance, shine on faces, floor, walls. Mist slowly clears.



**Cave** Hear sounds of dripping waterfall. Feel cold water on hands, feet, stones, carry in trays to wheelchairs, catch the falling water. Add anklung and make dripping water rhythms and songs.



**Lights** Shaft of light seen on floor. Add silver trays/mirrors, play with lights bouncing and shimmering round stretch wrap walls. Bring out coloured crystals and see them in the light, drop into and shake in trays, sort on mirrors



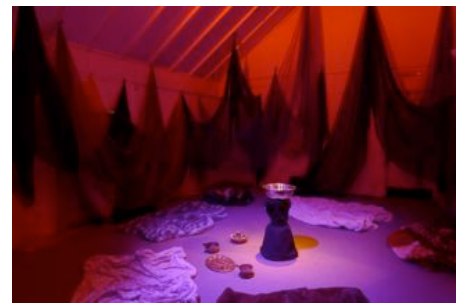
**Picnic** Bring out blankets and picnic and enjoy sharing together all sitting and chilling as group, while the waterfall drips and the wind howls around.

**Observations:** Surprised by willingness of all groups to stay in the 'misty' area, going round in circles, calling each other, finding people with torches - very playful! Cave looked amazing and waterfall added a good strong sound effect, many people exploring water - even tho' freezing cold! More than one light source would have been helpful in the 'shimmering light' section. Groups loved playing with the crystals - magical. Bakewell tart enjoyed by all.



## Peace Mountain

**Environment:** Maroon/brown voile mountains round space and cutting across Low End. Raised bowl in light, furs placed around, puppet with lit entry. Instruments - singing bowls, indian bells, gongs, little bells. Lavender, oils and star projection. Microphone with echo/reverb.



**Mountain trail** Crawl, roll, travel through mountains, calling, helping each other, getting lost, finding way, falling down, being helped by peers

**Valley** Find lit bowl and furs and settle down. Feel the textures on hands/feet, snuggle up and wait...

**Puppet** appears, is looking for something...finds bowl. Long, focused, watching section as puppet explores bowl, sounds, reflection etc. Begins 1-1 interactions with clients, encouraging them to play with him, while others watch/listen and enjoy the 'performance'.



**Sounds** Gradually introduce other sounds, starting with singing bowls. Very calm, quiet, listening time, taking turns, creating different sounds by playing instruments in different ways. Feel vibrations of instruments on fingers and toes. Add vocals and use echo on mic to create layers of reverberating sounds



**Chill** Bring out dried lavender and touch and smell. Lie down on furs together and watch the stars moving above you as gentle music plays all around.

**Observations** The mountain trail encouraged some good floor-based movement work which is unusual - many clients being wary of working at floor level. Focusing on and watching the puppet before encouraging interactions worked extremely well - encouraging watching/listening and total engagement (with all groups but one!). Following this there were some extremely intense and then very playful interactions. The carefully chosen mix of resonant instruments were fully explored and enjoyed by all at a gentle pace. Echo on microphone inspired lots of vocalising and listening by people, some of whom made sounds we have never heard before.





## Krypton

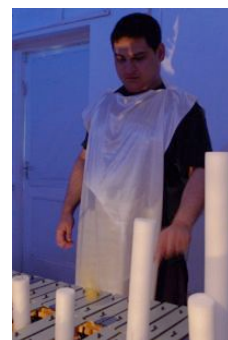
**Environment** White costumes. White piping columns, hanging chimes. White/silver/blue lammetta shakers and streamers. White voile columns, big mirrors. White 'sound console' - metallophones, big xylophone, icy sounds/instruments, drum pad machine. Ice pops



**Chimes** Enter space and begin playing chimes, one at a time. Hear different notes, resonance. See the chimes swing - develop movement and vocalisation.



**Console** Enter console room, see selves in mirrors, as shadows on wall. Play icy sounds, beginning with big xylophone and gradually introducing other 'icy' instruments. Listen to variety of sounds, build rhythms.



**Streamers** Add rah-rah and streamers, encourage movement and dance. Feel the shimmering lammetta tickle your fingers, arms and toes, see streamers flowing all around you, in and over mirrors

**Ice- Pops** Come together and share coloured ice-pops - feel the coldness on your hands/faces/feet. Taste them and enjoy before the ice melts and you head home.

**Observations** 'Chimes' are worked really well - sustained for a long time, playing with sounds. Sitters remained standing and moving about throughout this section - unusual. Console with its lighting and mirrors visually arresting. Clients immediately began to explore and play the sounds, usually with one leading on the big xylophone. Streamers and rah-rahs encouraged a lot of dancing/movement, particularly enhanced by use of mirrors. Ice pops good for tactile and taste properties.

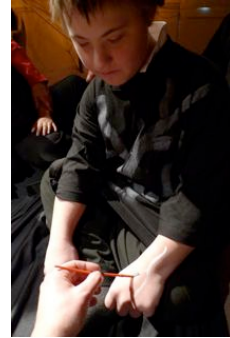
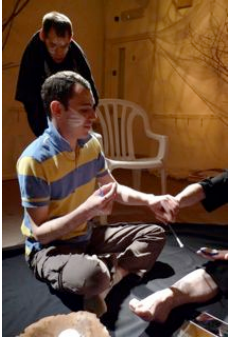


## Skeleton Forest

**Environment** Bare trees all round space and hanging. Black t-shirts with UV painted trees. White face paints and mirrors. Sticks, wood sounds, gatos, xylophones. White sheets on walls, white puppets, white stepping stones. Twiglets in woodbox.



**Trees** Explore forest and find white face paints. Draw branches on arms, legs, hands and faces. Lots of 1-1 interaction, feel the brushes tickle and glide, see the patterns appear on your skin. Be playful, fingerprint on mirrors, each other.



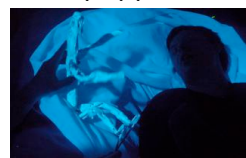
**Woods** Bring out the sticks and start light, playful rhythms, tapping sticks, walls, furniture, branches. Gradually add other sound qualities with the wood instruments. Enjoy exploring different sounds then unite group following clients' rhythms.

**UV** The forest is changing, there's magic afoot! As the lights dim, the trees on your t-shirts fluoresce and dancing puppets appear. Dance the puppets around the space, see them bob and fly, dance together

**Stepping Stones** Make and follow pathways around the space, hop and jump and leap over the moonstones... 'til they lead you to the stick man whose magic tree-box reveals 'twiglets' to taste and enjoy.... then follow the moonstones home.



**Observations** Visually arresting space, with branches everywhere - lifting vision. Face paint section enabled calm, playful 1-1 interactions, many clients who usually decline, allowing close contact and touch. Stick/woods musical section encouraged engagement by all - exploring variety of sounds/rhythms. UV section magical - transformed space. Puppets motivated movement and stepping stones facilitated travelling across the space in unusual ways, (particularly the youngsters). Good puppet interactions - one client who normally shies away from puppets took it on and facilitated it herself!





## The Cape

**Environment** Forest with leaves and exotic tissue flowers and petals. Butterflies on sticks. Big mirrors. Sparkly coloured face-paint, antennae, sparkly cloths. Mbiras, shimmers, dulcimer. Silk fans. Forest elephant video, congas, blanket and cocktails, elephant puppets.



**Butterflies** Find dancing butterflies among the leaves and explore the space. Paint swirling colours on faces and hands, put on antennae and sparkly cloths - you are becoming butterflies.

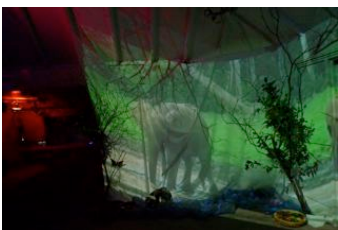
**Butterfly music** Play mbiras together creating light, airy music with shimmers and dulcimer joining in.



**Fans** Spread your wings and learn to fly as you dance around the space making colours flutter and spin, filling the space with movement, reflected in the big mirrors. Sing butterfly songs.



**Sunset** Butterflies come to rest as the sun goes down and forest elephants can be heard and seen through the trees as they come to the watering hole to drink and bathe. Settle down to watch as the congas gently drum out rhythms. Cocktails arrive. Enjoy 'Sundowners' before travelling home.



**Observations** Repeating face-paint was successful in that more clients were comfortable with the 1-1 activity and allowed close physical contact - reinforced. Dressing up was playful and fun. Silk fans beautiful and encouraged movement in whole space. Also motivated singing and dancing together. Elephants came as a surprise and focused attention - even with more disparate groups. Cocktails supported this 'coming together' as everyone likes a 'T-Break'. Elephant puppets fostered further 1-1 engagement and even the most 'fearful' young children responded to and even facilitated the puppets - a big step forward.

