

Reckless Sleepers

Schools workshops



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Sleepers**

Introduction

Reckless Sleepers is a group of Artists with specialisms in Theatre, Dance and Visual Art our workshop sessions are based on the expertise and experiences that is inherent within the company ranks.

It's Hot it's not is a company devised performance, created over a two year period that included residences in Italy, Belgium and the UK. The project was produced at the Unicorn Theatre in London presented in February & March 2018..

For 4 weeks we played around with the stuff and sounds of weather, water, wind, heat, using umbrellas, beach balls, Wellington boots, ping pong balls, buckets, watering cans and trees.

We started imitating each other accumulating movements and gestures that grow, like a storm, or a rolling snowball, increasing in size until it becomes something else (like a snowman).

In the theatre there is a big wall with 24 hatches, opening a hatch creates a sound, a bird singing, thunder, rain, wind, a dog barking, a cricket chirping, a fly buzzing...

Each of these sounds creates a response, a movement, such as trying to squat a fly, which grows to become a dance accompanied by a disco song...

The show doesn't present a traditional narrative - rather ideas about the weather and the seasons as a cyclical ongoing process. We create larger set images of the seasons moving from Spring to Summer into Autumn and Winter and back into Spring again.

Reviews about the show can be accessed though the company website as are images, video footage and visual story.

All of these elements (and more) contribute to the performance of It's Hot It's Not and inspire what we can provide as a workshop relating directly to the content of the performance itself.

In 2019 we were company in residence in Folkestone, and for 4 days we developed a workshop programme for children at 6 different schools.

Age range - the majority of the schools that we provided workshops for were pre-school and reception years. With groups of up to 30 children, we worked in playgrounds, school halls, classrooms the theatre studio and lobby.

Each session lasted between 30 / 45 minutes, was led and observed by 2 members of the company. Though this intense process we were able to try out some workshop games and work in different environments, it's an ongoing process but what's standard is that our workshops reflect our own creative practice (in that its fun to do). We use and adapt familiar games of exercises such as Grandma's footsteps as a base to create scenarios or tableaux to move from and into.





Content - Movement/Dance

Moving from the classroom to the workshop space, follow the leader.. Copying / Observing. Continues all the way to the workspace to sitting in a circle

Grandma's footsteps. (But you have to frozen) - Stillness / Visual imagery. Played a few times, if spotted have to melt, once all have melted describe the growth of a seed - flower - pollen - to larger group movement...

Making a group tableaux (trees in the wood) out of footsteps process leader moves through the wood, all group copy the shape of each individual. A sequence can be made.

Describing the weather - Movement in response to descriptions as introduced above but moving to follow a description of other weather, descriptions from leader. Sounds introduced.

Responding to sounds (as we do) - Squatting fly - Hot potato - disco movement. Can go into follow the leader accompanied by show sounds.

Musical statues or freestyle silly dancing - music from the show is used. Combination of previous exercises, but stopping and starting.

Volume control. (Leader moves up down to control the level of sound/ movement). Children can now make sounds, starts with the same, but can all have different sounds, leader becomes a conductor.

Hunt the thimble (or in our case apple) played a few times straight, calling out hot, warmer, boiling....cold, freezing...can become movement based - shivering for cold...fanning for hot...

Feedback session (quiet time and reflection) all asked to show a moment of what they have presented, all asked to comment on what this might be. Single drawing produced.

Moving from the workshop space to the classroom (quietly) a much quieter version of the first walk.

Materials - Portable music player, show props, pencils and paper.

Content Visual Art.

For those sessions restricted to a classroom environment we would be able to lead a drawing session, again led by one of the company and observed / facilitated by another. These sessions would follow a similar structure to the movement session outlined above rather than moving around the children are asked to produce drawings as a response. i.e. draw something about the weather (umbrellas, clouds, the sun...)

Sharing a drawing. Drawings are passed along to create a shared drawing / scenario.

Pass the parcel. Adaptation of the classic game - each layer is an image from the weather. These layers are then placed on a larger sheet or wall - Hot / Cold or Summer / Winter.

Drawing in the right place - A sheet of paper is divided with seasonal headings or temperature, children are asked to make a drawing in the place where they think it might fit.

Post it flowers / leaf drawn and then placed onto a larger sheet / wall.

Post it tree - Green, yellow, orange, red,

Playground painting.

Simple mark making with buckets of water and larger paintbrushes - an objects shadow is used as a template children paint around of fill the shadow.

Of course on a nice sunny day these drawings evaporate.

Window drawings.

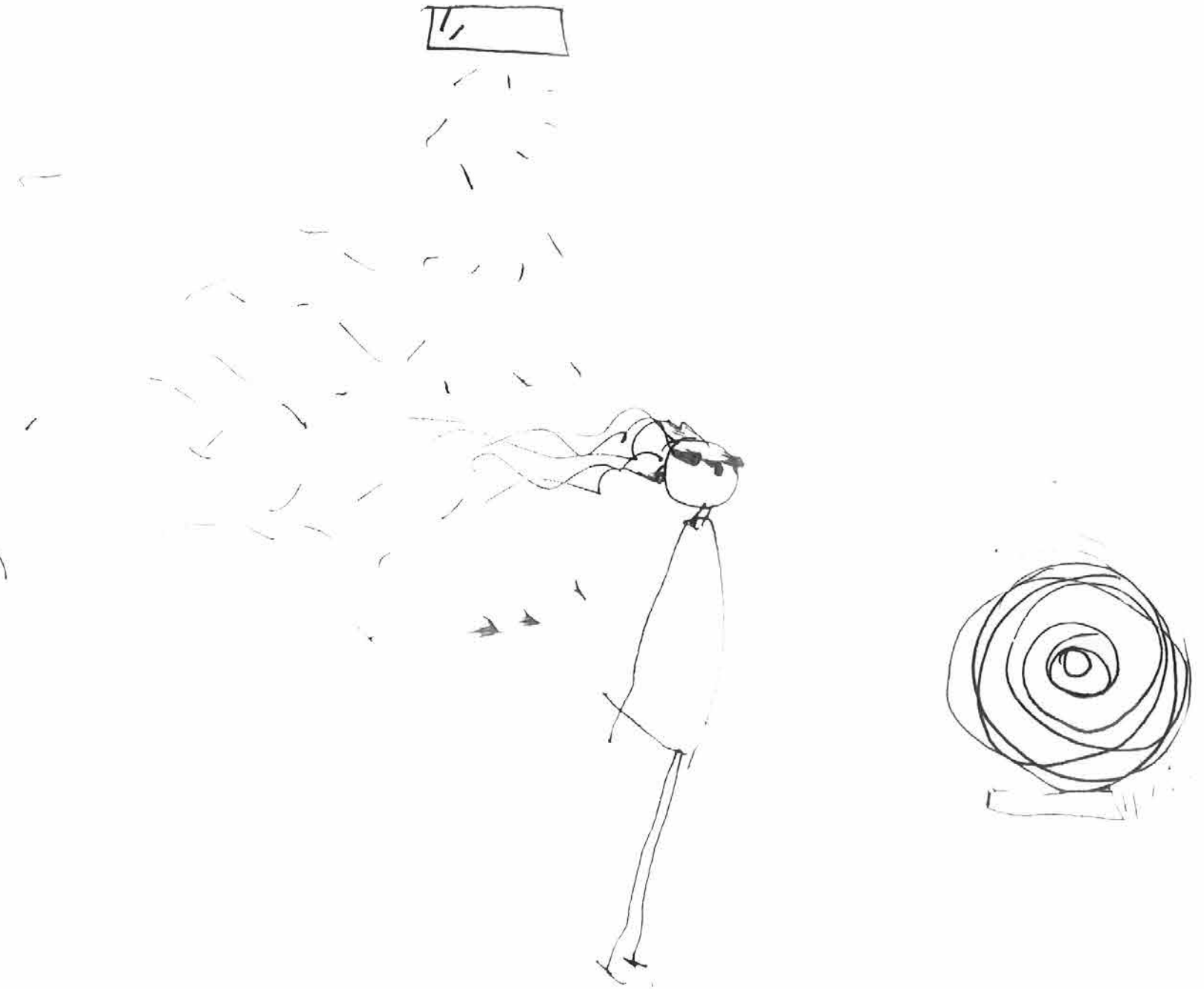
An image (from a book or magazine) is placed on a window a piece of paper is placed on top and drawing / tracings are made.

Larger collage.

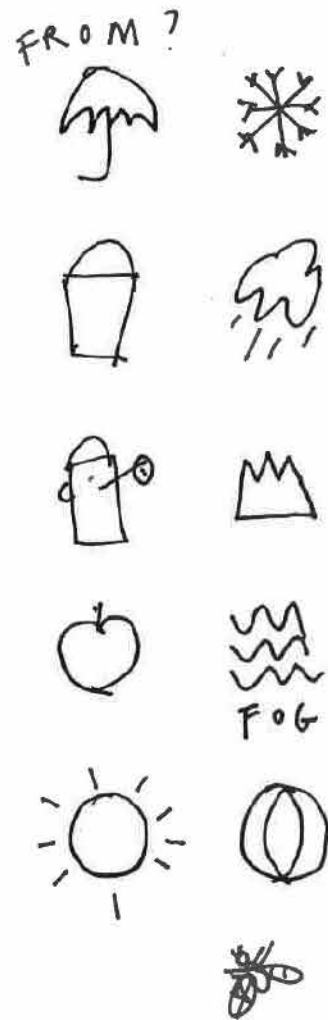
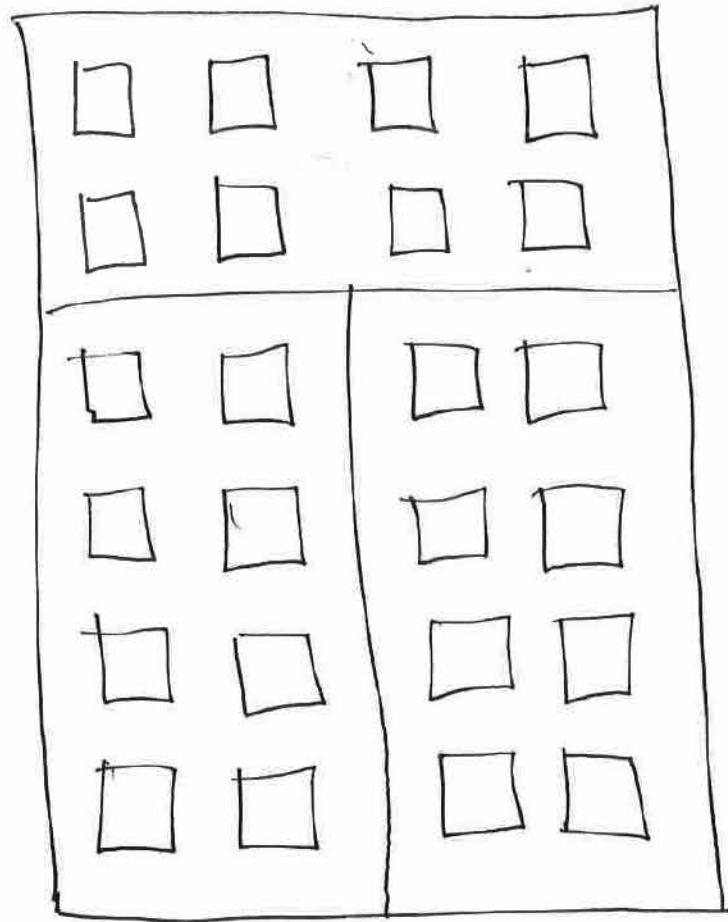
Towards the end of a session drawings can be placed, stuck onto a larger piece of paper.

Words and headings of the seasons of course can also be used.

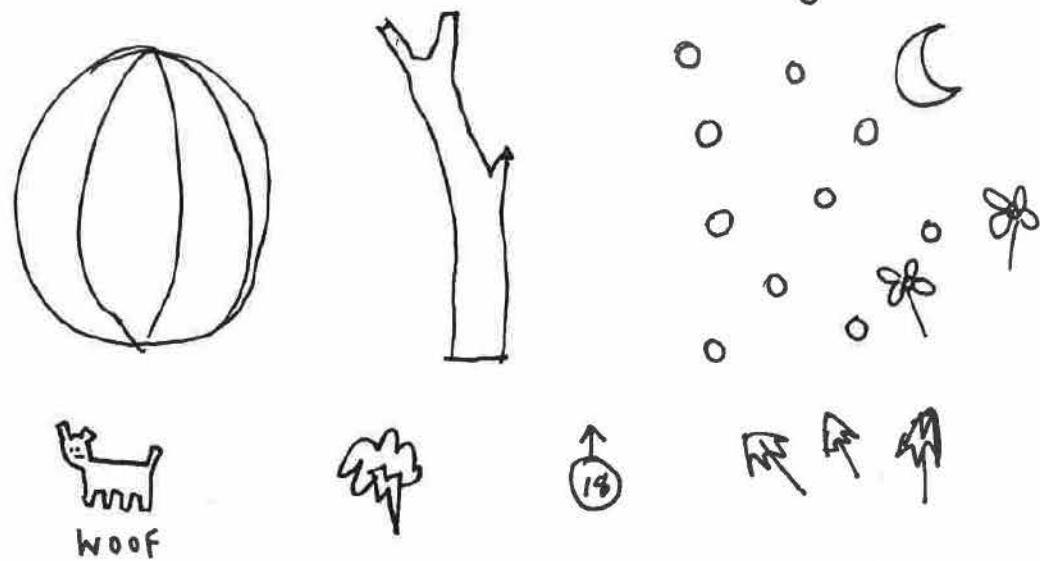
Materials - Paper, pencils, scissors, post it notes, glue sticks / tape and show props.



ITS HOT ITS NOT CAN YOU
REMEMBER WHERE THE SOUNDS CAME
FROM?



YOU CAN COLOUR THIS IN TOO



WIND RAIN DOG FOG HOT SNOW GOLD
PUDDLE APPLE SUN FLOWER

www.reckless-sleepers.eu

Post show meet the company / activities.

In 2018 we presented It's hot It's not at the Unicorn Theatre with a run of 40 performances, the majority of those were attended by school groups. After each performance the company performers were able to meet the groups who were happy and excited to see us (for real) and share their thoughts about what they had just seen.

We created a simple colouring worksheet (attached) for everyone to take home / back to school.

Although always informal (at the Unicorn) and not compulsory for the company, it became an important element of the overall experience of going to the theatre. And an integral part of the experience of going to see the show.

Post show visits can be also be arranged as a follow up or unique session, where it is possible to lead slightly more complex ideas and games that directly refer to the movement vocabulary of the show.

[Visual story](#)

[Images](#)

[Video](#)

[Reviews](#)

[Resources](#)

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