

Hats

Take this sheet into the workshop as a useful reminder of the aims and activities

ACTIVITY	ACTIONS	NOTES
Exploring hats	<ul style="list-style-type: none"> • Start by feeling the hat, exploring the material it's made from before placing it on the head • Encourage people to tip their hat to neighbour. Try tipping the hat on and off to different people across the circle 	Making connections across the circle
Exploring hats	<p>Try balancing the hat on different parts of the body:</p> <ul style="list-style-type: none"> • elbow • knee • fist • shoulder 	Improves concentration, focus and balancing skills
Making it easier - working with a partner	<ul style="list-style-type: none"> • Working with a partner, place a hand on the rim of each other's hat • On the count of three each person removes their partner's hat and places it on their own head. Repeat this action 	Making connections with a partner and improving timing and coordination
Making it easier - working with the group	<ul style="list-style-type: none"> • Add other people to the circle and continue to pass the hats around • If someone is finding it difficult to move their hat, another person can move their own hat as well as their partner's hat 	<p>Group activity encourages interaction and ensures that everyone can have a go regardless of mobility levels</p> <p>Also great for working 1-1</p>
Let's make it more challenging	<p>Try this basic hat tumble</p> <ul style="list-style-type: none"> • Hold the rim of the hat in one hand and stretch out your arm so the top of the hat faces away from you • Flick your wrist so the top of the hat turns over and rests on your inner forearm • Fold your elbow whilst lifting up your arm and finally place the hat on your head. 	The hat tumble can be done slowly or quickly depending on your mobility
Let's make it more challenging	<ul style="list-style-type: none"> • Reverse the order of the basic hat tumble, but remember that you start by reaching over your head to grasp the rim of the hat from the back before unfolding to your elbow and flicking out to your wrist. 	Hats can be used for many tricks - see what moves you can come up with!

