

HOMEMADE CIRCUS

SAMPLE WORKSHOP PLAN

UPSWING

Length of workshop: 45 - 60 mins of workshop activity without a break

Theme: (if you choose to have one) i.e going to the beach,

Aim: Participants to try at least 2 different Circus skills with equipment. Provide gentle warm up and cool down to look after bodies and minds.

Objective: Through sensory props and taught skills, encourage exploration of equipment, connection, socialisation and play in the group

Welcome and Warm up Activities

Activity	Suggested Music Track	Detail	Duration
Preparation	Play a selection of upbeat music at a low volume as participants are gathering	<ul style="list-style-type: none"> Clear space and set up chairs Put up any decorations Check your music set up is working 	15 mins
Gentle start - Welcome, Hello	<i>Come Lemon Jelly</i>	<ul style="list-style-type: none"> Gently welcome participants and encourage them to take a seat in the circle of chairs Take a register or ensure that you are familiar with everyone's names. Re-introduce yourself if needed Ask participants about their interests & music tastes whilst people are coming into the session <p>Example activity: throwing beach balls around the circle</p>	10 mins
Introduction and pass the bunting	<i>Je te Laisserai Des Mots - Patrick Watson</i>	<ul style="list-style-type: none"> Encourage participants to use their dexterity and connect with others whilst passing around a long chain of bunting that connects everyone. Get playful and make eye contact where possible 	5-10 mins
Warm up	<i>How do you like your eggs in the morning - Dean Martin</i>	<ul style="list-style-type: none"> Chair based warm-up to prepare for activities <p>Example activity: Use music to gently introduce a 'copy me' seated warmup to stretch the body</p>	5-10 mins



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Main Session Activities

Activity	Suggested Music Track	Detail	Duration
Activity 1	<i>Betty</i> - Degiheugi	<p>Teach ONE of the skills, for example</p> <ul style="list-style-type: none"> Juggling Balls Coloured Scarves Peacock Feathers 	10 mins
Improvise with the piece of equipment	<i>You Sexy Thing</i> - Hot Chocolate	<ul style="list-style-type: none"> Lead a dance-like sequence using the equipment and encourage participants to respond to the music track <p>OR</p> <ul style="list-style-type: none"> Encourage participants to connect in partners across the circle - staff can support them to pass or throw equipment, or to greet each other or wave 	5-10 mins
Activity 2	<i>Prickly Pear</i> - Portico Quartet	<p>Teach a second of the Circus skills, for example</p> <ul style="list-style-type: none"> Hats Flower Sticks 	10 mins
Parachute	<i>Married Life</i> - Michael Giacchino	<ul style="list-style-type: none"> Stretch the parachute across the circle and encourage each participant to hold one section. Raise and lower the parachute whilst participants greet each other under and over the parachute as it moves up and down. Consider adding beach balls or juggling balls to roll across the surface of the parachute You can encourage the group to work as a team to move the ball to each coloured section of the parachute. This activity encourages communication and team work 	5 -10 mins
Cool Down - calming down the atmosphere in the room and preparing participants for the end of the session	<i>Over the Rainbow</i> Israel Kamakawiwo'ole	<ul style="list-style-type: none"> Gentle stretching whilst seated You can do this either in partners or with one facilitator leading the warm up and encouraging people to copy their movements Check-in with how everyone is feeling 	5 mins

