

# Exploring how theatre can help develop children's personal, social and emotional behaviour

## with Nathan Curry Co-Artistic Director, Tangled Feet

### The Tangled Feet process:

**Originality:** Devising is central to Tangled Feet. Playing games, coming up with ideas, improvising, physical improvisation, images and finding interesting ways to tell a story are all key. We try out lots of different ideas without being precious over them and then through experimentation, discussion and refinement mould them into a narrative. We often respond to themes so the work can respond down a broad set of avenues.

**Authoring:** Whose story are we telling and how do we best represent that? Is it our story to tell? Through devising we author our own and others stories. We aim for our work to be meaningful to the people who watch it and the people who make it. The actor as creator is key – part of making a Tangled Feet show is telling your story but it's about bringing your story/experience of the world to meet the themes/characters of the piece. The show is in the middle.

**Ensemble:** The group is vital. We believe in a long-term collaboration and a shared rehearsal and performance history. We do lots of group activities, warm ups, complicate exercises to bond the group. There is a power in the collective voice, act and creation.

### The Workshop Aims:

- To share some great games and exercises for inspiring theatre and unleashing the imaginations.
- To share ways to get children moving and using their bodies
- To create a group identity and encourage working together
- To discuss how theatre can be used to discuss empathy, resilience and teamwork (in reference to **Need A Little Help**)
- To create and share exercises that unlock Early Years Goals, specifically:
  - 1) Personal, Social and Emotional Development
  - 2) Communication and Language
  - 3) Physicality
  - 4) Understanding world
  - 5) Expressive Arts

## **The Workshop Exercises**

### **Getting to know each other**

Exercise – Name in bucket

Exercise – Bing Bong Name

Exercise - Balancing the space

Exercise – Partners A) B) C)

### **Warming up imaginations**

Exercise – What's in the Box? *What do you do with it? Use a world to explore (EG: Kitchen)*

Exercise – Packing a bag for a... Where could we be going? Packing for a journey/visiting someone who is ill (*Use the game to unlock a theme or narrative*)

Exercise– Using music, describing what you think about/make you feel.

*Where does music take your imagination and how can music be used to create a world to explore?*

Exercise- Mirroring, add physical activity, add music

*Explore characters and places (use of morning routine from Need A Little Help as guide)*

Exercise- Using text- “These are the hands”. Building from a phrase from Need A Little Help

### **Applying it to themes**

Exercise - Space: Different environments (rain, heat, swamp, forest) – *addition of themes- where else can we be?*

Exercise – 3 uses of a pan in a morning routine (*creative play*)

Exercises – Pillow image – someone who is sad/ how do they feel? *Why would someone need a pillow?*

Exercise – Using the long silver arm to get stuck/someone who is ill

(Opening up to talk about disability, mental health, how do you feel when you are ill?)

### **Evaluation**

Exercise – wool to make spiders web