



After School Clown Club

Days and Times:

Tuesdays 3:30-4:45pm (Lower School)

Thursday 3:30-4:45pm (Middle School)

Duration: 5 weeks, starting on week commencing 24th April

Main Aims:

Deliver activities for children of three different age groups (2-5 / 5-8 / 9-11 year olds) to give the children the opportunity to learn and create through clown techniques and play.

Through different games and exercises creativity will be developed, not only individually but also collectively in a group. Objects and costumes selected by the children will help in the development of each child. It will be a safe environment where each child will discover their clown within. There will be an opportunity to share what they have learnt on the last session.

What is Clowning?

For me clowning is when I can be, understand and believe in myself, when I am truthful to my personality, where I can communicate easily to express how I feel. I have courage and feel stronger to do anything because for what humans call mistakes and failures, the clown calls play. It is through playing that learning happens and strength originates. I see things less seriously.

What is Play?

Play is any voluntary spontaneous action and experience that an individual can have; it's anything I do that feels good, enjoyable. Play opens my creativity, because it is perhaps only in playing that I let go of judgements, where I am free to do whatever I want. I create things I wouldn't create elsewhere...The longer you play the stronger creativity will be...My question was "How can I take all this into the outside world and

still be able to let go of judgements? "...I kept working and realised that the workshop and the world are the same.

Number of participants:

Minimum 5, maximum 30.

Materials: to be provided by the venue

Sound system for music, a screen or something to be used as a "stage wing" so the children can hide behind it.

Materials asked to Child:

Comfortable clothes to play and move around. Clothes, shoes and hats to help with the development of each clown persona. Objects (any object that won't break and can be used by all of the children). A ball (of any size)

The teacher will be bringing all of the above in case some children cannot bring their own.

Methodology: 30 minutes to start, introduce activities and warm up games, 30 minutes to develop activities. 15 min cool down and collection by parents.

Activities: (note: exercise and games may vary according to each group's needs.)

Week 1. Freeing the inner clown

Aim: get to know each other, build self-confidence and acceptance, free the play, and learn the 5 basic clown energies.

- Presentation of child and teacher
- Name games
- Warm up into play games
- Introduction to the Red Nose

- Exploring the 5 basic clown energies
- Cool down exercises

Week 2. Different ways of communicating

Aim: find different ways to communicate (body language, gobbledygook - nonsense language)

- Register
- Warm up into play games
- In pairs: one is the voice, the other the body
- Gobbledygook language
- Cool down exercises

Week 3. Discovering objects and their usages

Aim: find different usages of a single object, freeing mind and body and letting spontaneity emerge.

- Register
- Warm up into play object games
- Yes/No game – yes: saying yes to all suggestions of the partner and playing with it. – no: saying no to all suggestions of the partner whilst still having fun and playing with it.
- Detective and assistant game: discovering what happened in the room through stories/meanings each object brings. Re-doing the scene once slow motion, once super-fast.
- Cool down exercises

Week 4. Clown name and finding the clown costume

Aim: finding the inner clown name and its costume.

- Register

- Warm up into play games
- Presenting the friend and its quality
- Catwalk – a costume parade to feel the power of the costume!
- Cool down exercises

Week 5. Presentation

Aim: share with family members what they have learnt through a very informal performance.

- Register
- Warm up
- Approx. 30min Presentation
- Cool down

About the teacher:

I am originally from Brazil, where my studies in theatre, Brazilian dance and clowning started. I came to the UK to further my studies in the art of clowning where I trained with Nose to Nose, Tamala, Franki Anderson, The Original Spinners and Gerry Flanagan. Formal training in contemporary circus and physical theatre was undertaken at Circomedia and I studied alternative therapies elsewhere, which includes Co-Counselling, Dramatherapy and Voice Dialogue (applies to the theory of psychiatry of selves). I currently give workshops, perform and take part in other projects, as well as undertaking a BSc degree in Psychology with Counselling. I am constantly working towards combining the art of clowning with the art of therapy.

For more information please email Bianca on biancabertalot@gmail.com or visit www.biancabertalot.com (under redevelopment sorry!)

Twitter: @BiancaBertalot

Facebook: Bianca Bertalot – sharing experiences

