

ONLINE STORYTELLING WORKSHOP

Dear carers and anyone working in care, thank you for all that you are doing! You are amazing and such troopers.

This workshop is set out to offer 30 – 60 minutes of creative stimulation for those that you're caring for. It is set out to be done as a group however I am fully aware that some of you have social distancing in place within the care centre. If this is the case, the activity can still be carried out individually.

The aim of this first workshop is to find out the interests of those that you caring for, in particular what kind of entertainment they like and the specifics of that entertainment. Films, plays, songs, art work, books, poems...

We will ask you to take note of these interests and send a list over to us so our team of professional actors, musicians, playwrights, artists can turn these into recorded forms of entertainment to send back to your participants.

What you need

- Phone/computer with Spotify/Apple Music (no essential if you cant get hold of this)
- Large piece of paper stuck on wall everyone can see or flip chart/large markers
- Any percussion instruments you may have handy
- Any bits of costume, hats/scarfs/sunglasses items that are easy to put on

Warm up exercise

Actions to a song.

Chose a familiar song that you know your residents know

Play the song (If you don't have an online music streaming app, chose a song that you have and can play on any music device.

Play the song and to the beat of the music initiate **FOUR** actions for the group to follow.

Demonstrate the actions one at a time for the group until you're sure they follow and then put all actions together and repeat until the song comes to an end. This is really good for daily exercise too. It can be done sitting or standing if people are more mobile.

Main exercise

Make sure you have your piece of paper on the wall.

Where would you go for entertainment?

In a circle have a group discussion on where the group would go out to for entertainment. Ask the question to each participant and write his or her answers down on the paper.

Ask questions like:

Do you like theatre? Films? Poetry? Stories? Art?

For example: If they like going to the movies, ask what film they like. If the title of the film is hard for them to remember, ask questions related to the visual and emotional context of the film.

What were the people/characters in the film doing?

Were they in love?

Was it in a warm place? Was it sunny?

The same with theatre and song, if Tom says '*I watched a Midsummer Night's Dream*' ask the rest of the group '*does anyone else know that play?*' and further questions into the topic to find out more. Ask '*what other plays do people like?*' any other Shakespeare's? Musical's?

When Songs are discussed play the songs for them and encourage the group to join in song, play with the percussion instruments or dance (mobility dependant/but can always dance from chair).

Follow their answers on with more questions e.g:

Do you like to dance?

What music do you like to dance to? Fast or slow music?

Which musicians do you like?

Where would you go to dance? Who would you dance with?

What is the mood of the film? Is it happy? Sad? Love story?

Who are the characters?

What season is it in the film?

Do the characters sing? What are the characters like?

What colours is the painting?

What's the poem about?

Keep writing answers up on the paper.

Link answers between members of the group, e.g.

If Tom says

'I like ballroom dancing' ask '*where would you go to dance*' and Tom replies

'at the local dance hall on a Friday night' ask the rest of the group '*did anyone else ballroom*

dance at the dance hall on a Friday night' – find links between members of the group, there will be some!

You should then have lists of music, songs, poetry etc that your group like.

What's next?

Make a list of songs, films, stories, theatre shows and absolutely anything else that came up and our team will do our best to send you back some entertainment related to your answers to inspire the next workshop!

Video your workshop if you can too, we can use this for reference or if you grant permission can share our collaboration work.

**Send your lists and any other information to
laura@thedotcollective.com**