



Using the Greek myth of Atlas as inspiration, with the image of him holding the heavens on his shoulders, these workshops will introduce the students to physical theatre techniques that relate to the story and movement used by Oddly Moving in their new touring show ATLAS. This will include fun games and elements of the circus discipline acro-balance, with participants learning how to safely balance and lift each other. We will encourage learning, creativity and resilience, whilst also developing a strong group dynamic through listening and trust building exercises. This is a very physical workshop with exercises relatable to sports activities as well as a theatre environment.

Workshop themes;

- Relationships
- Responsibilities
- Emotional health
- Empathy

Skills Developed;

- Communication
- Confidence
- Building Trust
- Resilience

This workshop is for;

KS3, KS4, KS5, sixth form colleges, universities, & 16 – 26yrs youth groups.

Physical Theatre;

Warm-up and Movement Technique: Grounding exercises to build up heat and connect to the body that lead to more dynamic releasing movement. Teaching the participants simple movements they can recreate at home and playing high energy games to raise the heartrate. Encouraging the participants to tune into their own bodies, developing proprioception and using physical activity to improve emotional health.

Mirroring & Trust Building Games: Creating a feeling of connection between everyone in the group through games that focus on awareness of others around them, as well as exercises in pairs that build observation and intuition skills.

Weight bearing: Exercises to support someone else's weight and lift safely in pairs and groups, drawing on circus style acro-balance technique and dance lifts. Encouraging the participants to take risks and build resilience and trust through the learning process.



Timings;

This workshop takes 1.5/2* hours and requires a large space and gym mats.

**Adaptable to suit your timetable*

Who are we;

The workshops have been designed by Oddly Moving's Artistic Director Grania Pickard, with input from Off The Record's Resilience Lab programme (www.otrbristol.org.uk). Grania has extensive experience of delivering workshops to young people across the U.K. and in particular in working with young people with learning and behavioural difficulties.

The workshops are led by 2 Oddly Moving workshop leaders, all of whom have extensive experience and have received specific training for this workshop by Grania. Where possible workshops will be led by Grania, Linn & Helena who are performing in the touring show of ATLAS.

These workshops are supported by Turtle Key Arts who have over 30 years experience delivering workshops for young people (www.turtlekeyarts.org.uk).

If you require any further information or would like to discuss workshops options please do not hesitate to contact us.

Contact details;

For bookings and more information about workshop content please contact: Grania Pickard at Oddly Moving, oddlymovingcircus@gmail.com, 07816 504398.