

# Bunting

Take this sheet into the workshop as a useful reminder of the aims and activities

ACTIVITY	ACTIONS	NOTES
<b>Exploring bunting</b>	<ul style="list-style-type: none"> <li>Select a calming music track to create the mood</li> <li>Once everyone is seated in a circle, start passing one end of the bunting around the circle until the end comes back to you</li> </ul>	A great way to start your circus session. Encourage people to pass the bunting to their neighbour in one direction around the circle
<b>Exploring bunting</b>	<ul style="list-style-type: none"> <li>Encourage people to explore the bunting through touch.</li> <li>Run the bunting through the fingers and feel the texture of the flags and the string</li> </ul>	This activity is all about building connections between the group, so encourage people to make eye contact across the circle
<b>Making it easier - working with the group</b>	<ul style="list-style-type: none"> <li>If people need support with passing the bunting, place yourself or another staff member strategically between people so you can support them with the movement</li> </ul>	Encourage eye contact Take your time with this task and listen to the music
<b>Making it easier - working with the group</b>	<ul style="list-style-type: none"> <li>If people are reluctant or unable to hold the bunting it's ok to pass the bunting in front of them, but make sure you include them in the activity through eye contact</li> <li>Gently remind people to grip and release the bunting as they pass it to aid dexterity</li> </ul>	Great for getting the fingers moving as you begin the circus session
<b>Let's make it more challenging</b>	<p>Add some movement and develop connections as a group</p> <ul style="list-style-type: none"> <li>Lifting and lowering the bunting</li> <li>Blowing the flags away from you</li> <li>Be playful and pretend to hide behind the flags or wear a flag on your head</li> </ul>	Encourage people to wave at each other across the circle, above or below the string of bunting
<b>Let's make it more challenging</b>	<ul style="list-style-type: none"> <li>Create a Mexican wave around the circle. Change direction!</li> <li>Encourage the group to shake the bunting and come to a sudden stop. Then repeat.</li> <li>Once the activity has come to a natural end or your music track is finished, begin to collect the bunting from each person, one by one, thanking them with a smile.</li> </ul>	Repeat these movements to encourage the group to focus and work together

