



Second Hand Dance Present Getting Dressed

Learning Pack



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Introduction

This pack is designed for parents, carers and teachers who bring their children to see a performance of *Getting Dressed*, by Second Hand Dance. The activities in this pack are created to enrich and extend the experience of a theatre visit, by exploring ideas and themes in the performance through movement-play, art & design, citizenship and ethical fashion.

About the company

Established in 2013, Second Hand Dance make highly visual dance performances in collaboration with dancers, visual artists and the public. The company produces and performs joyful, inspirational and engaging shows for both children and adults alike, all of which are centred on the audience experience. Our creative purpose is to develop high-quality work that is socially engaged, subtly participatory and innovative, allowing us to adapt our performance formats for presentations in theatres, galleries, libraries and outdoor spaces.

Artistic Director, Rosie Heafford, is a performance maker and choreographer, who graduated from Trinity Laban, London. She is interested in the celebratory aspect of performance. In 2016, Rosie was shortlisted for the Arts Foundation Award for Children's Theatre. Second Hand Dance is a Dream Artist with Pavillion Dance South West and tours extensively throughout Europe and internationally.

Contact

General enquiries: hello@secondhanddance.co.uk

Website: <https://www.secondhanddance.co.uk>

About the show

Dive into a dancing world of colour and clothes...

Getting Dressed delves into the movement and humour of clothes; how you put them on, take them off, share them and express yourself, your identity, your gender... And, get stuck in them.

Getting Dressed by yourself is a huge milestone as a child; it shows independence, technical capability, maturity and the identity we choose to present to the wider world. Made for 4–7 year olds and their families, *Getting Dressed* subtly challenges the conventions, peer pressures and popular culture influences that children encounter when starting school.

We hope you enjoy the show!

The Reviews Hub ☆☆☆☆

"Anyone who had a dressing up box as a child will know the feeling of pleasure to be gained from putting on ridiculously oversized clothes and just mucking about. It's that feeling of joyous playfulness that is at the heart of Second Hand Dance's family show. There is a pleasing sense of freedom from gender stereotype here, the adult dancers picking whatever items give them the biggest sense of fun. Tweed skirts on men, boxer shorts on women – it is the childish glee that matters here."

Credits

Director and Choreographer: Rosie Heafford

Performers: Keir Patrick, Darragh Butterworth & Ellen Slatkin

Set and Costume Design: Verity Quinn

Lighting Design: Ben Pacey

Musical Composition: James Marples and Amir Schoenfeld

Dramaturge: Lou Cope

Executive Producer: Claire Summerfield

Getting Dressed is commissioned by Gulbenkian, University of Kent.

Co-commissioned by Sadler's Wells London and Pavillion Dance South West.

Made in association with Nottingham Lakeside Arts, DanceEast, The Point, Southbank Centre and South East Dance.

Image Credits: Lydia Crisafulli

Activities



Movement Play



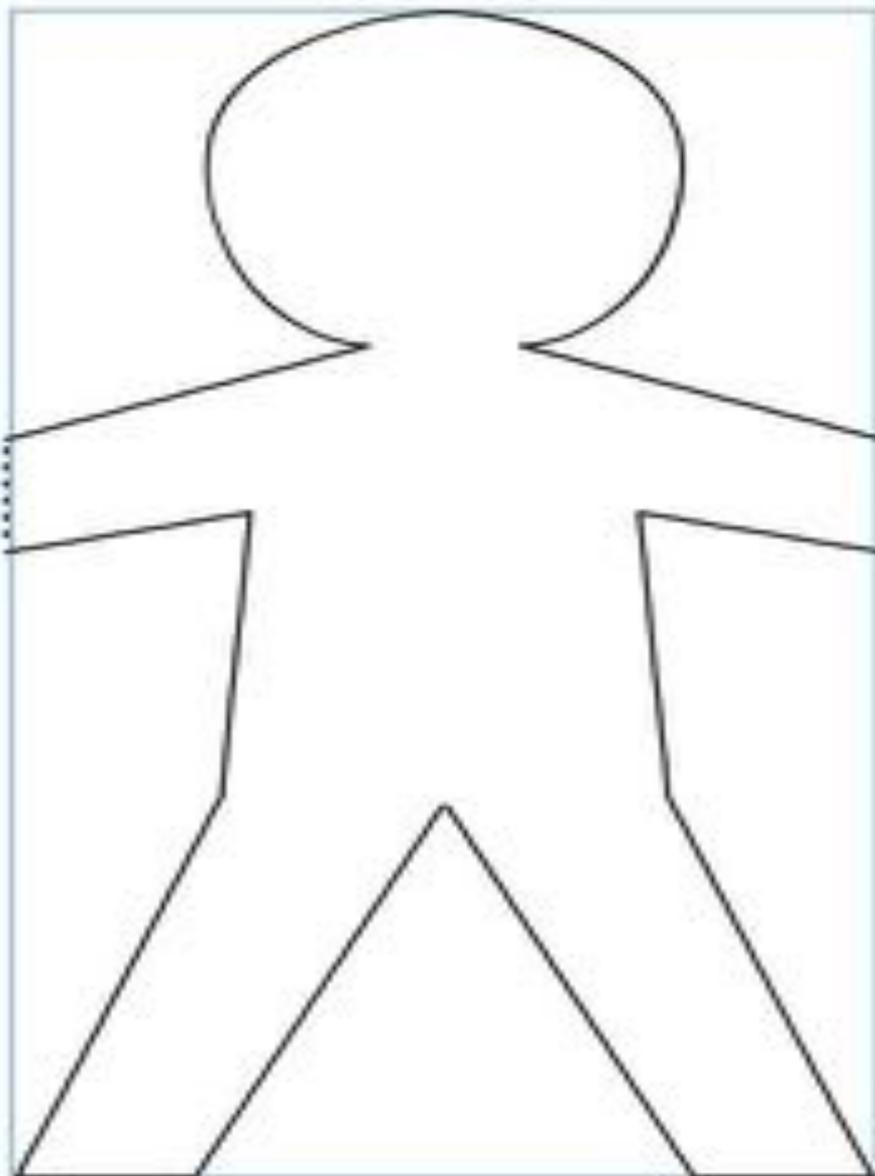
- 1.** In the show, the dancers wear clothes in funny ways such as pants on arms and jackets on legs. Can you make dance as if your arms are legs and your legs are arms? What is it like to walk with your hands, dance with your arms and reach out with your legs?
- 2.** Can you mime getting dressed and ask your grown ups or friends to guess where you are going today? Is it to school or the swimming pool, the beach or the park?
- 3.** How many ways can you wear a scarf - on your head, as a dress, a toga or shorts?
- 4.** Find an item of clothing with sequins or sparkles and a torch. Then, go to your bedroom and make it as dark as you can. Ask a friend to hold the torch while you dance and watch the sparkles move.
- 5.** How many ways can you get into a piece of clothing? For example, if it's pants, can you sit on the floor, stand up, lie down, or jump into them?
- 6.** Now for some folding. Can you make a short dance about folding your body parts inwards into a neatly wrapped bundle, then expand outwards and unfold your body again? Think about all the articulations, creases and folds of the body such as fingers joints, hand, wrist, elbow, shoulder etc. When you unfold see how wide you can grow into the space.

7. In the making of the show, we discussed our memories of favourite clothes or costumes as children – was it a treasured dress, a national costume, a super-hero outfit, wearing our parents shoes, or something we created by putting layers of items together? Can you make up your own dance to a memory of getting dressed in your favourite clothes and how that makes you feel?

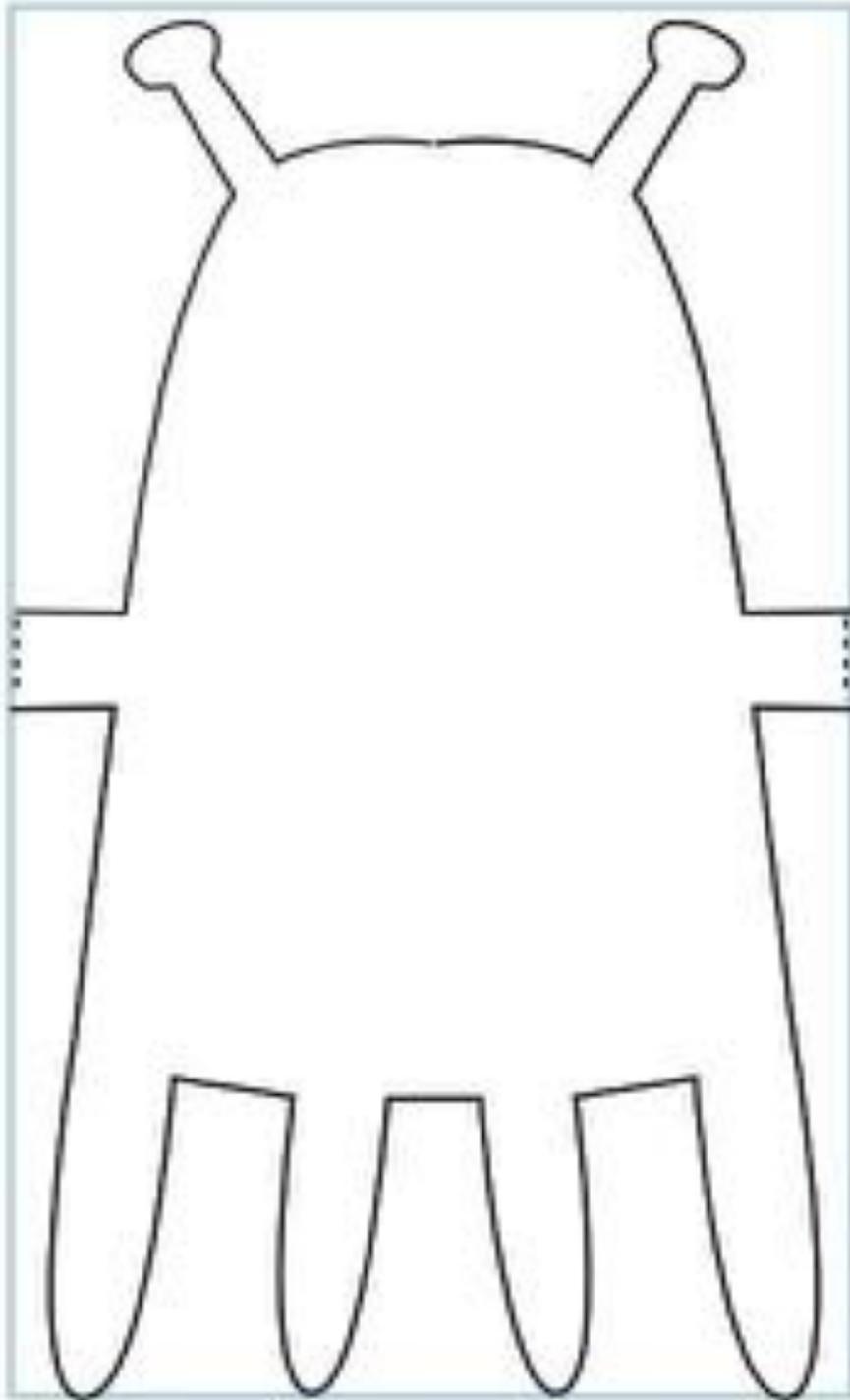
8. Getting in a tangle is fun! In a group, can you hold hands to make a long line? What happens if you slowly start to weave under arms and get in a tangle? Now for the tricky part – can you unwind the tangle and find your long line again?

Art and Design

1. Can you design an outfit for this paper doll? Be as imaginative as you like!



2. Can you design a clothes monster or even draw your own?



3. Trashion Show

Things you will need: have a good rummage around at home for old magazines, newspapers, paper/plastic cups, crisp packets, jar lids, foil wrappers. These throw away items are easy to combine and 'upcycle' with a little bit of creative magic. Model the designs in your own Trashion Show, it's fun and stylish!



4. Recycled Sock Puppets

Recycled sock puppets are a great way to use old socks, they're easy to make and fun to play with. A few basic craft items are all you need - glue, fabric paint, pipe-cleaners, buttons and poms poms - to bring to life your favourite animals like Mr Giraffe or the Socktopus!



Games

Getting Dressed is a lot of fun! We would like to share some games with you...

1. The Hat Skimming Game

Things you will need: A medium/large cardboard box and as many hats as you can find - sun hats, flat caps, fancy hats. Remember to ask your parents first!

Place the box a few metres away from you. Take it in turns to skim the hats into the box. The person who gets the most hats in the box is the winner.

2. Speed Dressing

In the show we have a game to see who can get dressed the quickest. You can do this with a friend or ask your grown up to time you.

3. Silly Dressing

Can you gather five items of clothing but wear them in an unusual way? For example, wear your pants as a scarf, a t-shirt as a hat, or a scarf as a top?

4. Stepping Into Someone's Shoes

Children love to try on shoes. Remember to ask your grown up first but could you try on their big shoes? Can you wear someone else's shoes and imagine what it must be like to be them?



Fascinating Facts

This page offers discussion points about clothes and sustainability, for children aged 6 years plus.

1. Clothing has become cheaper and cheaper over the last 30 years, however this comes at cost to the environment. Billions of pounds of clothes and at least 300 million pairs of shoes are thrown away each year in America alone.

Action! Could you donate your clothes to a charity shop, arrange a clothes swap with friends or refresh an item by adding funky buttons or patches? Learn how to fix your clothes and opt to recycle.

2. It takes around 1,800 gallons of water to produce the cotton to make a pair of jeans and 400 gallons to make a cotton t-shirt.

Action! Buy a few favourite items, rather than lots of clothes and be sure to pass them on once you have grown taller. Look out for fabrics that are more environmentally friendly such as organic cotton, linen, bamboo and hemp. What are your clothes made of?

3. Over 90 percent of clothing and shoes are made overseas, often in rural or poor areas. This means that people may have to work very long hours and receive little pay.

Action! Find your five favourite pieces of clothing and check the labels to see what shops and which countries they came from. Could you buy clothes that are made in your own country to help save the environment?

4. Your clothes can often travel thousands of miles around the world before they arrive at the high-street or internet shop. This adds greatly to the 'carbon footprint' of your garment and so further pollutes our world.

Action! Using a World Map poster, some coloured pins and thread, put a pin into your country and follow the global journey of your clothing.

