

TRACT + TOUCH

What are the Wig Show Workouts?

The Wig Show Workouts are short videos made for children to explore identity, self-expression and difference. They encourage children to use their voices, their bodies and their environment to change who they can be and how they can relate to other people.

Based on a live performance for children, *Wig Show*, the workouts have been specially designed to encourage expression, play and mental wellbeing for children during lockdown learning.

Who are they for?

Children aged 4 – 8 (EY, KS1, KS2).

To be watched individually, in classes, in smaller groups, or for families.

How can they be used by schools?

The Wig Show Workouts can be watched in the (virtual) classroom, or set as independent learning activities:

- to complement the PSHE curriculum (identity, mental well being)
- to complement phonics (playing with voice-sounds)
- as art or drama activities (role play, imagination, movement, co-ordination)
- as music activities (rhythm, call and response)
- as golden-time activities / rewards

The lesson plans, below, outline some learning objectives and activities linked to PHSE.

How can they be used by parents and carers?

The Wig Show Workouts can be used at home as child-led activities, or as activities for children to do together on a social video call.

Suggested Lesson Plans

	Learning Objectives	Possible Activities
1	To play around with your own voice and movement in relation to different identities	Watch Wig Show Warmup and Wig Show Workout 1 . What kinds of costumes or objects do you have in your environment (home/ classroom) that could inspire you to take on a new identity? How do they make you feel? How do they make you move? How do they make you talk? As a class, ask everyone to find objects with the same characteristic (eg pink, fuzzy, heavy, tall), and then compare the identities you can make with them.

2	To investigate new ways of using your voice and body	<p>Watch Wig Show Workout 2</p> <p>Can you start a call and response pattern with someone else, using your voice and your body but without speaking any words?</p> <p>Pay attention to the ways that you express yourself and make yourself understood. Listen and watch carefully to the way that other people do.</p>
3	To find new modes of expression with your voice and body	<p>Watch Wig Show Workout 3</p> <p>How far can you stretch your voice or your body, even within a small space? Can you use your tongue, your throat, your teeth? Can you use your head, your shoulders, your fingers?</p> <p>How do these new modes of expression help you to inhabit different identities, or to switch between them? How do they help you to communicate?</p>

The Wig Show Workouts have been developed by the arts organisation Tract + Touch, and generously funded by the Arts Council, England.