

Participants' Guide

Moving Resting Nesting



Written by Julie Lebel,
Sarah Gallos and
Caroline Liffmann,
Illustrated by Wen Wen Lu
February 2022



Moving Resting Nesting is:

Moving Resting Nesting is Foolish Operations' new creation with and for young children and their adults. The project premieres in Surrey in 2022.

Set in a park, musicians and dancers guide children and their adults through a journey where they meet curious characters, magical objects and illustrations, interactive dance and music performances to connect with their inner songbirds and wonder about the world of birds and trees.

Watch the teaser here:

<https://vimeo.com/690335291>



How to play in Moving Resting Nesting



Open your
eyes!

Open your ears!

- Audience members are greeted by the performers and invited to walk through drawings installed in the park that introduce the story of our performance.
- After this first exploration, families sit together on blankets shaped like little "nests" to watch the performance which is about 20 minutes long.
- After the performance, everyone is invited to join in movement games inspired by *Moving Resting Nesting*.
- At any point, if children are inspired to explore the park rather than watch and play, feel free to accompany them in their discovery!

Let's discover this imaginary world,
together.

Before the performance, a few playful suggestions

Take an outside sensory walk

- 1** Smell one fragrant plant: a flower, cedar branch or fir bough
- 2** Touch two soft green mosses gently
- 3** Spot three bright colours
- 4** Listen out for four bird songs and calls
- 5** Savour five bites (or more) of a snack, feeling sunshine on your face

Move your body with a dance game

Warm up:

Can you grow your branches up high and touch the sky?

Can you grow your roots deep down into the ground?

With music:

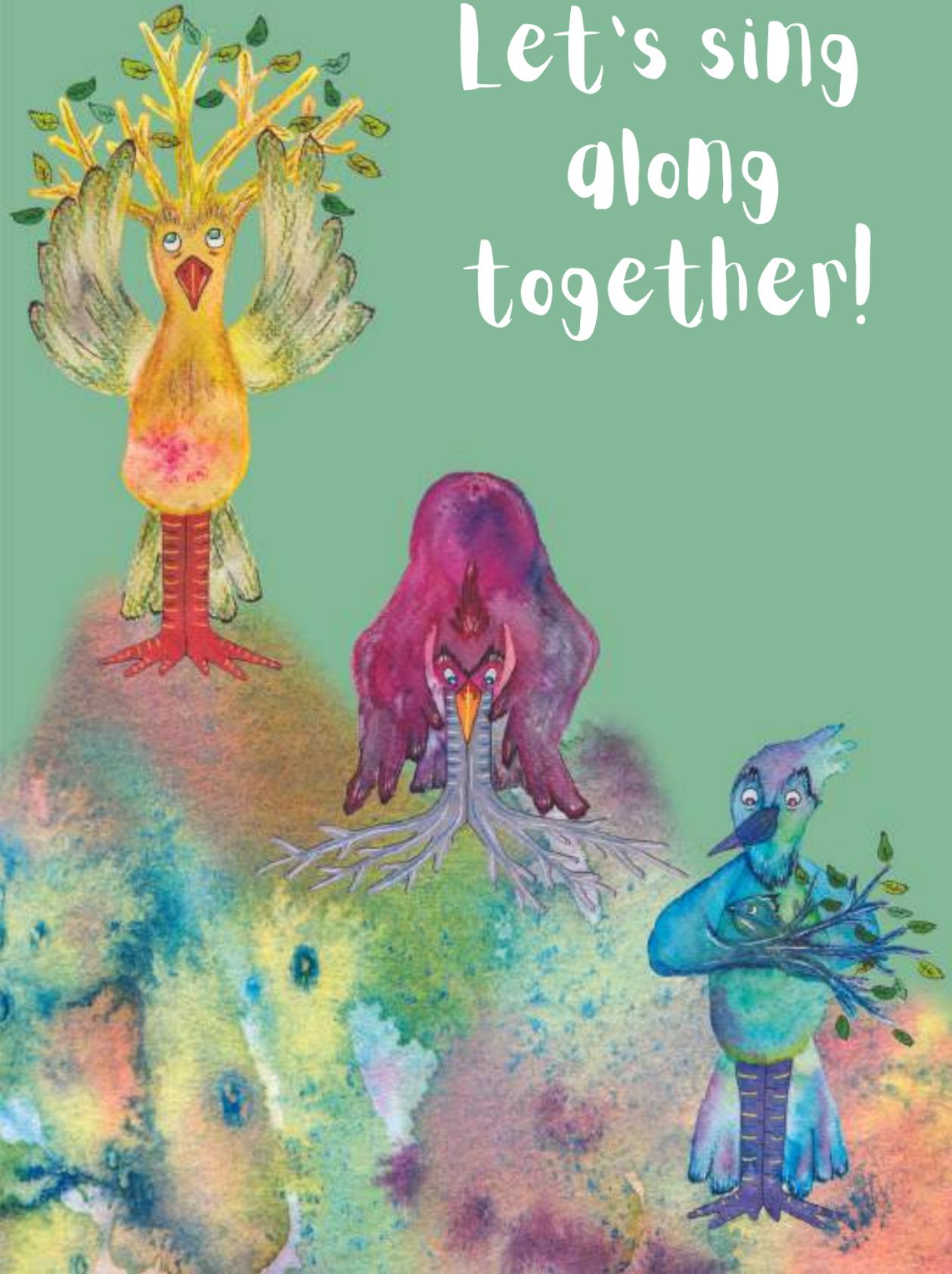
Can you dance being a leaf, falling through the air from a tree. Can you swoosh and rustle? When the music stops, can you gently settle on the earth? (Tip: take your time to settle and enjoy the quiet). When the music starts again, can the wind pick you back up and make you fly again?

Illustration by Wen Wen Lu



Sing a song and move

Let's sing
along
together!



Use the melody of 'Head and Shoulders'

Try these movements

Leaves and trunk and roots and ground

Wiggle fingers up high, touch torso, legs and earth

Roots and ground, Roots and ground

Touch legs and earth

Leaves and trunk and roots and ground

(Same as above)

Birds in nests where eggs are found

Fly your arms/wings, make a nest with your hand, an egg with one hand and open your hand to make it fly like a bird.

Inspiration

The music of "Moving Resting Nesting" is inspired by the bird song of the White-throated Sparrow: It sounds like this:



Where are you ... [insert the name of a friend or family member name and repeat it 4 times].

<https://soundcloud.com/foolishops/sparrow>

Our music was composed by Matthew Ariaratnam at the beginning of the pandemic when many of us were isolated in our homes. It was so quiet outside, did you notice how loud the birds were?

This project is about discovering ways to be in-relationship with each other and the natural world, especially birds and trees. We move with the blanket as a way to feel the air, like flying birds, enjoy a calm moment, and be cosy in a nest together so that we can better notice the natural wonder around us.

This photo is by Riz Herbosa and features dancer Sarah Gallos





creative team

Artistic direction: Julie Lebel

Dance artists contributors: Caroline Liffmann, Sarah Gallos, Sophie Brassard and Isabelle Kirouac

Music:

Composer: Matthew Ariaratnam

Musicians & contributors: Sabrina Mo (flute) Tara Rajah (cello), Clara Rose (violin), Nathalie Kober (violin)

Friends Together song melody: Rachael Wadham

Bird calls composition: Cathy Stubington

Illustrator: Wen Wen Lu

Illustration development: Robin Lough and Wen Wen Lu

Outside eye and dramaturgy: Sarah Dixon

Set design: Kimira Reddy

Puppet: Christine Reimer, Julie Lebel and Cathy Stubington

Artistic production: Xin Xuan Song

Coordination support: Lily Alice Malena-Morin

This photo is by Riz Herbosa

Mentors

Foolish Operations consults with Jacky Essombe (Artistic director of the African Friendship Society, African dance artist from Cameroon) and Patricia Reedy (Luna Dance Institute). We thank them for their ongoing mentorship in intergenerational dance and performance.

"Moving Resting Nesting" also benefited from the precious wisdom of Margaret Grenier (Artistic director of Dancers of Damelahamid, Gixan-Cree dance artist), Carmen Rosen (Stil Moon Arts Society), Cathy Stubbington (RunAway Moon Theatre) and Alvin Erasga Tolentino (Co. ERASGA).

This photo is by Riz Herbosa and features Isabelle Kirouac



Special thanks

A big thank you to Moberly Arts and Cultural Centre for their support during the development of this project. They've hosted work-in-progress showings as well as offered in-kind rehearsal space.

Surrey Civic Theatres presented a work-in-progress version of *Moving Resting Nesting* in the summer of 2021! We will premiere the work in May 2022 at the Surrey SPARK Stages. We are profoundly grateful for supporting this project since it's early beginning.

Thanks to the families of "Dancing the Parenting" gathering every Monday mornings online for 2 years and researching the many ways we can move with blankets and dance out a story.

Moving Resting Nesting was created on the ancestral and unceded territories of the Musqueam, Squamish and Tsleil-Waututh Nations. We are grateful for this opportunity and committed to decolonizing processes.

www.foolishoperations.org



Illustration by Wen Wen Lu



Thank you to our funders and partners

Partners

The Surrey International Children's Festival, Surrey Libraries, Moberly Arts and Cultural Centre and the Vancouver Board of Parks and Recreation, Vernon Theatre and District, Still Moon Arts Society, African Friendship Society, Tartine et chocolat daycare, and the Sunset Preschool in Vancouver, South Vancouver Neighbourhood House and the Walter Moberly StrongStart Program.

Funders

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