

EARLY YEARS & FAMILIES: OUR CREATIVE PRACTICE

A one day virtual symposium with Wriggle Dance Theatre & friends

DELEGATE PATHWAYS

Below are suggested pathways for delegates; however, you are welcome to access any of the sessions throughout the day.

PARTICIPANTS - follow the green pathway

For families with young children

Participate in a creative dance workshop & see Wriggle's latest show, 'Squidge'

PRACTITIONERS - follow the blue pathway

For early years practitioners, dance artists, teachers

Access CPD and other participatory workshops, industry discussions, current research, preview Wriggle's new digital show, 'Squidge' and opportunities to network with industry professionals

PROGRAMMERS & PARTNERS - follow the pink pathway

For venue programmers, community partners, schools

Access industry discussions, current research, preview Wriggle's new digital show, Squidge and opportunities to network with industry professionals

PROGRAMME AT A GLANCE

9.20am - Logon to see who is there and say hello ● ● ●

9.30am-10.30am: Introductions & world premiere screening of 'Squidge' ● ● ●

10.40am-11.40am: Coventry Dance hosts - In conversation with Wriggle Dance Theatre ● ●

11.45am: Screening of Families film 1 - Coventry Families, Create & Perform in Lockdown ● ● ●

11.50am-12.20pm: 'Wriggle at Home' - Creative Dance workshop for families ● ●

12.30pm-1.30pm: Responding to the pandemic - adapting work for digital settings ● ●

1.30pm-2pm : LUNCH

1.20pm: Logon to see who is there and say hello ● ● ●

2pm-3pm: Practical ideas for delivering creative dance in early years settings ●

3.05pm: Screening of Families film 2 - Coventry & Warwickshire Families explore Touch ● ● ●

3.10pm-4.10pm: Understanding Touch in work for children and families ● ●

4.20pm-5.05pm - Speed Networking hosted by Coventry Dance ● ●



IN ASSOCIATION WITH



SESSIONS IN DETAIL

WORLD PREMIERE SCREENING OF 'SQUIDGE' ● ● ●

Do you squish or squash? Tickle or most certainly not?
Handshake or not? Stretch out or snuggle in like a bug?

Squidge is a fun interactive dance film with music and digital projection, which takes a light-hearted look at our sense of touch and how it influences our everyday lives.

At the heart of the piece is a tale of friendship, compromise and how each and every one of us need touch to make us feel alive. A magical shared experience for children 3-8 years old and their grown-ups, which will delight and maybe even... tickle.



We are super excited to be able to include in our programme a preview of 'Squidge - the film', Wriggle's brand new interactive dance film for children age 3-8 and their grown-ups. Be sure to check your 'Get ready for Squidge' activity sheet which will give you instructions on all the things you will need to find and/or make so you can get the full 'Squidge' interactive experience from your home.

COVENTRY DANCE HOSTS - IN CONVERSATION WITH WRIGGLE DANCE THEATRE ● ●

Coventry Dance hosts an in-depth interview, facilitated by Dr Sara Reed with Wriggle's Co-directors, Lucy Knight and Kath Kimber-McTiffen. As Wriggle Dance Theatre celebrate their 10 Year Anniversary, join Kath and Lucy as they talk about the highs and lows of setting up and running Wriggle, their extensive work across the Midlands with young children and families, national theatre tours and pandemics, all whilst raising their own families and juggling freelance careers to boot.

FAMILIES FILM 1 – COVENTRY FAMILIES, CREATE & PERFORM IN LOCKDOWN ● ● ●

This film was made by Lucy Knight with Coventry families and childminder groups during lockdown. All footage was filmed via Zoom or provided by the participants throughout the 6 sessions. We explored different textures found around the home and how we use our sense of touch in our everyday lives. We enjoyed playing and moving together and had lots of fun.

WRIGGLE AT HOME - CREATIVE DANCE WORKSHOP FOR FAMILIES ● ●

A practical creative dance workshop for families with young children age 2-5 led by Wriggle's co-director, Lucy. A chance for some quality time for parent and child, to get moving, play and explore. Clear some space in your living room, put on some comfy clothes and get moving.

This is also an opportunity for practitioners to join this workshop as a participant or observer and see Wriggle in action.



RESPONDING TO THE PANDEMIC - ADAPTING WORK FOR DIGITAL SETTINGS ● ●

Professional artists, Sonia Sabri (Sonia Sabri Company) and Daphna Attias (Peutetre Theatre) join Lucy and Kath to talk about how they have responded to Covid and adapted their work in a variety of ways for digital platforms.

Daphna will be talking about her podcast, Audiomoves, which aims to get children age 4+ moving and dancing. She will also touch on her learning from adapting her work with Dante Or Die Theatre into a video podcast. Sonia will share the experience of pivoting the work of Sonia Sabri Company for children and young people for the digital world within the first seven days of the first national lockdown announced in March 2020.

This session will also include an opportunity to ask specific questions to any of the panel members

PRACTICAL IDEAS FOR DELIVERING CREATIVE DANCE IN EARLY YEARS ●

Led by Wriggle's co-director, Kath, this practical workshop will give you a toolkit of ideas for working with young children in a range of community settings or schools. From babies to key stage one, this session is suitable for early years practitioners, dance artists and teachers who are looking for a bit of inspiration, to refresh ideas or just to get moving and have a bit of fun.

The session links to Wriggle's resource pack, 'A Dance, Movement & Craft Toolkit for Practitioners working with Early Years' available from: www.wriggledancetheatre.co.uk/shop-1



FAMILIES FILM 2 – COVENTRY & WARWICKSHIRE FAMILIES EXPLORE TOUCH ● ● ●

A short film created on Zoom during lockdown by Kath Kimber-McTiffen with families living in Coventry & Warwickshire, inspired by Wriggle Dance Theatre's brand new show for children and families, 'Squidge'. The film is an exploration of our sense of touch and how we respond to different textures.

UNDERSTANDING TOUCH IN WORK FOR CHILDREN AND FAMILIES ● ●

Wriggle Dance Theatre facilitate a panel of 3 experts in a discussion about their experience and research into touch and its relationship to children and families.

The panel includes;

George Fellows (Four Hands Company) who will talk about the importance of physical play between young children and their parents and how he incorporates touch into his artistic practice, Takeshi Matsumoto, a dance movement psychotherapist and early years dance artist, who will present a fluid and playful place in-between touching and being touched for collaboration and reflection when working with children, and, Katerina Foutapolou, Professor of Psychodynamic Neuroscience, UCL will present insights from the neuroscience of affective touch, including the mechanisms by which affective touch acts to facilitate affective regulation (e.g. how parents can sooth pain by touch), affective communication (e.g. how touch can communicate social support or empathy) and self development (how touch interactions in early life teach us about our body boundaries).

SPEED NETWORKING HOSTED BY COVENTRY DANCE ● ●

Join Coventry Dance in this informal speed networking session, pour yourself a glass of something, connect with like minds, ask those burning questions, share a story or two as we wind down at the end of the day.



BIOGRAPHIES

WRIGGLE DANCE THEATRE



Co-founded in 2011 by Kath Kimber-McTiffen and Lucy Knight, Wriggle Dance Theatre specialise in producing high quality dance performances for young children and their families. At the heart of Wriggle's vision is a passion for children and an understanding of their potential as dance critics, creators, and performers. Wriggle create unique interactive shows, which offer audiences structured interactive moments as well as opportunities for free play, combining dance, theatre, live music and comedy. Alongside their performance work they offer an extensive community outreach programme which is deeply rooted in the ethos of allowing all children & families to have the opportunity to participate in and experience dance from an early age.

www.wriggledancetheatre.co.uk

Twitter / Instagram @wriggledance - Facebook @wriggledancetheatre

LUCY KNIGHT

Lucy is Co-Director of Wriggle Dance Theatre. She trained at The London Studio Centre and The London Contemporary Dance School, her portfolio career has since seen her perform, choreograph, direct, present and teach in a variety of settings. To date, with Wriggle, Lucy has performed in 'Once in a Blue Moon' regional and national tours. She directed their second show, 'The Colour of Me', which also toured nationally and has performed in and co-directed four shows created for non-theatre spaces, 'Out of this World', 'Rainbowfish Goes Adrift', 'Into the Rainbow' and 'Dancing Jukebox Gems'. Lucy also delivers on Wriggle's extensive education & outreach programme. As a dance artist, Lucy works extensively with children and families, but also has a focus on working with older people. She delivers seated movement sessions for those living with dementia & also co-delivers an Elders dance company with DanceMind. Lucy also has undertaken her PSI (Postural Stability Instructor) training, and has been part of the national Dance to Health programme. Lucy has also had a successful career as a fitness consultant. She has written and presented over 15 fitness and dance programmes on DVD for IMC vision which have sold extensively nationally and internationally. She is the Author of 3 books published by Kyle Cathie which are available to buy internationally and has written for many well-known publications such as Mother and Baby Magazine, Best and Good Housekeeping. She was a fitness Agony Aunt for the Sunday Mirror and has acted as a fitness consultant for Kellogg's and Avon Cosmetics.



KATH KIMBER-MCTIFFEN



Kath is Co-Director of Wriggle Dance Theatre and an independent dance artist and musician. Kath trained as a dancer at Coventry Centre for Performing Arts subsequently gaining a first class BA (hons) degree in Arts Practice and Cultural Policy from Coventry University in 1997. Her portfolio career as a performer, choreographer, musician and community dance artist has seen her work both in schools, university settings, the community and touring nationally. She works with all ages and abilities, including as a dance artist delivering to frail older people on the national Dance to Health programme.

Kath's work as a musician has seen her tour extensively on the national rural touring circuit and to small/mid-scale theatre venues as lead vocalist and flute

player for latin jazz band, Sonrisa for whom she also co-writes songs and has recorded and released 3 albums. To date, with Wriggle, as well as delivering their extensive outreach programme, Kath has performed in 'Once in a Blue Moon' and 'The Colour of Me', which toured to theatres nationally, plus, co-directing and performing in a number of shows created for libraries and other non-theatre spaces, 'Out of this World', 'Rainbowfish Goes Adrift', 'Into the Rainbow' and, doorstep show, 'Dancing Jukebox Gems'. More recently, Kath has stepped back from performing and has co-directed Wriggle's brand new show, 'Squidge'.

www.sonrisamusic.co.uk

COVENTRY DANCE

Coventry Dance is a Community Interest Company, set up in 2019 in response to the Coventry Cultural Strategy and to significant cultural events taking place in the city and across the region in 2020 – 2022 and beyond.

The organisation has an aim to build an inclusive, diverse, vibrant and well networked dance community which sits at the heart of cultural life in Coventry.

It exists so that everyone can participate in high-quality dance activity, to increase opportunities in developing professional practice, to connect the sector and promote dance in the city and region. It will support, advocate and develop dance related programmes for all. Coventry Dance has recently

received Arts Council funding to undertake a period of organisational development. This will include a series called 'Coventry Dance Conversations' whereby the dance community

of the city will be invited to work with us to co-create our future direction.



www.coventrydance.org

DR SARA REED



Dr Sara Reed is an independent researcher-practitioner and writer. She has published widely in her specialist area of embodied movement, the dancing body, somatic practices and dance pedagogy with a long practice and research history in movement and the dancing body. After initial study and training at the Laban Centre (now Trinity Laban) she gained an MA in Performing Arts at Middlesex University across the disciplines of Theatre, Dance and Music and a PhD from the University of Surrey. Her experience has involved her in interdisciplinary practice across dance, fine art practices, music, choreography and theatre. Her career has spanned a wide range of dance, performance, arts and education contexts and she has held senior posts at: Coventry University, University of Surrey, Dartington College of Arts and Northern School of Contemporary Dance. Sara is a

Feldenkrais Awareness Through Movement and Functional Integration practitioner and she trained with Scott Clark and Elizabeth Beringer in London. Sara has also worked on a freelance/consultancy basis for a number of dance organisations including, Northern School of Contemporary Dance, Roehampton University, Dance East, Youth Dance England, Wriggle Dance Theatre and Dance Art Foundation (Joe Moran). She is an Associate Editor for the Theatre, Dance and Performance Training Journal - Training Grounds; on the Editorial Board for the Journal of Dance, Movement and Spiritualities (Intellect Journals) and for the Journal of Dance and Somatic Practices. Sara is a Co-Chair for Independent Dance and a Trustee for Wriggle Dance Theatre.

SONIA SABRI

Kathak artist, teacher, choreographer and mentor.

Sonia Sabri is a multi award-winning dance artist and choreographer. She is one of the world's leading Kathak dancer, amongst the brightest and most inspirational of British born dancer-choreographers working in the twenty-first century. Creating work that spans from the presentation of classical roots of Kathak to explorations of contemporary approaches, her productions reflect an appreciation of Western and Eastern cultures. She has created a fresh, unique style of Kathak by reinventing it from within, by pushing boundaries and generating work that is original in concept and exciting and relevant to today's audiences.

She has secured an international reputation for collaboration across dance styles and art forms including work with pioneers Sarvar Sabri, Arlene Phillips

CBE, Sir Trevor Nunn, Sir Richard Alston, Marion Tait CBE, Shobana Jeyasingh MBE, etc. She tours and leads projects internationally.

Sonia's innovation has invited several commissions, some include The BBC, Channel 4, Tanzhaus, ARTE, Birmingham Hippodrome, South Bank Centre, and part London Olympics 2012 Cultural Olympiad.

Recent Awards and Nominations include: The Bench Fellowship 2016, The National Indian Arts Award for Distinguished Teacher of Dance in 2017, The National Diversity Awards 2018. ACTA awards for Dance 2016 and 2019. Birmingham Inspiration Awards & The Best Female Dancer. Sonia Sabri Company is an Associate company at Birmingham Hippodrome.



www.ssko.org.uk

DAPHNA ATTIAS



Daphna is Artistic director of Peut-Être Theatre She has created directed all of the company's work to date. Including Audiomoves, The Dark, Tidy Up, Shh...Bang! The Tin Soldier and more.

She is also Co-Artistic Director of Dante or Die Theatre who make ambitious and striking site-sensitive productions for which she directs and creates all the work including User Not Found, Skin Hunger, Take On me, I Do, Handle with Care and more.

Her work has been presented and performed nationally and internationally at venues such as Almeida Theatre, Roundhouse, Royal Albert Hall, Brighton Festival, Southbank Centre, The Place, Royal Opera House, and

internationally at the Lincoln Centre New York, BAM Brooklyn, This Space, ASK, China, Drama Centre Singapore, Ziguzajg Festival Malta, Israel Festival for Children in Israel.

www.danteordie.com
www.peutetretheatre.co.uk

TAKESHI MATSUMOTO

Takeshi is a Japanese dance artist and choreographer. He is also a qualified dance movement psychotherapist, having experience in working with children with autism and learning disabilities both in the UK and Japan. Growing up in Japan, his practice both in life and performing art is influenced by 和-Wa, harmony, peacefulness, quiet and contentment ways of living and balancing with others and environment.

As a performer, he has worked with Christian Duarte, Darren Johnston, Beatrice Allegranti, Paul-Andre Fortier, 2nd Hand Dance and had long been collaborating with Hagit Yakira.

He was awarded an artist development programme as a Vital Spark associate artist and is currently creating a dance performance for children 2 to 5 years old and their families as a Little Big Dance Commissioned Touring Artist. Since 2016, he has been committed to his independent project to volunteer as a dance teacher visiting Rainbow School in Thailand, empowering refugee stateless children through dance and performance.



www.sevencircles.one

GEORGE FELLOWS



George is a choreographer, performer and mentor who specialises in making performance and participatory work with and for young children and their families. He has 17 years experience working with young children and their families inside and outside of early childhood education and care settings. In 2018, he created Four Hands (his dance company) with Co-Artistic Director Nick Lawson. They worked together to create Touch, a participatory performance with professional performers dancing with their own children and a community cast of families. The show was presented in Shoreham-by-Sea and Brighton in 2019 and Leeds in 2020. George is also working on a new project called, it's OK which was commissioned by Little Big Dance, a new

a new national early years dance initiative, lead by South East Dance. He lives in West Yorkshire.

www.fourhandscompany.com

KATERINA FOUTAPOLOU

Aikaterini (Katerina) Fotopoulou, PhD, DCPsych, is a Professor in Psychodynamic Neuroscience at University College London. Her lab focuses on topics and disorders that lie at the borders between neurology and psychology, funded initially by a Starting Investigator Grant 'Bodily Self' and more recently a Consolidator grant 'METABODY' from the European Research Council. Katerina is the Treasurer and co-founder of the International Association for the Study of Affective Touch (IASAT), the Co-Chair of the International Convention of Psychological Science (ICPS) programme committee, the past Secretary of the International Neuropsychanalysis Society, and the editor of the volume: Fotopoulou, A., Conway, M.A., Pfaff, D. From the Couch to the Lab: Trends in Psychodynamic Neuroscience. Oxford University Press, 2012. Katerina has received several awards for her research, including the Distinguished Young Scientist Award (2014) by the World Economic Forum and the prestigious Early Career Award of the International Neuropsychology Society (2016).



www.fotopoulou.com

This event is free to attend, but please consider making a donation if you can. As a registered charity with no core funding, your donations will help to support Wriggle's ongoing work with children and families.

Scan the QR code or click the link below to donate:

www.localgiving.org/charity/wriggledancetheatre/

Suggested donation £10

SCAN ME



**Your feedback is really important to us,
we'd love to know what you thought of the symposium...**

There will be lots of opportunities for you to feedback throughout the day,
don't forget to tell us!

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#EarlyYears

#Families

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#WriggleDanceTheatreSymp21

#WDTsymp21

CREDITS...

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www.pcmcreative.com

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www.lucylocket.com



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