

### ⚙️ **Ridiculous Puppetry** (ages 5+)

Bring to life the simplest (or most complex) of objects, develop their characters, and create short pieces for performance. We spend minimal or no time building puppets—actually preferring found puppets for this workshop—so that we can focus on the techniques of puppetry.

- 1+ hour/class
- ideally 2+ meetings with each group

### ⚙️ **Character Development for Performance** (ages 10+)

Employ physical, facial and vocal tools to stretch the possibilities of performers' range of characters. Create short pieces for performance.

- 1+ hour/class
- ideally 2+ meetings with each group

### ⚙️ **Ballroom, Latin and Swing Dance Class** (ages 8+)

We teach everything from the **basic vocabulary** of Foxtrot, Waltz, Tango, Viennese Waltz, Rumba, Cha Cha, Salsa and Swing (including West Coast, East Coast and Lindy Hop), **to advanced American style technique** with emphasis on social enjoyment or performance.

- 1+ hour/class
- 1 -2 meetings with each group

### ⚙️ **Demystifying the Double-Take** (ages 10+)

The double-take is one the **basic elements of physical comedy** that conveys the incongruity of two simultaneously juxtaposed elements, while letting the audience perceive the incongruity before a character does, and then letting the audience witness the character perceiving the incongruity. **Simple, right?** Actually, it can be. **And funny, too.** Using a variety of exercises we work with context, form, scale, intensity, focus, awareness, tempo, rhythm, and precision as applied to the double-take. And then we **make one another laugh.**

- 1+ hour/class
- ideally 2+ meetings with each group

### ⚙️ **Jazz, Tap and Modern Dance Classes** (ages 5+)

Everything from **introductory movement** for children **to technique and choreography** with an emphasis on performance for advanced dancers.

- 1+ hour/class
- 1 -2 meetings with each group

### ⚙️ **Sossy Mechanics Repertoire** (ages 10+)

Choreography from the Sossy Mechanics repertoire with an emphasis on performance. This can range from short sections of our original full-body patty-cake rhymes (appropriate for all ages) to phrases from our full dance numbers (suitable for advanced/professional dancers).

- 1+ hour/class
- 1 -2 meetings with each group

#### ⚙️ **Special Features** (all audiences)

Sossy Mechanics' own twist on the standard Q & A is structured like the special features menu on a DVD. The audience gets to choose from a variety of options such as "Deleted Scenes," "Easter Eggs," "Backstory & Bio" and "Bloopers," and then perform them then and there, live on stage.

- 15 – 20 minutes
- immediately following any performance

#### ⚙️ **Creativity Workshops, 3 options** (ages 10+)

Everybody has the **ability to be creative**. Not everybody has tapped into that ability to reach their **fullest potential**. We use simple to complex physical and verbal tools in a playful environment to **free your mind and body** in order to develop your inherent creative process. Then, we help you apply it to everything from **team-building** and **problem-solving** to making your **very own show**.

- options can be combined in any number of configurations
- each option can work independently of other options

#### **Option 1: "The Secret of Our Success: Playing with Reality"**

"The Secret of Our Success: Playing with Reality" is a lecture demonstration introducing some of the concepts of creativity we employ in the work that we do as writers, choreographers, directors, performers and producers.

We address the concept of playing and playfulness (a kind of egoless mindfulness) as an essential element of creativity, and then, using excerpts from our show *Trick Boxing* including character scenes, ridiculous puppetry and dance, we demonstrate various tools to hone the discoveries made during play.

- 1 hour
- any size group

#### **Option 2: "The SCAMPER Dance: Playing with Movement"**

"The SCAMPER Dance: Playing with Movement" is a mini-workshop that gets students to apply some of the tools addressed in the Lecture/Demonstration "The Secret of Our Success: Playing with Reality."

We begin with a series of easy and funny, mental and physical warm-ups. Then, using a physical application of the tools of SCAMPER, students create unique,

playful movements across the space. Finally, we show how the tools we used to create the movement can be applied to a wide range of creative endeavors including school work, problem solving and life in general.

- 45-90 minutes
- 1 meeting with each group

### **Option 3: “Playing with Purpose”**

“Playing with Purpose” is a flexible, extended creativity workshop that can happen over the course of a week or a year that builds on the concepts introduced in both the Lecture/Demonstration “The Secret of Our Success: Playing with Reality” and the Mini-Creativity Workshop “The SCAMPER Dance: Making Movement.”

We use a wide range of physical and mental “games” to train students how to tap into and hone their inherent creativity. By initially focusing on physical creativity exercises, we get students, especially those who tend to be intellectually oriented, to free their minds from expectations of perfection, and to achieve a state of playfulness.

Then we build and apply a toolbox of skills that allow students to turn their freely created discoveries into a creation that meets intentional objectives (a story, a scene, a show, a solution...).

- ideally 2+ hours/class
- 2+ meetings with each group

#### **🌀 *AlieNation* (ages 10+)**

**An original one-act we can build and set on your students.**

Created by Sossy Mechanics on a group of forty six students, this **playful allegory** is a story **about fear of the unfamiliar** and **acceptance of those who are different** as told by humans, their alien neighbors, and a whole lot of foam **swimming noodles**. We use the physical and verbal vocabularies and boundless creativity for which Sossy Mechanics has become recognized across the world, to tell a clear, engaging story that **appeals to all audiences**. The **script can be adapted** to fit different locales, and the production can be set on a range of students (from elementary to college) depending on the length of the workshop and experience of the performers.

- ideally 3+ hours/class
- 5+ meetings with each group
- **Additional information:**

The show is fully scripted, but as described above, we alter it to make the show specific to the location of the workshop. We take into account the ages, experience, and size of the cast to create a show specifically suited for each group of performers. As for the swimming noodles, one of the objectives of the workshop is to engage both the student performers' creativity and the

audience's imagination. To that end, every scene and prop is created through the playful manipulation of foam swimming noodles. The effect can be as hilarious as it is wondrous.