



tangled
feet



ABOUT TANGLED FEET

Founded in 2003, Tangled Feet are one of the UK's leading theatre ensembles with a unique profile in the profession. We are an Arts Council National Portfolio Organisation.

TF work tours the world, we tell and share important stories that our audiences and participants relate to. The TF staff & wellness practitioners delivering this project have decades of professional experience of working in the arts, and will be able to inspire the young participants to embrace theatre, creative and wellness practice.



ABOUT THE MINDFULNESS PROJECT

In the session(s), our skilled practitioners will lead participants through a series of activities including yoga, storytelling, mindfulness and drama techniques to encourage children to explore their creativity.

The programme is really fun as well as being designed to create time to stretch and focus on our bodies and minds.

It allows children to uncover and express their thoughts and feelings and follows the story of 3 best friends as they adventure through changing landscapes and exciting scenarios, told through physical theatre and storytelling.

Children will play games, learn yoga poses and learn techniques to manage stress. It aims to develop their confidence and communication skills as well as taking time to understand that all our minds get a bit stuck sometimes.

INCLUSIONS

- 2 Practitioners for delivery
- Flexible on timings (min session 30 mins)
- Flexible costings - please enquire

ADD ONS

- Facilitation and resources for craft making and mindful colouring
- Resource pack
- The project can be booked with our children's show Butterflies



CONTACT US

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