

## Simona's Presentation

Simona is an Italian performer and physical theatre facilitator living in Dublin for 10 years. Her background is in contemporary dance and Commedia dell'Arte theatre. She is graduated in Arts, Drama and Theatre studies at D.A.M.S. University of Bologna (Italy) and she has training in Clown and body movement, a theme which she continues to research. In Dublin, she collaborated with the Italian Culture Institute making and facilitating theatre for children. She was a Co-founder of "Littlebellybuttons Puppet Co". In Ireland, as an immigrant, she developed her interest in humanity and community values, which brought her to collaborate on local community projects at Draiocht Theatre (Hallelujah Clown Choir, Home Theatre, My Place My Story). She is currently collaborating with the association Mother Tongues, proposing physical theatre for children and collaborating in the networking project "We Mothers". Since 2020 she has started to develop her Solo Show Project, that brought her to join the Incubation Space Award (The Lab) and to receive a Bursary Haward from Fingal Arts Council (2021).



# PHYSICAL THEATRE FOR CHILDREN



I am an Italian performer and physical theatre facilitator living in Dublin for 10 years. My background is in contemporary dance and Commedia dell'Arte theatre. (see *my presentation attached*) As a performer and physical theatre facilitator I use the medium of the body and the art form of the clown to reveal and express myself and to connect with children.

Physical theatre works on the consciousness of one's own body and on group listening, where movement and gesture are the main means of expression. Through the physical theatre, children learn to understand, listen to, move, and to transform their bodies. They use their bodies to develop awareness of themselves. I am interested in the use of the pedagogical approach of "feeling", not "showing" (that teaches skills such as non-verbal communication), to try and help them bring out the true themselves. I have experience of conducting workshops with children in various aspects of physical theatre, using some of its tools as clown, mime, body-movement and improvisation.

The idea is to use my knowledges as: clown "the body in play", to build the group inclusion in a funny and creative way, using games to disconnect the mind and follow the action and impulse; games to help children become aware of the environment and to open their senses, to observe reality in order to be able to reproduce or reinvent it; body-movement, as warm-up games to strengthen the body and interact in the space (whatever it is). During the lessons, I will also use music to create a magical atmosphere that helps the children to focus attention on their own bodies, objects and images to inspire ideas and creativity. If there will be the possibility (short residency), children could also create a collective moment (short performance), comes from their improvisations, to share with the parents/neighbours (guidelines permitting).



