

A vertical photograph on the left side of the page shows a young child wearing a brown, textured hat and a black mask with yellow eye cutouts. The child is wearing a pink and white patterned hoodie with the text "Weekend Mood" printed on it. The child is smiling and looking to the right.

## **A GUIDE TO ATTENDING AN ANTHOS ARTS HOME-ED SESSION**

Welcome to our access guide! If you are here, you are likely looking to find out what goes on at a typical Home-Ed session with Anthos Arts.

The first, and most important thing to remember, is that our sessions are all about fun. We want all children and young people to feel happy, safe and supported when attending, and a big part of that is ensuring everyone has fun; whether it be learning a new skill or playing games.

This guide will help you get an idea of what to expect when attending a session.

### **ARRIVING AT ALIBI**

Sessions will take place at ALIBI, Emmanuel Hall. There is a car park on site for dropping off. For those looking to stay there is a nearby car park on Okehampton Road. For those coming by bus or train, it is a short walk from St Thomas Station.

## AT THE START OF A SESSION

The first 15 minutes of each session are relaxed, so that children and young people have time to arrive and get settled before we begin.

When arriving, you will be greeted by one of our facilitators, who will make sure you are signed in. Sessions will normally be in the upstairs studio.

Then, we gather in a circle for a 'check-in.' This is a chance for everyone to tell us what they have been up to, and we usually ask a fun question to go with it. Such as; 'what ice cream flavor would you be if you could be an ice cream?' or 'if you could travel to any place, real or fictional, where would it be?'

## WARM UP GAMES

Then, we start things with a game to get warmed up. Some of our games involve lots of moving around and some involve having to use your brain and think on your feet!

As term goes on, and everyone gets familiar with a few of them, we often get the group to choose what game we play to warm up.





## **DRAMA ACTIVITY**

After the games, we normally move on to an activity that relates to what we are learning about. Often this involves thinking about the story and characters of what show we're making.

## **A QUICK BREAK**

Following our activity, we stop for a quick break. Everyone is welcome to bring a snack and/or drink to have. There are usually lots of fun chats over the break.

## **CREATING THE SHOW**

Once the break has finished, we will spend some time working on creating our end of term show. Sometimes we will be working with a script and sometimes we will be devising, creating scenes from scratch.

Depending on the show, we might split into smaller teams to work on different scenes at the same time. Towards the end of the session, we will share what we have made back to the other team and spend some time 'polishing' the scenes so they are ready to perform in the show.

## **WINDING DOWN**

Like at the start, the last fifteen minutes of the session will also be relaxed. We will finish with a chat about what we've covered in the session and close with a game.

We will then get children to gather their things and make sure everyone is with the correct adult and signed out.

## **SOME OTHER THINGS TO KNOW**

### **ABOUT THE SHOW**

The shows we will be creating are always a little different as it depends on the story. Often, our performances will feature costumes, lights and sounds just like a professional production. It is always a lot of fun to see all the elements come together at the end of term.

### **DO I NEED TO HAVE DONE DRAMA BEFORE?**

Not at all! The sessions are for everyone, whether you love Drama or are completely new to it.





## **DO PARENTS STAY FOR THE SESSION?**

Our Home-Ed sessions are designed for children to attend independently without their grownup. We do this to nurture children's sense of independence and create a space for them to express themselves creatively without too many unfamiliar adults observing them.

Of course, we do understand that for some children, and indeed parents, attending independently can seem quite daunting, so are happy to be flexible and work with parents to support their child. This might mean a parent staying with us for the session, or until their child feels settled. The aim would be that, by the end of term, children feel confident to attend independently.

## **PARENTS DURING THE SESSION**

For parents who would like to stay close by, St Thomas Library is located downstairs from the studio. We will have a register with all contact info should any emergencies arise and will share our contact number ahead of term, so that you can reach us if needed.

## **IS IT A PROBLEM IF WE CANNOT MAKE EVERY SESSION?**

Not necessarily. We know that everyone has different schedules which suit their approach to home educating and this may mean you aren't able to make every session, which is fine. Of course, consistency is important with Drama, especially when making and rehearsing a show, so we would encourage you to attend as regularly as possible.

Preferably, we ask that children are able to attend on the final week so they can take part in the performance. It is also a big help if parents let us know of any dates they know their child can't attend at the start of term.

## **CAN I DISCUSS THE GROUP WITH SOMEONE BEFORE SIGNING UP**

Yes, of course! We are always happy to chat with parents about our groups and how best to help their child get the most out of them.

If you would like to get in touch then the best way is to email Jake, our Creative Lead and who runs the sessions on [jake.anthos-arts@outlook.com](mailto:jake.anthos-arts@outlook.com).

