

One Moon – A Human Wave of Connection

Craft Ideas and Movement Choreography

Derby Festé | Friday 27 September 2019

6.00pm – 7.00pm



www.hubbubtheatre.org | info@hubbubtheatre.org | 01332 374 665
Déda, 19 Chapel Street, Derby, DE1 3GU

Registered Charity Number 1164103



Thank you for taking part in **One Moon – A Human Wave of Connection** by learning the movements and making a headpiece or decoration.

We are looking forward to the event on Friday 27 September 2019 at Derby Festé.

We will meet in the Cathedral at 6.00pm where there will be live music and a movement performance from Hubbub Theatre Company.

At 6.30pm we will lead you out to form the Human Wave and send the 'small moon' on its journey down to the river.

Please wear blue, white and silver clothing – this can be as simple as jeans and a t-shirt or as decorative and sparkly as you like!

Please feel free to bring along friends and family who can join in too! Check our website and Facebook / Twitter for videos of the movement to keep practicing and teach your friends! If anyone would like to practice the movements or be a volunteer support, there will be a workshop at Déda on Wednesday 25 September at 4.30pm-6.00pm. Please come and join us!

If you have any questions, please contact us – details below.









We are really looking forward to seeing you on Friday 27 September.

The Hubbub Team

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One Moon: Movements for the Human Wave of Connection

Step 1	Step 2	Step 3	Step 4
			
Stand in a relaxed position with feet at hip width and arms loose by your side	Gently bend your knees and breathe in counting 1-2 (about 1 – 2 seconds like a steady heartbeat)	Gently straighten your knees and breathe out counting slowly 1-2 Repeat steps 2 and 3 x 4	Reach your arms up as if reaching for the moon... and look up...
Step 5	Step 6	Step 7	Step 8
			
Slowly bring your arms down as if bringing the moon down from the sky – counting 4	Imagine you are holding the moon in your hands in front of you...	Slide your hands around the moon one way (counting 1-2)	Slide your hands around the moon the other way (counting 1-2). Repeat steps 4-8.

You can then try steps 4-8 whilst walking.... Or add a twist to each side movement.... Or a little bounce as you reach up...

Check our video of the movement on Facebook and Twitter @HubbubTheatre or on our website www.hubbubtheatre.org. See you on Friday 27 September

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Design 1

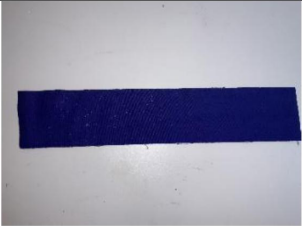

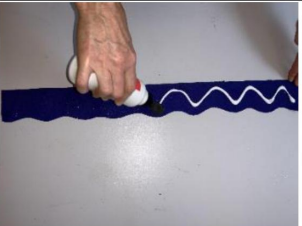
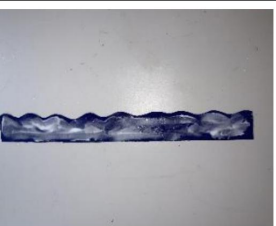




Wave Sash or Head Piece

Level 1



You will need:

- Blue sash material
- PVA glue
- Silver glitter
- Silver foil
- Silver crepe paper

Step 1	Step 2	Step 3	Step 4
			
Take a piece of fabric about 60 cms – longer for a sash.	Cut the piece in half lengthwise – this looks great if cut wavy!	Put PVA glue onto the fabric.	Spread out to cover the fabric evenly all over.
Step 5	Step 6	Step 7	
			
Decorate with foil and crepe paper – you can also add stars and pom poms.	Finally sprinkle with a light coating of glitter – covering the exposed glue.	Shake off the excess glitter and unattached decorations.	Admire your finished piece. If being worn as a headpiece or sash – attach velcro to both ends for securing purposes. A length of this could also just be pinned onto your clothes and left to dangle!

Design 2






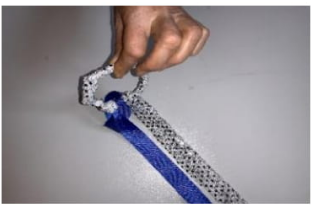


Space Bracelet

Level 2



You will need:

- White or silver pipe cleaners
- Blue, silver or other space inspired coloured ribbons
- Silver sequin or other fabric of your choice

Step 1	Step 2	Step 3	Step 4
			
Wrap a long strip of the sequin fabric around a pipe cleaner. Leave the extra length of fabric hanging.	The pipe cleaner will look like this when it's covered.	Bring the ends of the covered pipe cleaner together and twist to secure, to a size so that it fits over your hand and onto your wrist.	You will have created a ring with a hanging tail of fabric
Step 5	Step 6	Step 7	Step 8
			
Take a length of blue ribbon and tie it around the covered ring	Your ring will look like this	Cut the hanging ribbon and fabric lengthwise to form narrow strips	Finished Product. You can add more ribbons or strips of fabric. Or join two pipe cleaners together and cover to form a large ring that can be worn as a necklace.

Design 3


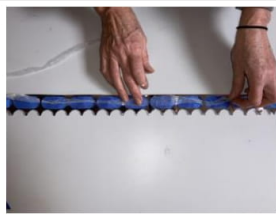



Moon Crown

Level 3



You will need:

- Silver pipe cleaners
- Punched hole silver foil strip - head width.
- Ribbons - blue and silver - cut longer than the foil strip.

Step 1	Step 2	Step 3	Step 4
			
Fold silver foil strip in half. Press down firmly to hold in place.	Take blue ribbon Weave it in and out of the holes in the silver strip.	Take silver ribbon Weave it on top of the blue ribbon. (You can if you wish, weave further ribbons or wool on top.)	Grab a pipe cleaner. Wrap it around the silver strip.
Step 5	Step 6	Step 7	Step 8
			
Twist it together to secure	Wrap the pipe cleaner around your finger in a spring-like fashion. Repeat with more pipecleaners and arrange on the crown as desired.	Pay your attention to the loose ribbon on either side – cut this length wise to form narrow strips.	Finished Product. Tie round head as a crown! You could add pompoms or stars, different coloured ribbons and pipe cleaners to make your crown sparkle even more!

DERBY FESTE



Special FREE Moon events on
Full Moon Friday
Friday 27 September



Bring the whole family and be part of something special at Derby Festé!

splash!

A beautiful story about growing up, family and independence.

Flo is a young girl on a fearless journey of discovery. Join her as she dives into a mysterious underwater world, meeting new characters and challenges along the way...

Extraordinary Bodies bring this show to life with circus, puppetry and visual vernacular – a multi-sensory, accessible show for all the family.



One Moon

A Human Wave of Connection



Join over 200 people from across Derby to create a human wave in a once in a life time event!

Celebrating our diversity as human beings living under One Moon, this unique event will use movement, circus and music in a spectacular human chain connecting the Museum of the Moon at Derby Cathedral to the River Derwent.

meet us in the cathedral at 6pm and enjoy live music and a performance from Hubbub Theatre Company before we create our Human Wave. Everyone is welcome!

Contact us for details on One Moon workshops or find videos and craft packs at www.hubbubtheatre.org @HubbubTheatre.

Schedule

4.30pm - 5.15pm: See the Splash! performance at Cathedral Green

5.15pm - 5.45pm: Bring a pack up and have a break. Also why not pay a visit the stunning Museum of the Moon exhibition by Luke Jerram at Derby Cathedral

6pm - 6.30pm: Meet at Cathedral to prepare to take part in One Moon. There will be live music and performances.

6.30pm - 7pm: Take part in the One Moon human wave!

7pm- 8pm: Take a break and visit the Museum of the Moon!

8pm - 9pm: Procession from Close-Acts Theatre through St Peters Quarter and the Cathedral Quarter finishing at the Market Place

For more information on logistics including parking and the nearest Changing Places toilet, please contact Hubbub Theatre at info@hubbubtheatre.org or 01332 374665.



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