



Clowning Around at Home
By Heidi Madsen
Super Art League

Synopsis: The clown nose is the smallest mask in the world. It doesn't hide you. It shows the real you. Today we will make our very own clown shoes to help us walk in the world being our real selves. Clowning around together helps us be proud of what makes us different and celebrate being real together.

Today, we are going to:

1. Make our clown shoes
2. Find our clown walk
3. Clown Around

Why perform together after we make our clown shoes? Performing brings our clowns to life by clowning around:

- Performing in a circle helps everyone see each other
- Mirroring helps us listen to each other and practice empathy
- Walking and dancing together as clowns helps us celebrate being our real selves together

Age Group: All ages

Time: 60-90 minutes

Number of people: Any number of people can participate (depending on materials and space)

Space: Space in your home big enough for everyone to stand in a wide circle and move around comfortably

Materials:

- Clown nose (1 per person). If you don't have clown noses, use red lipstick to paint them on.
- Scissors, Hole punch, Glue and/or glue gun
- 1/2 gallon plastic milk bottle (1 per pair of shoes). NOTE: Other plastic containers similar in size and shape will work
- Extra pair of shoe laces (colorful)
- Colorful stuff to glue onto your clown shoes (buttons, bottle caps, etc)
- A pair of real shoes with laces
- Music





Make Your Clown Shoes

Shoe Base

- Starting at the mouth, cut the plastic bottle in half long ways at the seam
- Cut straight across each half just below the handle (about 4.5 inches from the mouth).
- Discard the pieces with the handle. The pieces that remain are your clown shoes.

Shoe Length (Put your real shoes on)

- To measure, place the clown shoe piece (cut side) on the top of your real shoe up to the base of your ankle. The bottom of the clown shoe piece should be snug and hanging over your toes. NOTE: For smaller feet you will need to cut more from the top of the clown shoe piece until you get a snug fit over your toes
- Cut a slight concave curve (smiley face) in the top of each clown shoe piece (so that the top of the clown shoe piece doesn't cut into your ankle).
- Cut a slight concave curve (frown face) in the bottom of the clown shoe piece so that it doesn't drag on the ground

Shoe Width

- Trim the sides of clown shoe piece so that it doesn't drag on the ground

Shoe Lace Holes

- In the top of the clown shoe piece, punch a hole $\frac{1}{2}$ inch from the top and $\frac{1}{2}$ inch from the right of center
- In the top of the clown shoe piece, punch a hole $\frac{1}{2}$ inch from the top and $\frac{1}{2}$ inch from the left of center

Decorating Your Shoes

- Consider sketching your pattern first
- Glue colorful things like (buttons, bottle caps, etc) onto the clown shoe pieces



Putting Your Clown Shoes On (For each shoe)

- Using your extra pair of shoe laces (as clown shoe laces)
- Starting from the outside of the hole, push the right side of your clown shoe lace through the top right hole of your real shoes
- Starting from the outside of the hole, push the left side of your clown shoe lace through the top left hole of your real shoes
- Place the clown shoe on top of your foot
- Pull the right side of your clown shoe lace through the top right hole of your clown shoe
- Pull the left side of your clown shoe lace through the top left hole of your clown shoe
- Tie your clown shoe laces on the top of the clown shoe. The clown shoe should flop up and down as you walk. They should be tied tight enough to limit movement from side to side. For safety, make sure your clown shoes are not dragging on the ground. Trim the sides more if needed.

Clowning Around



Find Your Clown Walk (with your clown shoes on)

Walking Warmup

- Walk through the space together leading with different parts of your body
- Start from your head and pick body parts as you make your way down to your feet
- If you feel absurd and are laughing hysterically together, you are doing it right

Circle Warmup – stand in a circle

- Share something about yourself that is unique
- Without talking, make a gesture with your hands (and other body parts) that represents what makes you unique
- Everyone else in the circle mirrors the gesture back

Make Animal Cards

- Write the names of animals on note cards. Make sure there are no duplicates. 1 animal per card. Make sure there is a card for each person.
- Each person chooses a card (don't let anyone see what it is)

Follow The Leader Animal walk

- Each person takes a turn
- Walk around like the animal on your card until someone guesses what it is
- Then, exaggerate a part of the animal walk and everyone mirrors the walk by following you

Follow The Leader Clown walk

- Each person takes a turn
- If your gesture from the circle warmup was a walk, how would it move? Walk like that around the space
- Everyone mirrors the walk by following you
- Then, exaggerate a part of your new walk and this becomes your clown walk. Everyone mirrors your clown walk by following you.
- If you feel absurd and are laughing hysterically together, you are doing it right

Clown Dance-Off (everyone in a circle with your clown shoes on)

- Put or paint your clown noses on
- Play a fun dance song and do a clown dance-off
 - Each person takes a turn
 - Dance your clown walk to the center of the circle
 - Dance your clown walk backwards from the center of the circle
 - Everyone mirrors dancing your clown walk to the center of the circle
 - Everyone mirrors dancing your clown walk backwards from the center of the circle

