

Course syllabus

CARING CLOWN CSAC XXX (tbd)

PRE-REQUISITE: INTRO TO CLOWN CSAC109, or equivalent

COURSE OUTLINE

Note: In each class session, time will be devoted to games and exercises to further develop students' spontaneity and sense of play.

Session 1: Clown Tune-Up (3 hours)

- Review and practice of basic clown principles and skills
- Games and exercises to emphasize the importance of play and connecting with an audience.

Session 2: Caring Clown Overview (2 hours)

- Brief history of caring clown
- Five roles caring clowns play
- Principles and value of laughter and humour
- A process for developing your caring clown

Session 3: Finding Your Caring Clown (2 hours)

- Exploring your clown's unique gifts and talents
- Exercise to help you find your clown voice
- Practice in making an entrance. Taking a 'soft-belly' approach
- Time management. Finding a way to exit

Session 4: Panel discussion (2 hours)

This session will be led by the Academic Co-ordinator, Gerontology Certificate Program, Ryerson University and a representative from Metro Toronto Long Term Care Homes and Services. Students will have an opportunity to ask questions after the presentations.

Overview of topics related to:

- aging, dementia and other chronic conditions affecting residents in long-term care
- impact of chronic illness
- safety and ethical issues related to working with older adults in an institutional setting
- responding to challenging behaviours and situations
- standards of practice

Sessions 5 &6: Creating the Show (4 hours)

- Clown character work
- Creation and development of clown shows.

Session 7: Caring Clown Specifics (2 hours)

- Ideas for starting with costumes and make up
- Practice with working with props and/or music
- Ethics of Caring Clown
- The importance of practicing good hygiene and taking precautionary measures related to infection control

Session 8: Movement Lab (2 hours)

- Group and individual movement work to deepen clown character and further develop ease of play

Session 9: Launching Caring Clowns Through Role-Play (3 hours)

- Role play practice to develop and build confidence in caring clown skills
- Feedback from instructor, peer and self-evaluation

Session 10: Caring Clown Practice with Invited Volunteers (3 hours)

- Continuation of role play practice with ACT 11 STUDIO volunteers to develop and build confidence in caring clown skills
- Feedback from instructor, volunteers, peer and self-evaluation

PROGRAM CO-ORDNATOR / INSTRUCTOR: Lynda Del Grande