

CLOWNS IN HOSPITALS



Clown Theatre Foundation
www.bohocdoktorok.hu

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Dear Reader!

Most adults would help sick children in hospitals with pleasure. The process of recovery can be helped through a very good ancient method, GAME.



“The joyful, playful programmes organized for children who are treated in hospitals is a therapy which effectively aids healing.”

Jenő Ranschburg psychologist

This book was published for the following aims:

- to popularize clowndoctors' work
- to make the elaborate, well practicable techniques and experience accessible for applicants
- to give useful instructions in special hospital circumstances
- to generalize “game therapy” in as many hospitals as possible
- to promote the exchange of experience among fellow organisations.

This book was written for those who would like to take part in this valuable work.

The clown doctors, who visit children of different age with gift programmes have to be familiar with the rules of hospital environment.

Before anybody would enter the hospital door as a clown, he/she has to take a preparatory course. The most important thing to think about is what kind of personality we have and how we react to extreme emotional effects. Everybody may have experienced it as a child and may have seen it in family life, in school and in other situations among children. On the basis of this experience we can find out what kind of character we have, and choose the equipments to utilize in the course of games.

We have to select the games, technical devices, and the fancy dresses taking this useful information into consideration. The coloured fancy dress standing out from the environment and the use of many interesting accessories arouse children's attention. The characters' behaviour and the diverse compilation of the programme determine how cheerful and unforgettable the common game will be. There are many possible ways and devices to survey our individual abilities very simply. We can easily find out how many children we can involve in a game on a playground with a ball. Children also eagerly surround an adult drawing a clown in many colours. Building a sandcastle on the playground, or on a beach is also exciting and interesting for many children.



Musical instruments and songs, nursery rhymes provide innumerable opportunities to express our talent.

Using poems and story-books, toys from a toy-store are also suitable devices to survey our individual abilities. We may involve everyday objects as game accessories.

If we use these objects in an unusual way children will laugh at them. By way of example, if the clown cleans his teeth with a car wash brush that can be very funny. We may build up our performance linking the game elements into each other. When sweets come out from the magic kerchief, children who know what to do after eating candies or chocolate can get some of them.

To clean one's teeth? But a soap is bigger than children's mouth!

A toothbrush has a long handle! Yeah, I know it! That's what we use to catch butterflies isn't it? And what should we put on the toothbrush?



Liver paste, shoe paste? Tooth paste? But what does toothpaste taste? Does it have tooth taste? And should I put the toothpaste on the handle? I see it now! Now I'm going to spread it on my shoes to make them look beautiful! Am I doing it well, am I? Oh, somebody help me! Who are the cleverer, the boys or the girls?

I'm gonna find it out soon! So, I need to brush my teeth in the morning, and also when, please tell me, boys! But I always sleep in the evening! If I brush my teeth then I'll wake up! And I need to brush my teeth at the front, and also where, girls, please help me! At the back there's my back and not my teeth. Anybody may look at it! Here it is! Only I can't see it. The one who explains this to me once more will be my friend.

If the clown is clumsy children will correct the mistake very gladly, especially when the clown makes a mistake in something they already know very well. This makes their self-confidence grow, and they will take an active role.



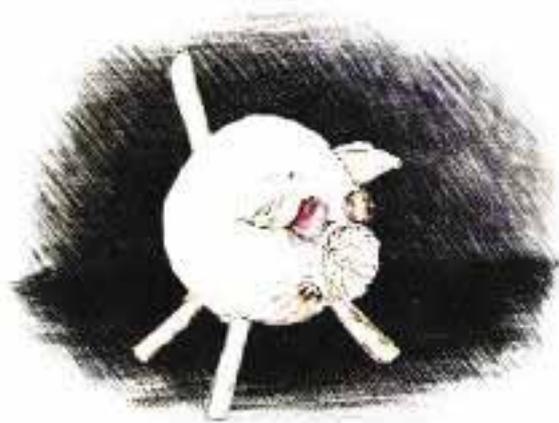
During play time, those objects are the better, which enable children's imagination unfold. Children can make up stories, they can act out those roles that best suits their character. Preschoolers like to relive their real life experiences. They look for objects that can help them develop their thinking around the story. A paper box, a cap of a soft drink bottle, a pencil, a pack of handkerchiefs are all excellent accessories to the story.

The more detailed is the play set, the more suitable it is for keeping the play on track. Children adapt to the available accessories. The waste- or product dolls' world needs children's imagination and creativity; they are no ready made forms, therefore children

can express their thoughts and feelings. Adults can be great playmates for kids during doll making.



Once the dolls are ready, they play can continue to a different direction. We can make up characters, objects, names. We can create new situations, can give more detail to the story and we can act out the improvised tale.



The children present, can choose a role in the tale; the more freedom we give them the more interesting the story can become. They can act out real or non-living things. For example it is funny and interesting if a child's hand is an imaginary door and the child gives out a squeaking sound if someone moves their hands...

Children can act out their hospital experience; using the puppet they can express their worries. The play helps them to release tensions and anxieties. Children's personal relationships and social skills are also improved when they make up a story and act it out together. They have to agree with one another regarding certain details and have to make decisions together, and take part in the play based on these decisions. They become more uniform, which improves their confidence.



Almost every story contains a scene with an aggressive or negative character. The Children should be warned to keep the rules of the play regarding how the aggression is to be played out playfully, in a tale like manner. It is easy to play safe fights with balloon swords. Games in which weaker players are guaranteed to be safe increase the players feelings of safety and self-confidence.



The best way of planning a programme in detail, with the simplest gestures, best accessories and lines that help contact, is to base it on experience gained during a play. Our experience grows after each performance. We develop a routine, our behaviour is more and more natural. We get to know the structure of the play, and learn to use the best elements for the wished effects, which elements are funny, which words to use, where to put more emphasis. The play has to be carefully timed, it must not be too long, because an accessory or scene may become boring. The funniest scenes develop by themselves, conforming to the actor's character. As sites and audiences change we have the opportunity to perform the same performance many times.

At team games we make sure that the little ones are involved. The biggest success is when the smallest child can take part and become the cleverest. We use classic movies, study of great comedians to take inspiration and ideas for choice of topic, the details of the development, gathering of accessories. Anyone can find such items amongst movies at home or on the Internet.



The great wonders of magic fascinates and entertains the audience, especially if we choose humorous style and content elements. If an object disappears, that is unbelievable. If it reappears in an unusual location, that is interesting and funny. After a little practice a walnut can disappear easily from one's hand. It is very funny if the nut reappears behind the ears of a child or from under a pillow's corner.

We can find magician books in a library easily. It facilitates the choice if we ask a magician's advice. Practice and purchase are worth the time and effort. We may practise and enrich our knowledge and have great success at several places. It is practical to write a list and to give each trick a number and a title. We should have separate bins to store equipments necessary for each trick. Children often ask us to let them try out our trick. We often repeat the most interesting ones because they would like to find out the secret. It is thus important to know some simple tricks that we can teach them easily. These minutes will be the best present for the children. They engage themselves with the practice, and they can entertain each other and their parents too. This success will increase their self confidence.

We may put our performance into the framework of a funny story. E.g. "Yesterday I met Tom on the bus. Tom is my best friend, who is a wizard. He gave me a magic kerchief. Many interesting things happen to it, sometimes it disappears, sometimes it turns up."



A small tangerine fascinates the audience if it turns up from the middle of an empty, crumpled napkin. If we strew this tangerine with magic powder, which we get grabbing with our hands towards the sky, and turn the tangerine into a big orange, children will be even more amazed. An orange is a very good present even for the youngest children because it is round and colorful as a nice ball. We can draw a nice, smiling face on it, and it can be used as a puppet in a tale.



We use small-sized objects from our environment for conjuring. If these are used up or given to children as gifts we can replace them easily. Of food gifts those are the best ones that are packed or fruits that can be peeled simply. Hygiene is very important in hospitals, but washing our food gifts is not always workable.

We have to tell the parents and the nurses about the ingredients of our gifts at all times. When we compile food gifts we have to take notice of children's diseases and consult their doctor about them. When we would like to give sweets to sick children we have to think about the presence of children with diabetes or allergy.

Children are very pleased with the presents. After the performance they play with them and relive their experience. They show them to each other and to their visitors happily. They cherish their nice experience for a long time. Many letters and postcards sent to us give a proof of this.

Child magazines are another distinguished device of a clown's gift collection. They fit practically into the toolkit, to be chosen according to age. Compilations of tales with colourful illustrations are ideal for 1-6 year-old children. For bigger ones cartoon strips, puzzles, pictures for colouring are the most suitable.



A lot of people say that the best present is the game itself. A clown can carry it along everywhere. It can be tricky, mysterious, colourful, cheerful, or very funny. Anything, it should just be a game.



A simple example: I show four fingers of my right hand and I point to them with the index finger of my left hand. And I ask the children and their parents: How many fingers can you see? It is sure that we will get all kinds of answer! 4,5,6,10 ?????? What ? ? ? But I have gloves! The correct answer is: zero! You can't see any of my fingers !

Now it's time for pillow control! Those who have a nice pillow and there are no morsels in their bed will get a gift. This information spreads from room to room as a wildfire. Everybody gets to know soon, that the funny visit is beginning. Girls and boys run to their room to do up the pillows because the clown doesn't joke, and strictly controls every single room.

The clown has a morsel detector too. It is nothing else than the pump of the balloon held upside down. After checking the pillows he gives a present to those children whose pillow is nice./tidy?/

Children in the hospital very often bring their favourite pillow, on which there is a nice coloured pattern, or a character from a tale. They are very proud of it, and they are glad if the clown praises their pillow.

So contact is established in no time. Children do their task quickly, they adjust the pillow, and excitedly wait for the words of praise. They don't need to worry, clowns examine only their pillow and not them. The contact will be even closer if the clown makes a familiar comment on some of the children's favourite toys and speaks of it approvingly. Once trust is established fun may come. Everything can be funny that children laugh at. For example the clown misuses a pump, as if it was a crumb-detector.

These funny performances divert the little patients' attention from medical treatments and the hospital environment. They improve their mood, make them feel better and adults also receive them gladly. But clowns have to



prepare for difficulties, too. Entering the ward they face troubles: bloody bandages, dripping infusions etc. They can hear cry and sigh in the silence. And there are parents who worry for children and doctors and nurses who do their best for them.

If you have seen it, or you can just imagine, you will know in the minute you enter the ward that the next minute is yours!! You can bring the atmosphere of a playground to the hospital. You have arrived, and almost everyone knows that you have brought colourful, exciting, funny toys and joyful minutes in your basket. Another world!

In certain circumstances you don't always have to be funny. A kind, friendly smile, putting a simple toy on the table beside the bed, a talk may help a lot to children. You have to decide on the spot, depending on situation.



When you prepare for visiting children in hospital, you have to collect information about children's number, their age, and condition. You have to inquire about the availability of suitable rooms for group programmes. It is necessary to inform the head of the children's department about the time of the visit, the gifts to be distributed. We should ask for a room to change our clothes and place our personal belongings in. It's important to ask a nurse to follow our programme and help the children if it is necessary.

It is only allowed to apply for the hospital visit in a totally healthy condition. If only you have a little cold, or a sore throat, you cannot take a part in the programme. You would expose the children to a risk of infection, and yourself too.



The most important rule for healthy clowns is to avoid contact with germs, clean used toys, dresses and accessories.

Wash your hands thoroughly as soon as possible after touching the door handle, the switch, an elevator button etc. A clown has to pay attention to injuries of the skin on his/her hand. It is advisable to put on gloves to avoid spreading germs. The use of small-sized, plastic, coloured toys is beneficial, because they can be sterilized and replaced easily.



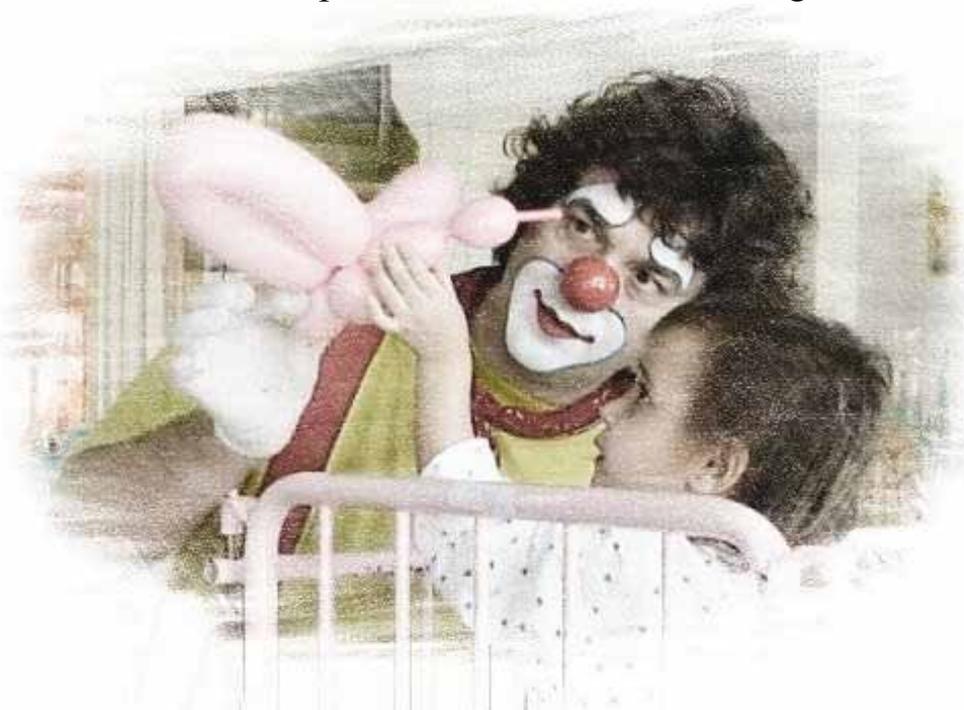
Creating animals from balloons is clowns' favourite tool, an excellent invention. They are small, colourful, clean (as they are packed). They are easy to carry and simple to pump up.

We should not blow them up by mouth, nor allow children to do it, because it is very difficult for a child to blow up a maggot balloon by mouth. When an animal is ready the clown can improvise a story with it. After this a game can follow.

Later clowns can present the animals to children over three years of age, or under parental control. The small ones may bite them, it is very dangerous. It is possible to say a riddle for practically all animal figures.

Who can tell me which animal is the most frightening in the world? It is not the lion because there is a big lock on its cage. It can't come out. I dare to go very near to the lock. And not the snake, because you can tie a knot on it so it can't move at all. And not the crocodile, because handbags are made of its skin. The most frightening animal in the world is the one which makes the most people scream. It is none else than the little mouse! Tell me if you know, what's made of the balloon sausage, if not dinner! It can be a little dog, can't it? And if on the head of this dog there isn't a sock, everyone can see that it's a cock. And the one who guessed it right, will get it as a gift. You have to keep an important rule, that is, you shouldn't put a cactus beside it.

So what will be of the caterpillar when he has left kindergarten?



Making animal figures is a very funny, very fascinating part of the programme. After a little practice simple animal figures can be made pretty fast.

The figure of a clown creates a positive impression already at the start. He/she is an old friend, the colorful costume stands out from the environment, all of its details are interesting, fascinating. His/her entry may be an unexpected surprise, or prepared for and waited in excitement. Almost all children and adults receive his accessories, his toys and gifts with pleasure. There are children who have never seen a real clown yet, and others, who receive him shyly for another reason. It is necessary to make contact carefully and very thoughtfully. It is practical to begin the game with older children because they are more willing to collaborate. Seeing this the smaller children become more relaxed and less afraid. Their curiosity will direct their attention towards the game. If we face them, it is best to sit down or to squat. We should use objects that they already know e.g. an orange.

The wards and special community rooms at children's departments in hospitals are usually suitable for games.

“Psychology considers game under 7 years of age a way of life, a life category, and not just a simple activity among others. Acute illnesses result in regression (relapse to a lower stage of development). This is especially true in the case of chronic childhood diseases. We should just think about the permanent or frequent separation from the outside world, the feeling of the body being completely exposed, the feeling of total uncertainty. Game exerts its effect on the primary mental functions”

Dr. Ilona Rigler, psychologist

Parents are usually glad to help clowns make contact with children, and a grateful, active audience for the game.



Suitable clown dress and make-up.

Most children are bedridden, their wear pyjamas, their room is therefore well-heated. This is very important to think about while selecting fancy dress and make up- devices. Clowns with make-up get hot more easily during the game. It is advisable to select a light, loose fancy dress, that does not impede motion. Wigs or caps match the clown's fancy dress well, but a disadvantage of them is that they are too warm for indoor programmes. The wig may touch the clown's face, which may be ticklish. If he/she often adjusts his hair his make-up may stain. Colourful gloves chosen for the fancy dress help the clown's hand gestures. The glove plays a protective role too. Protecting ourselves against germs is as important as the rules established for children's protection, which we will discuss later in detail.

The compilation of the fancy dress demands exciting, individual ideas. Many videos and photos on the internet help making a good choice. We should draw, colour, design, select while looking at photos and films!



Buying a ready-made fancy dress or get a dressmaker sew it is more of a financial question. A good old principle is to avoid too complicated and expensive compilations. It's worth following. If we are lucky, we may buy our nice fancy dress in a clothes shop. It's best to buy more than one set. A reserve fancy dress is very useful if something unexpected happens. Actually, children laugh most when for example something spills on the clown.

The clown's shoes are important parts of the fancy dress. They should be colourful and suit the clown's character. Selecting shoes we have to think about good cleanability. We should bear in mind that the sole of the shoe should be clean, when possible we should have protective shoe socks on.



Selection of make-up.

A cheerful make-up strengthens the clown's mimicry. Changing our looks provides many opportunities for the expression of emotions, gestures. The make-up should match the clown's fancy dress and suit his character too. Frightening extremes are to be avoided! We can buy white paint, eye pencil, and lipstick in all theatre shops. Quality make-up products are skin-friendly, but we should do a test to check how our skin reacts to them.

It's advisable to use skin care lotion before putting on our make-up and after its removal, too.

We should keep the bought make-up products in a box which can be carried easily. The box should be big enough to carry the following items: an eye liner, a sharpener, white face paint, a mirror, a red lipstick, a decoration knife, a facial cleansing cloth, a roll of rubber thread, face cream, paper towel and the clown nose. When we wash off the make up, cleaning our face with a wet kerchief is very practical. In the summer heat, accessories transported in a car may warm up.

We have to know that the majority of make-up products are sensitive to heat. We may prevent nuisances by using an ice battery or by keeping and transporting items under appropriate circumstances.

We do not only need to select devices carefully for putting on make-up, but also for washing it off. When we shave before make-up, we should be careful not to cut our skin. A small wound may bleed very much and the clown may look frightening.

The painted red nose or the worn clown nose complement the make-up. The clown nose influences breathing. When you buy a clown nose made of sponge, rubber or plastic you have to consider the smell of the material. This smell may get stronger as our breath warms up the material. It is safer if we fix the nose with rubber thread. We should keep with us a reserve nose too, because it might tear. The most terrible sentence before a performance is the following: I left my nose at home. It sounds a bit grotesque.

The nose should not be made from a table tennis ball! Its material is very thin, it may cut us, and it has a very strong smell.

The airing of heated wards is not always satisfactory in winter.

There mingle the smell of medicines and creams used for treatment with the smell of children's and visitors' perfumes. This mixture may feel unpleasant. This stale air and the strong smell of the clown nose may cause a bad headache. The clown nose may steam up due to exhalation, it is thus necessary to wash it off with lukewarm water after usage. Noses made of plastic or rubber are stronger. We can make them fit our nose properly by cutting or warming. It is necessary to make sure that the slot on the nose is big enough for breathing, and its size does not disturb our eyesight, because this may cause a headache, too.



Once we have put on our fancy dress we can practise our sentences and gestures in front of the mirror. We may make a friends with our new appearance. We will have many cheerful minutes.

It's advisable to measure how much time it takes for us to get dressed and put on our make-up.

This is important to know when we plan our daily schedule. It's not wise to rush while we are preparing our make-up!

The hospital visiting clown is part of the hospital's non-clinical, playful activities. They cannot interfere with the work of medical professionals, they need to comply with all rules and regulations of the hospital for the sake of children's wellbeing. Before the clown visits the hospital, during preparation and security checks, the hospital's staff meets the clown. The hospital clown visit is scheduled carefully with the nurses for the best suitable time. With due care, we can reach the hospital staff's recognition and co-operation. Hospital professionals can justify the long term effectiveness of the visit based on children's reports and by observation of their mood and healing process. Usually, staff is also very pleased to accept a little present that makes their day more colourful. Since nurses usually wear white uniforms, they gladly agree to be called Snow Whites and the patient children as dwarfs. Leaving an orange, which is full of good-mood-hormones, or a balloon flower, or balloon pet will put them in a good mood for a long time.



It is worth documenting all hospital experiences as they can be shown at conferences, professional meetings, periodic consultations. It is important to build up the process from the basics, and as we become accepted, continue step by step based on that acceptance. After the nurse informed us we can approach the rooms. Once there, the parents will tell us some important information about the children. After we learned what the circumstances are, we can move one step ahead. Shortly, it will be clear how the children react to our arrival. If there are many children, the first contact person needs to choose the child that is the most responsive. If there is a lack of response in the first minute, we can start opening with funny communication with a parent or a visitor. Their positive reaction would encourage the children to open up. We can call them adult children because it is funny and effective. If a child is frightened and crying, then their trust can be gained by a present and retreat. When they calmed down, we can draw him in the game step by step by taking advantage of their curiosity.

At a hospital visit one nurse told us that there is a little boy after brain surgery in intensive care, for whom speaking was still a difficult task. The nurse asked us to think of something interesting for him.

The room was quiet, we moved carefully, and when I asked if he would like some presents he smiled and invited me closer. I pulled a few balloons out of my basket and made some colourful butterflies, yellow-crested cockatoo and decorated the infusion stand. I quietly told him a story about how far these butterflies and the big beaked funny bird travelled from just to fly in here through the window and watch how children heal in their beds. I talked to him about their friends: the little mouse, who is the most frightening animal in the world, since she makes people scream more often than anything else. I talked about the bear who is always in a good mood because he eats honey. I also told him riddles about animals.

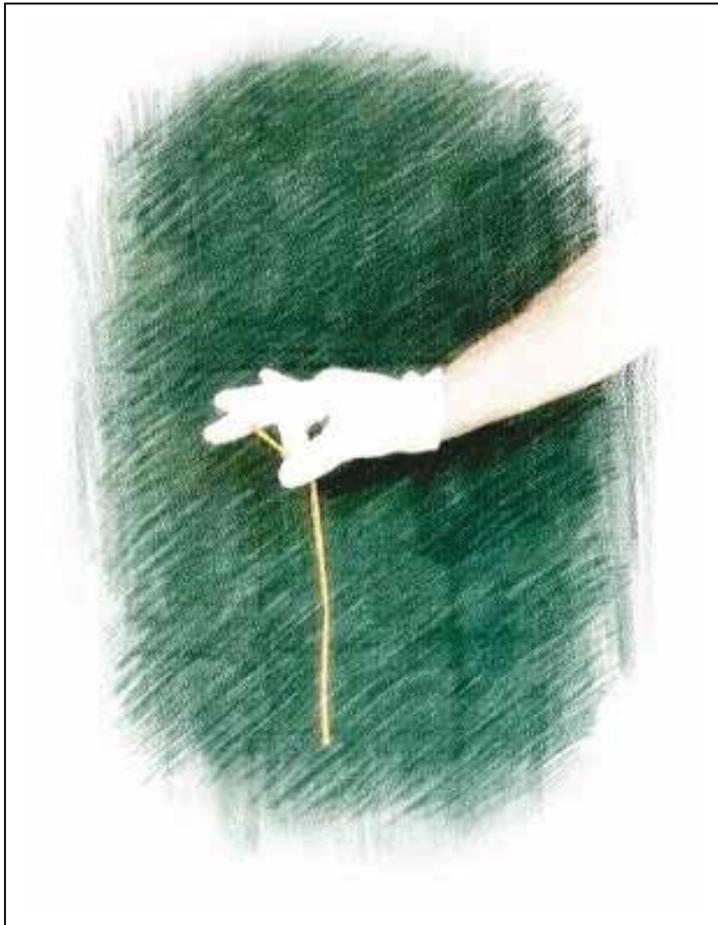


When I returned to this hospital two weeks later, I went through the usual preparations in the corridor of the children's ward when a mum stepped next to me. She was the little boy's mum, who told me gladly that her son was well. He remembers all the details of the previous visit and he is talking about the stories to everybody. He cannot wait to meet the clown again who talk about the balloon animals.

Doctors and nurses say, that if the circumstances are right and the performance is carefully constructed, it is worth performing even in the early stages of a recovery from a complicated condition. Its effect can be followed up for a long time after the show.

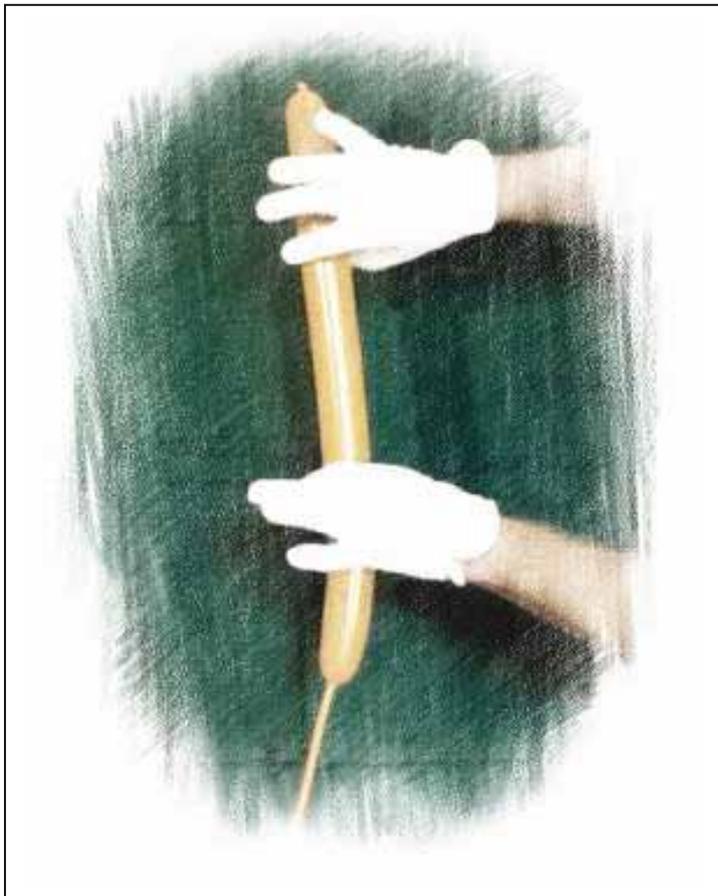
Many known puppet shows can be performed with balloon animals. The biggest success is amongst 3-6 years olds. They live in the world of tales, and if we can change the white walls and iron beds into a magical tale's scene with colourful balloon animals in a few minutes, then the success is guaranteed. These recognisable animal figures can be moved and suitable for creating playful situations. Situational games evoke emotions, the players can befriend, chase and play with one another. In the tale like stories during the play, children focus on the storyline and identification with the characters. Therefore, their attention can move from their illness , the hospital, and the negative effects. Their imagination crates an alternative reality, their wishes can be transformed into their roles and can come true. The positive emotional sensations improve their mood and help their healing process. Many people know the feeling when we approach a crying child. When we move our little balloon dog, quietly imitating a puppy sound, we use the little puppy as a tool to convey our role and the child stops crying and begins to smile. Even though their eyes are still wet, they accept our approach and they will be active players to the game.





Look, it is magical.

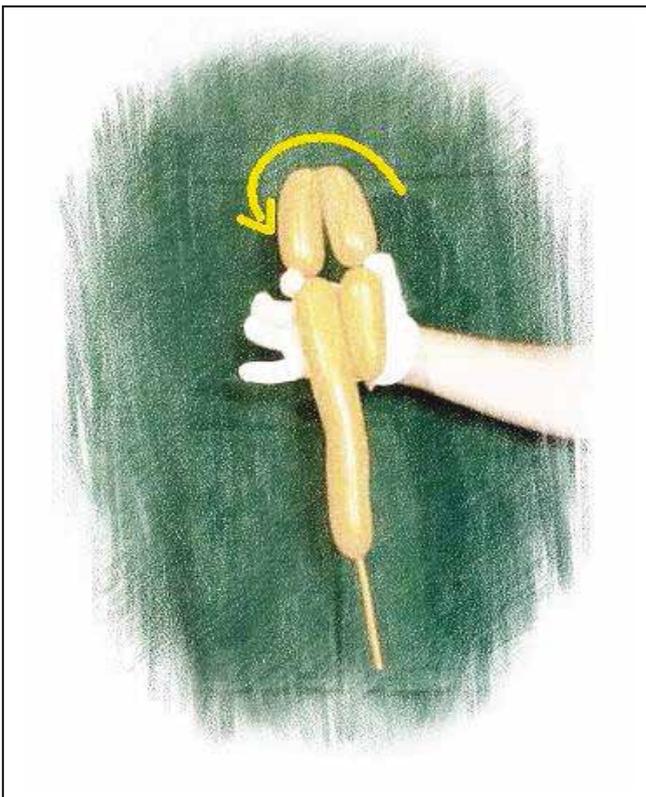
The figure is made of this long and narrow balloon. It only needs some air pumped into it and it will be alive. The magic happens in a few seconds. Depending on what animal we create or what the child wants we use coloured balloons accordingly. As we will see, in this genre, it is very common the pink pony, and we don't need to drink alcohol to see a little red mouse, or a blue elephant. If you don't believe it just pay attention.



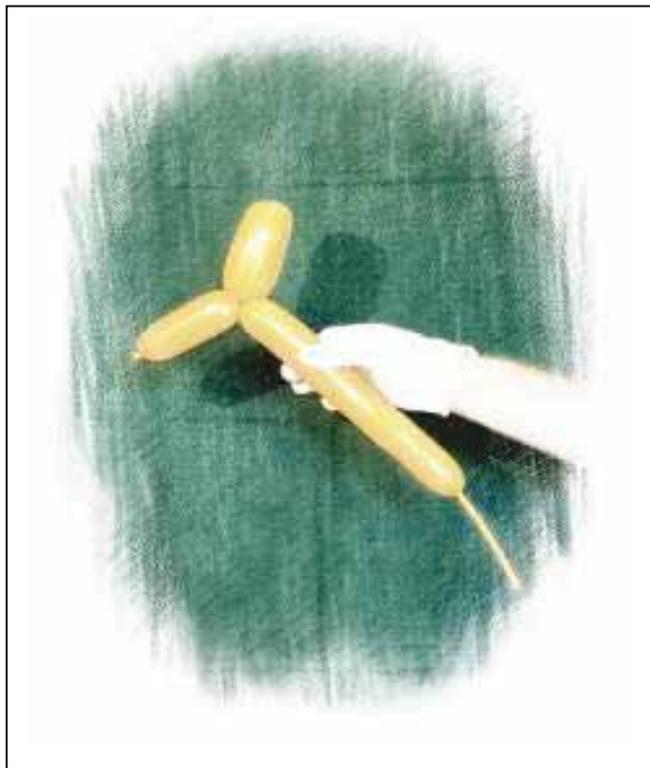
The balloons need to be pumped half way. We make a knot at its end, then we release some air to make the balloon soft and less vulnerable.



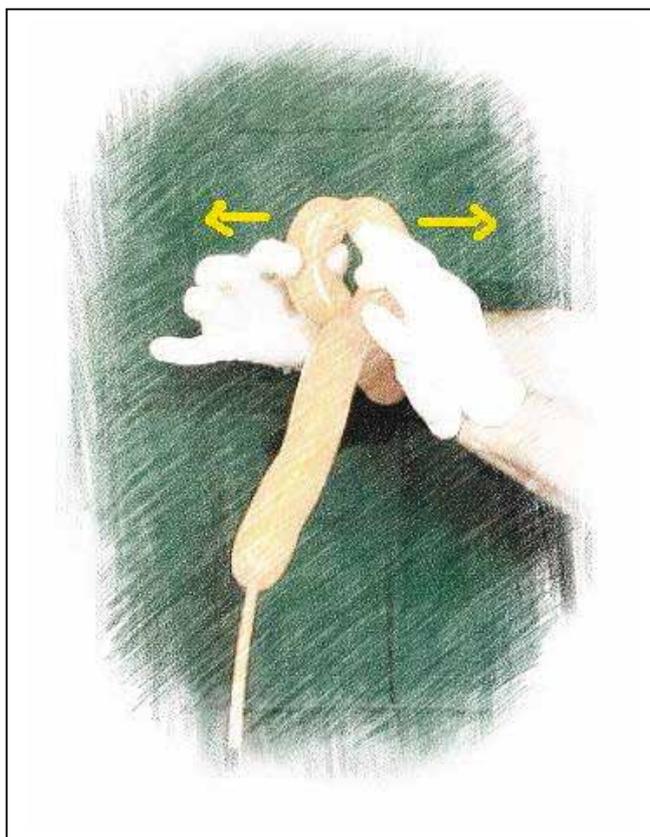
We make a balloon sausage as we can see it in the picture. We can check whether the sausages have equal sizes with our fingers.



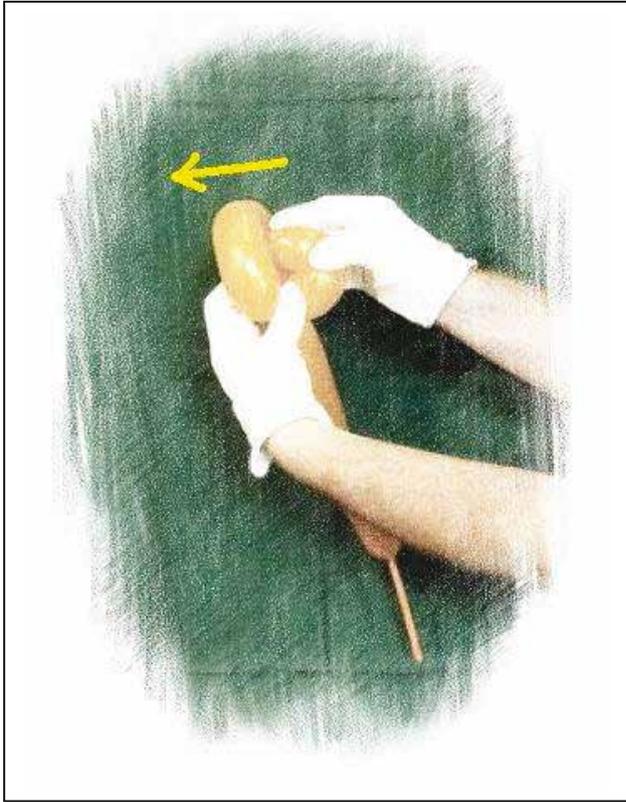
We fold the 'sausage' firmly but carefully so we don't drop it. If it comes out of our grip, we have to start from the beginning. But I can promise, that after a hundred times you will be able to do it with closed eyes. After this, the two top segments will be bended as shown.



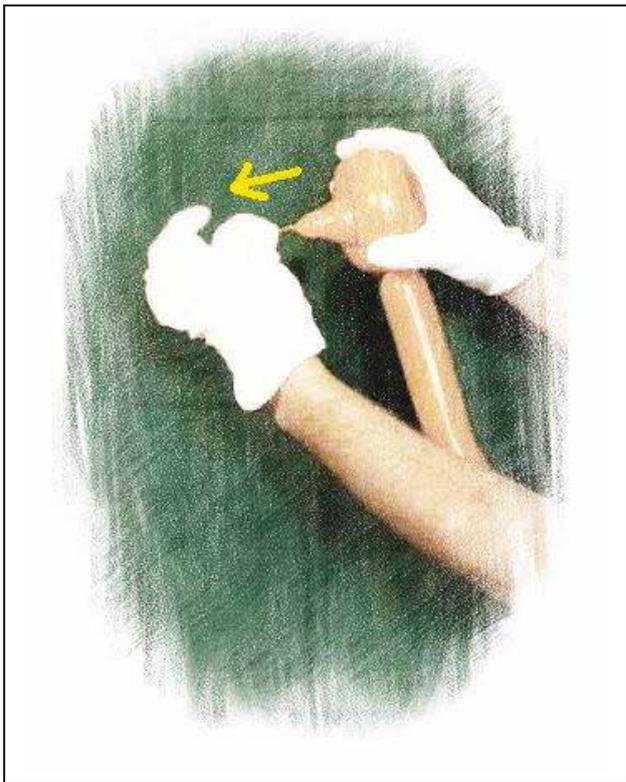
If we succeeded fixing the sausages, we can hold the balloon with one hand. At this point our imagination can start working as we can already see some kind of strange creature. We can spot a nose and two big ears, ending in a narrow mouse tail. Guess what is it! Imagine, if I move my hand it starts dancing in a funny way. It is very interesting.



Now, here comes the hard part. We take the two top sections and pull them apart so much that the sausage section with the knot can go through between them.



We push the knotted sausage through until it arrives to the other side. I think nobody thought of this, or am I wrong? Then be careful now, so the balloon doesn't burst or slip out on the other side, otherwise we can start it from scratch.



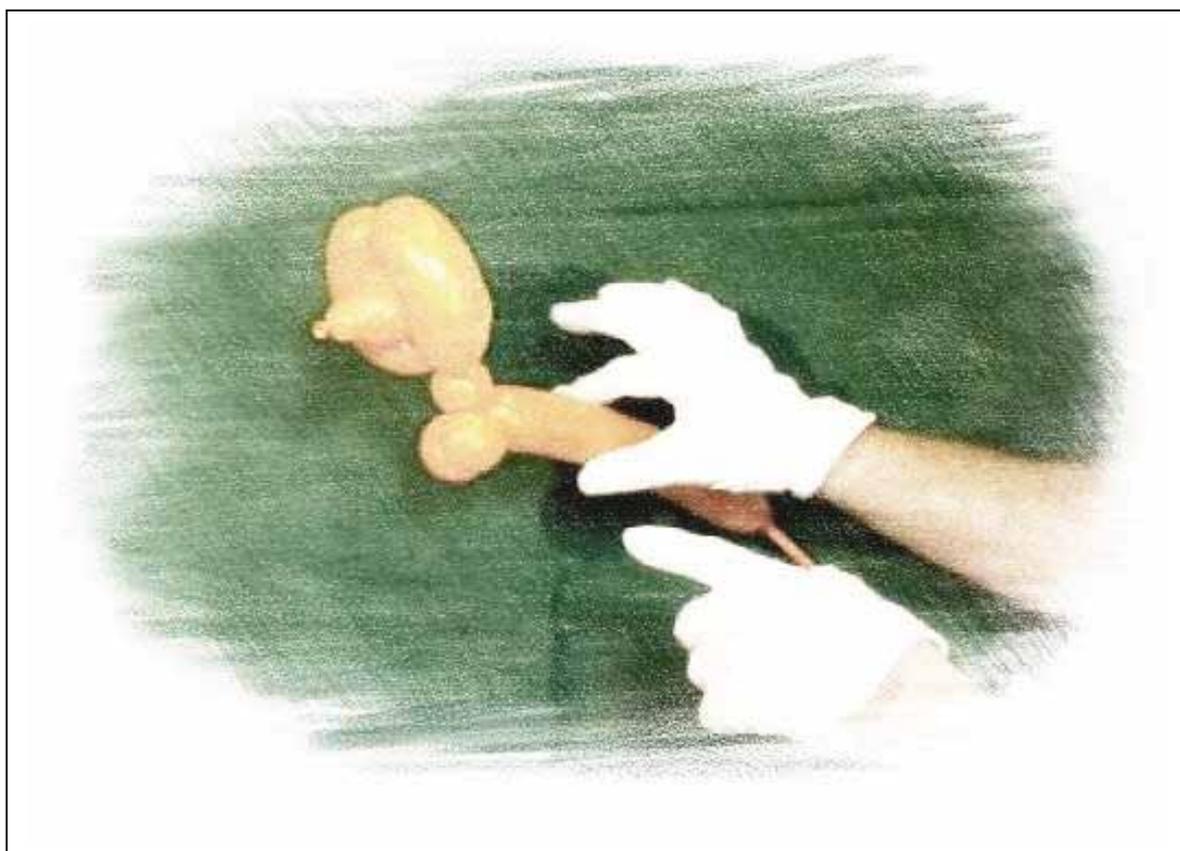
The next move is very funny. Pull the puppy's nose carefully. If you are very skilful it's going to be like a little dachshund's pointed nose. Now, practice it, experiment please.

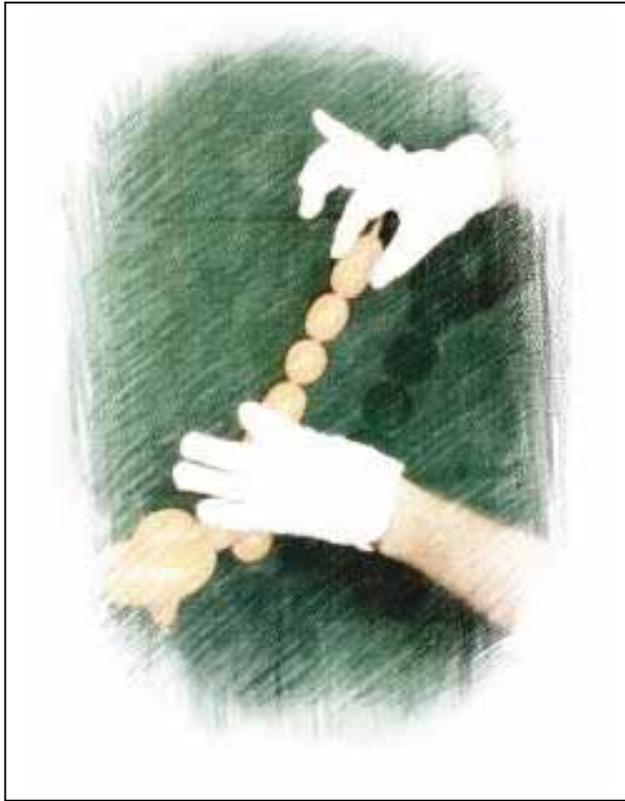


When its head is ready, then the next step is to make three equally sized balloon balls under the head. One of them will be its head. The other two will be its forelegs.

Don't you believe me? Just look at my hand in the picture.

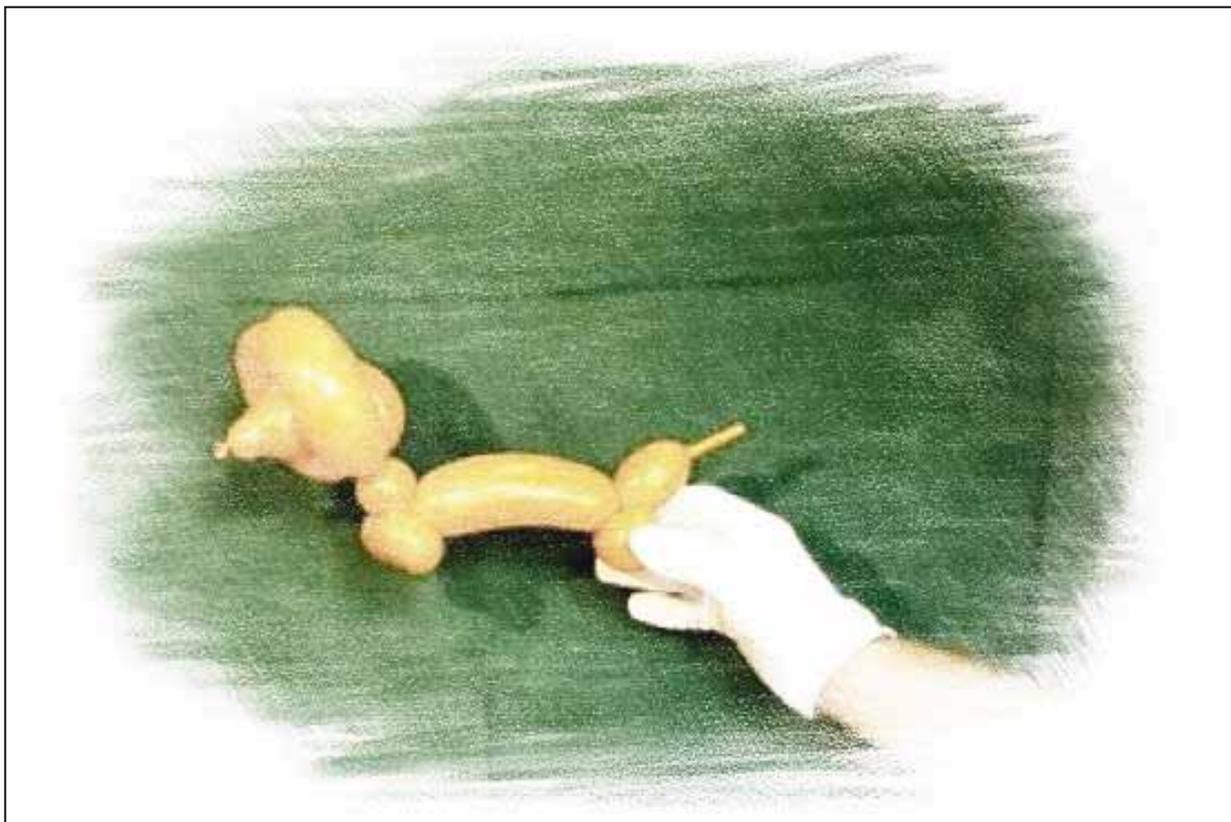
The dachshund puppy now recognisable. Its head is complete with ears and nose; it has neck and forelegs. Be happy for this but don't you sit back yet, because we still have work to do. Next, we are going to make the puppy's hind legs and its tail.

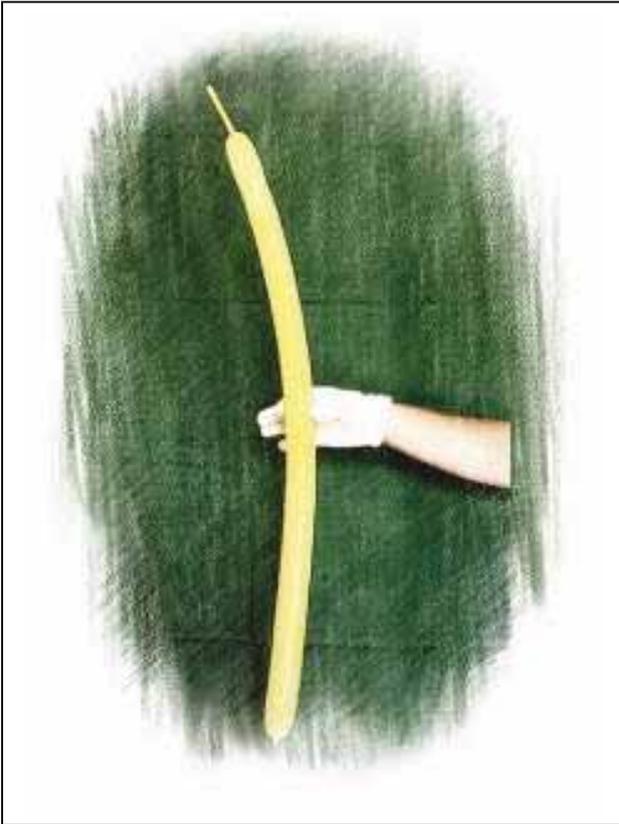




At this part, we have to share nicely what's left for us to work with. We make two balls for the hind legs and a third ball will make its tail, not to miss that out.

When the puppy is ready, we can start a game. It can jump, bark but it can also tell a poem. Plus those who will receive it as a present will be clapping happily .

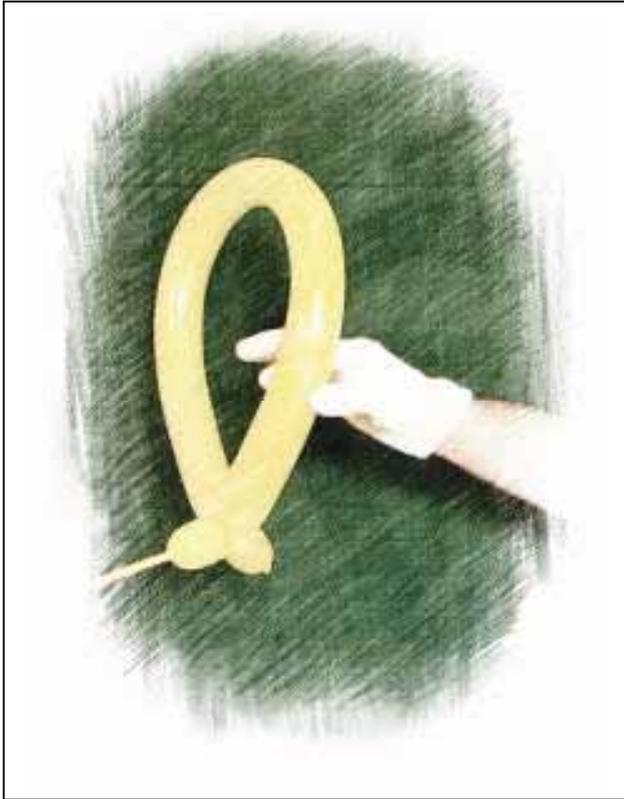




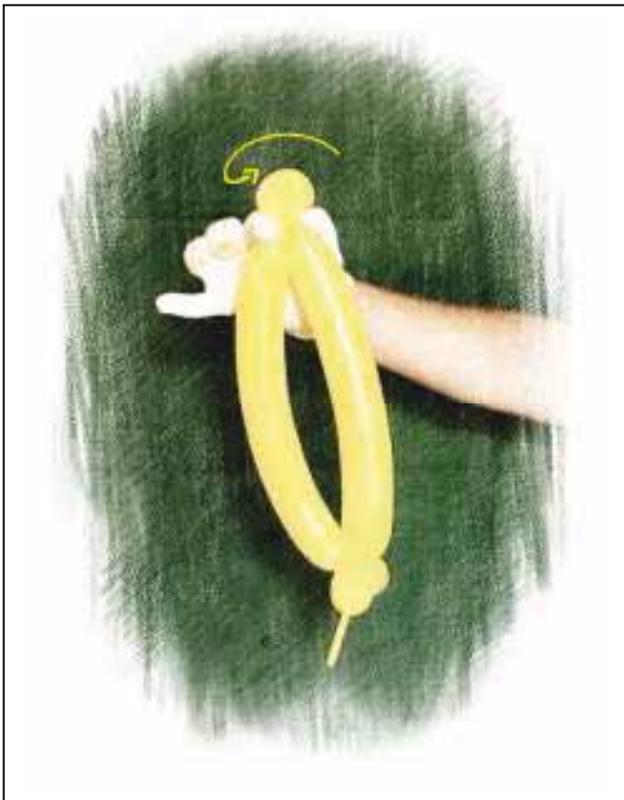
What is going to happen to the balloon caterpillar when it graduates from kindergarten? We will see it soon if we pump the balloon for this long.



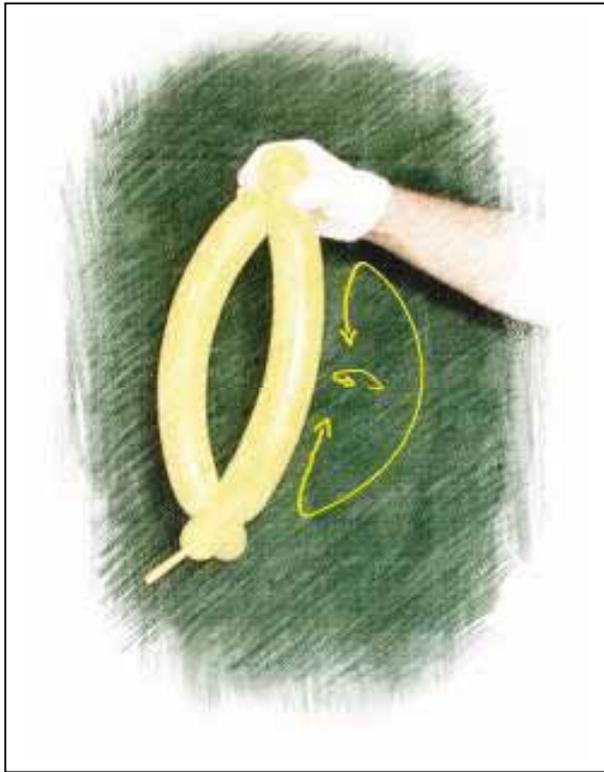
We bend the balloon caterpillar in half and make a balloon ball at both ends. Then, we twist the two ball ends together with a skilful move.



The butterfly in this circle shape resembles a lot of things, such as a crown, car steering wheel or anything that we can draw into the game.

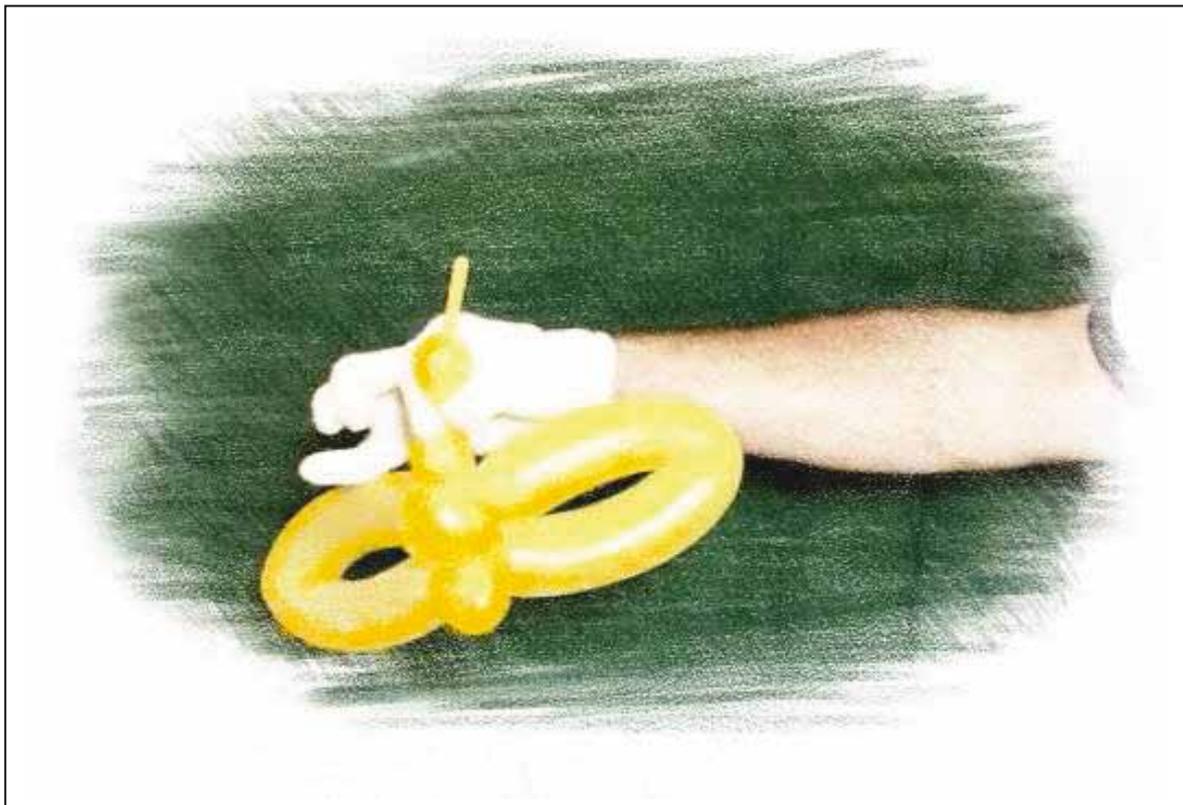


We make another ball at the top of the circle too by squeezing it together near the top. If someone lets it go, they will need to start this step again.



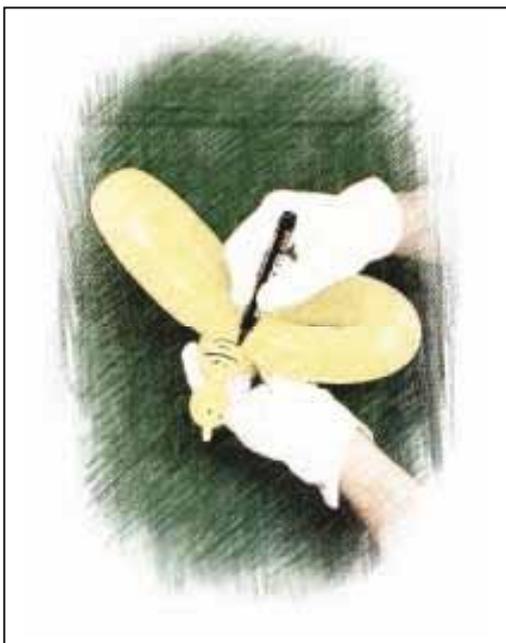
As we twist the balls at the ends into one another, it begins to form a butterfly.

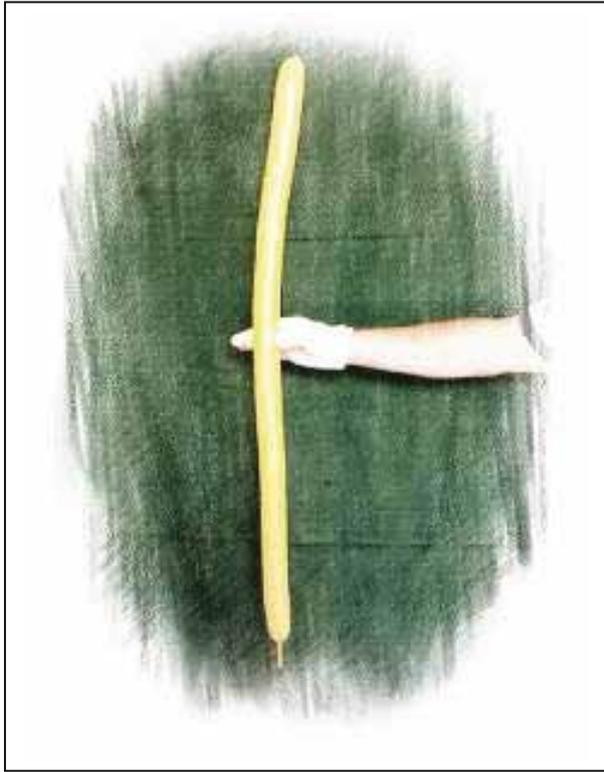
We create the butterfly's head by squeezing its pointed end together with two fingers.



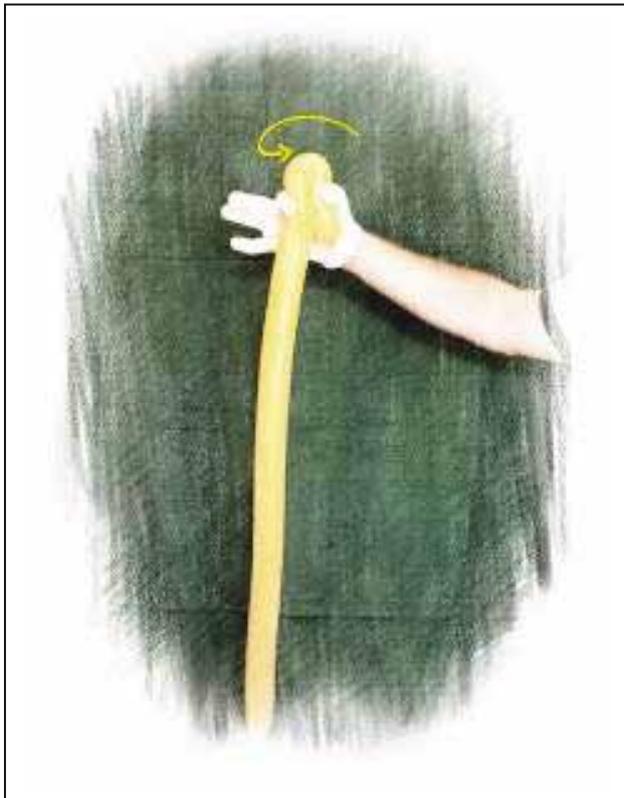


The butterfly is ready. We draw its mouth and eyes. If we colour it further and draw stripes on its back, then anyone could see that this is a bee that can fly on a flower.





Who has such a long neck that it can look in the room through the window? It stands next to the hedge and extends its neck until it can see who is in the room. But is this a sharp spear? No it isn't. It's a giraffe's first step, a nice big step.

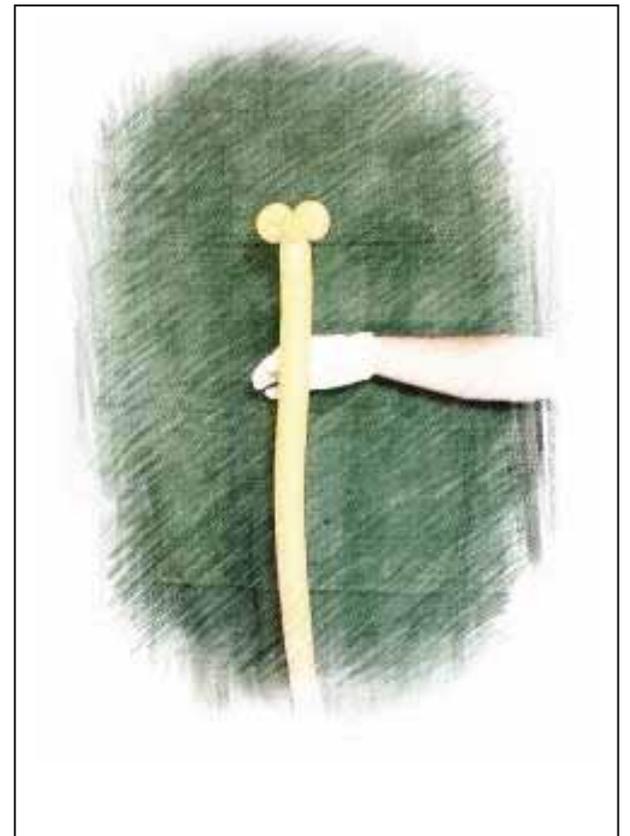
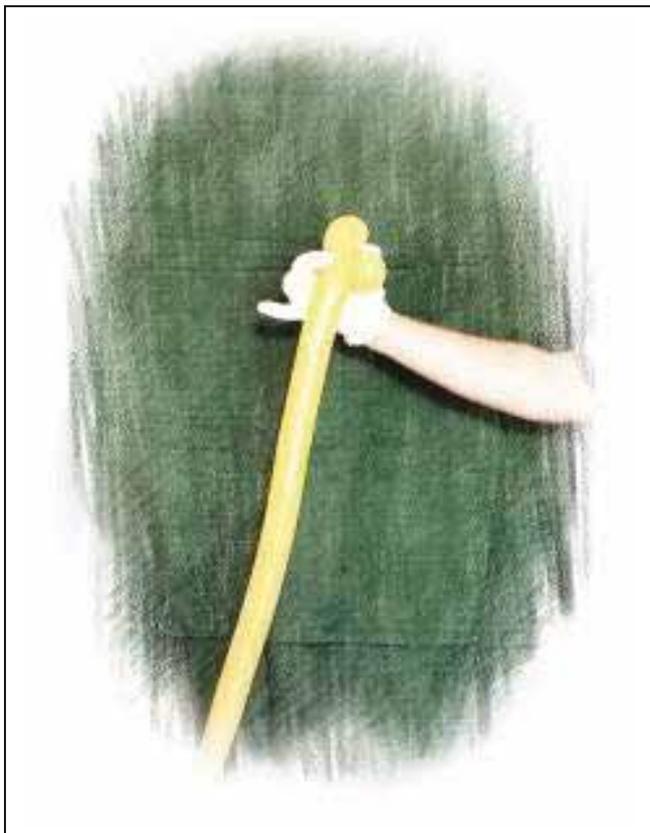


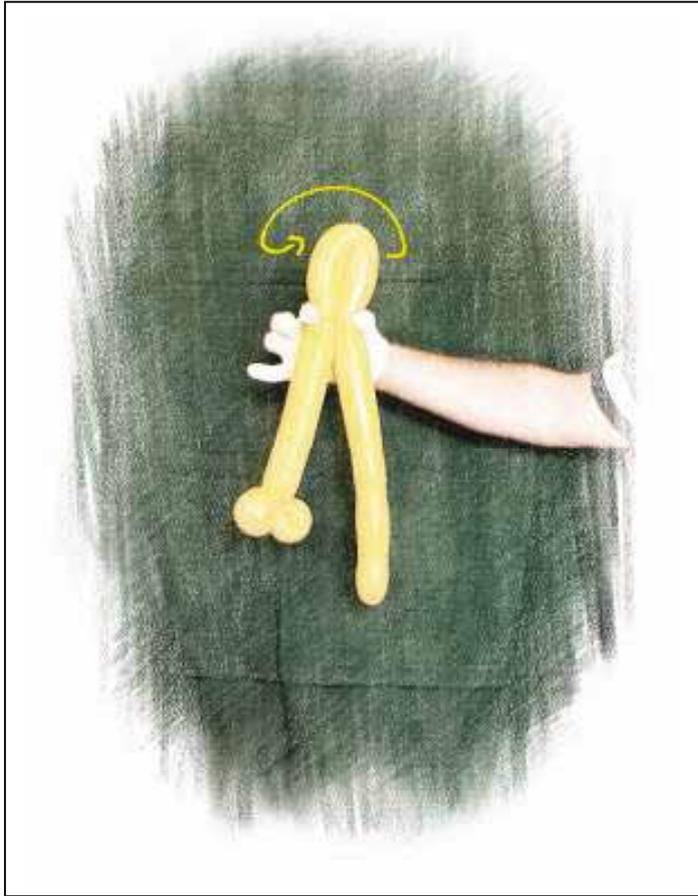
We fold down the big step as we can see it in the picture. Then, using our two fingers, we squeeze the balloon slightly and make the giraffe's ear with a twist.



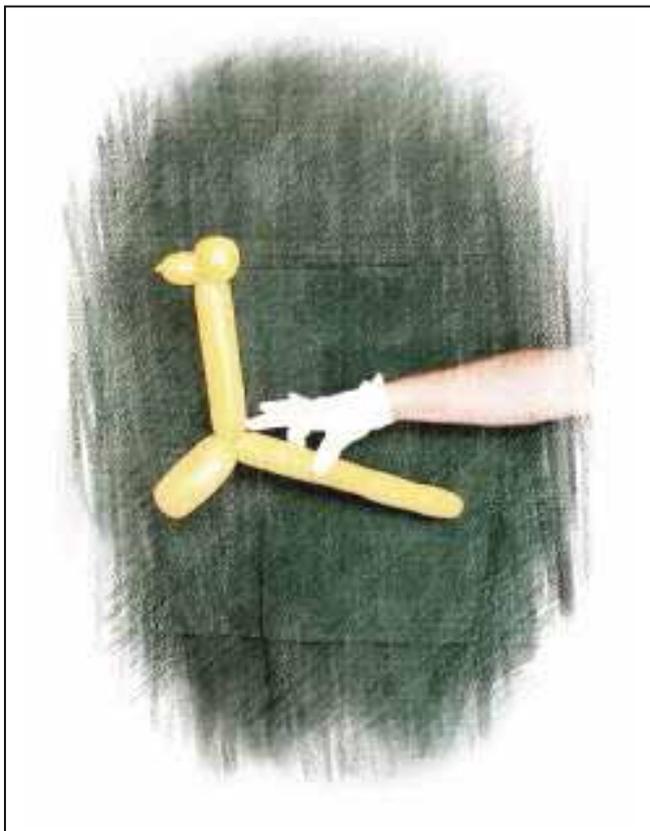
As we know, giraffes have two ears, therefore, we do the following to make the other ear. We just have to be careful to make it the same size as the other one.

You have to practice it until the giraffe's best feature is its ears, since it has no horns. If the balloon bursts, you know what to do... that's right, start it from scratch. Go on.

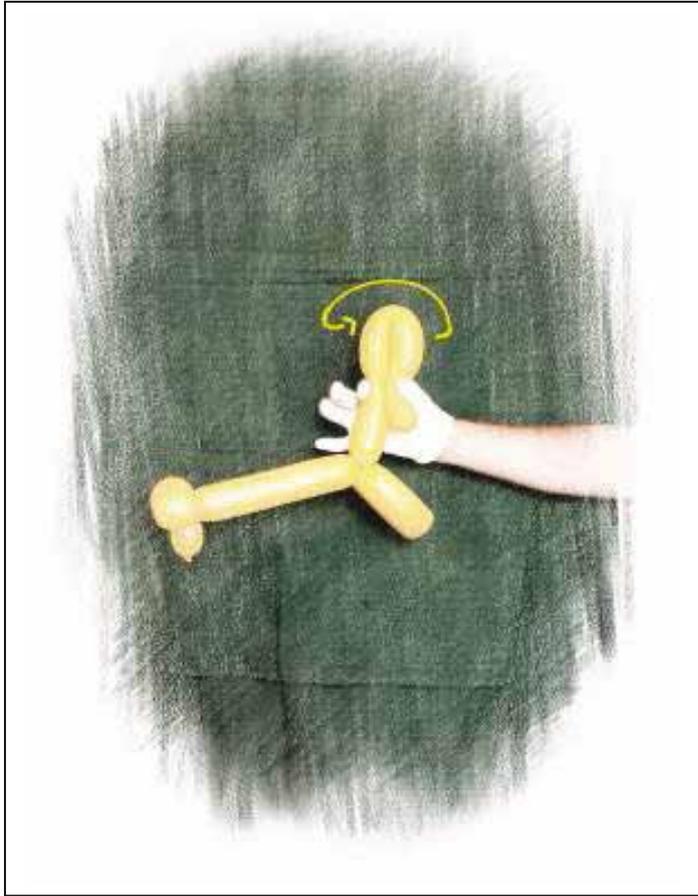




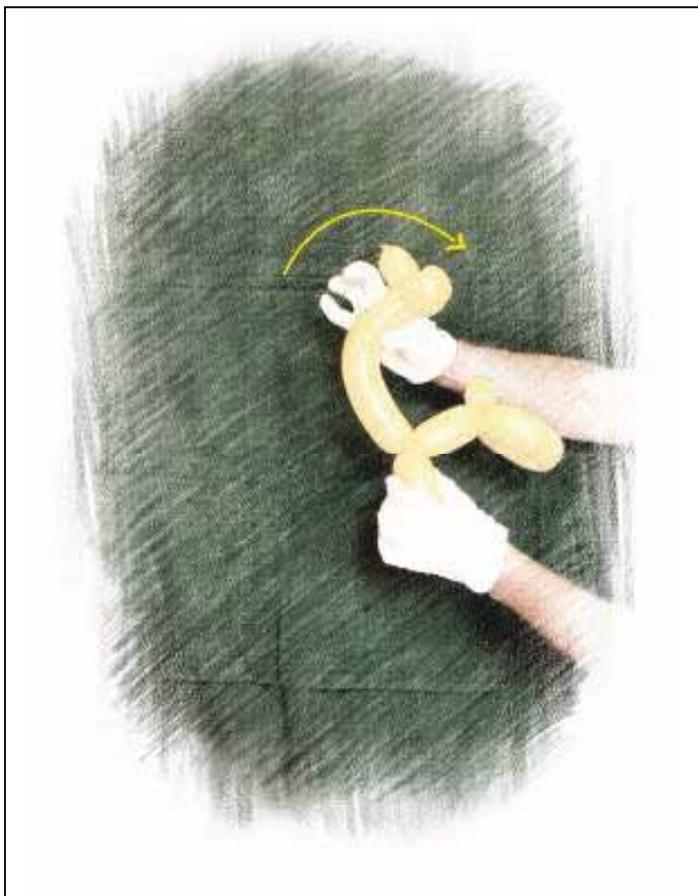
We fold down the long step as we can see it in the picture. Then we create the giraffe's forelegs by twisting it with two fingers.



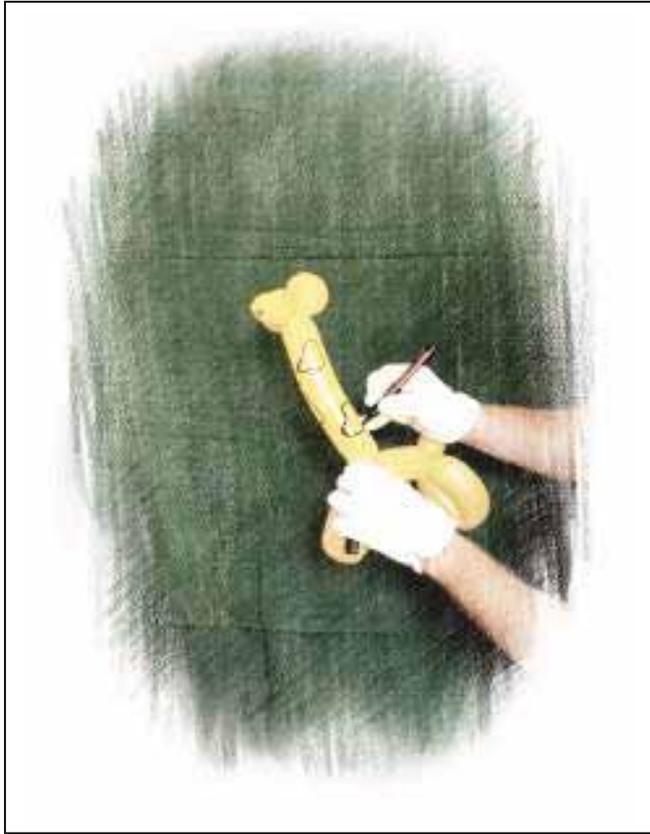
The giraffe is about to dance in its happiness about having two forelegs, but as we know, he still cannot go to the giraffe party like this. We need to make his hind legs too.



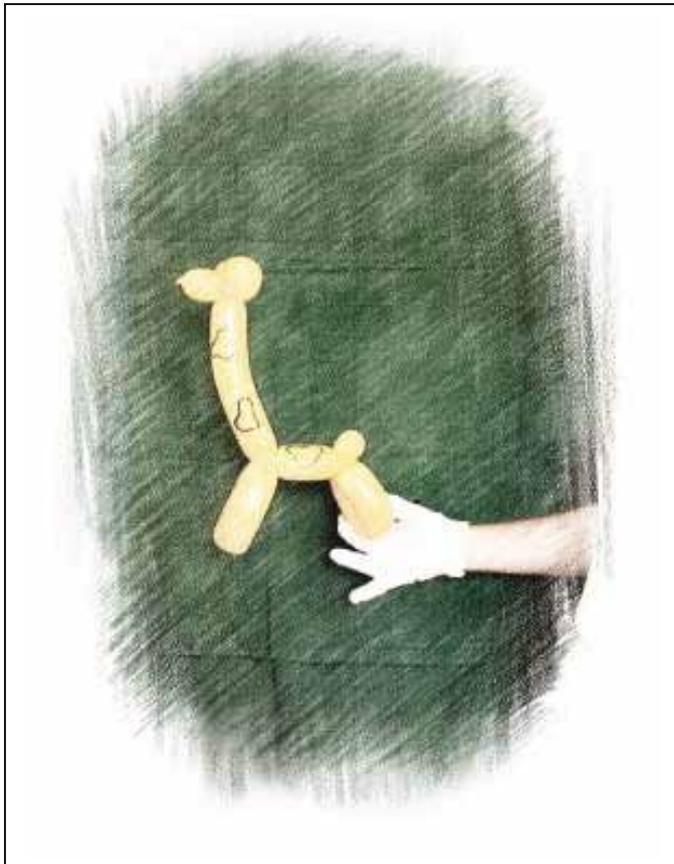
I think everyone knows this step already. We start making the giraffe's hind legs by squeezing the balloon a little as it is done in the picture and then twisting it.



We can fold the giraffe's neck back a little, adjusting it nicely, as if he did not think of anything else but the giraffe wedding party. Now it looks like a real one in the Zoo.



We draw his spots with a pen nicely, and of course we draw his mouse and eyes so well that he can find his darling in the giraffe party.



Ready. He can embark on a long journey and whoever plays with him will have a happy good time. I wish everyone, children and adult children to play and smile a lot and be cheerful. I wish everyone to be successful.



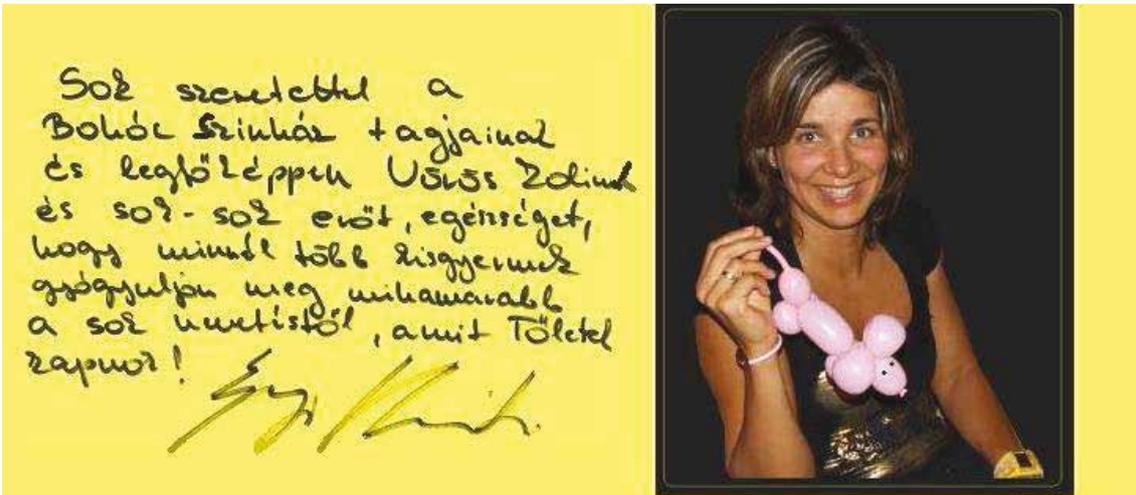
Article titles:

The Ward is Loud with Laughter

Clown Time in the Hospital

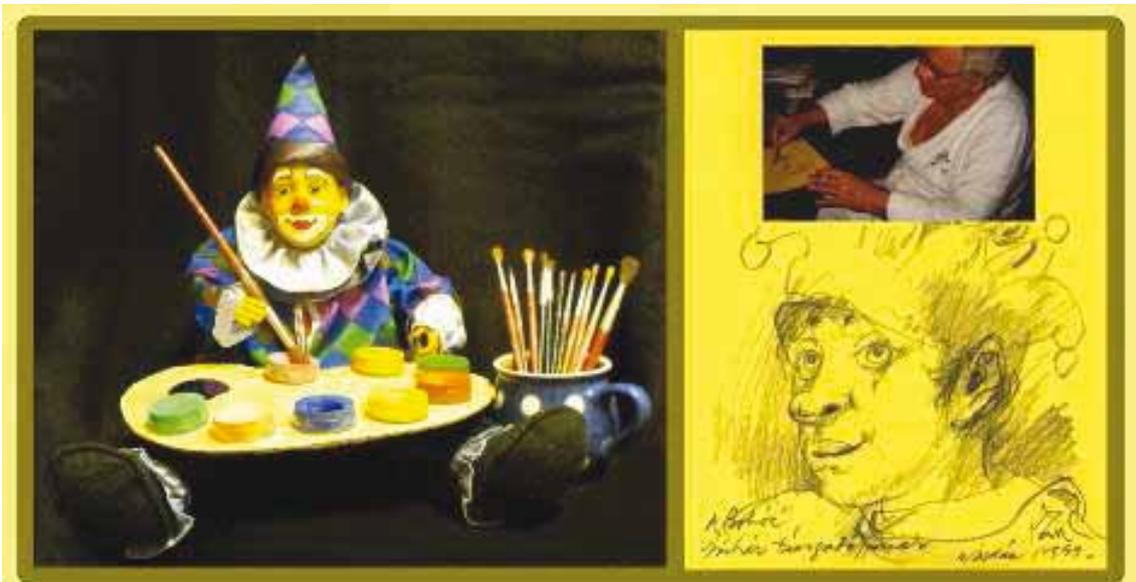
The Moment of Clown Magic





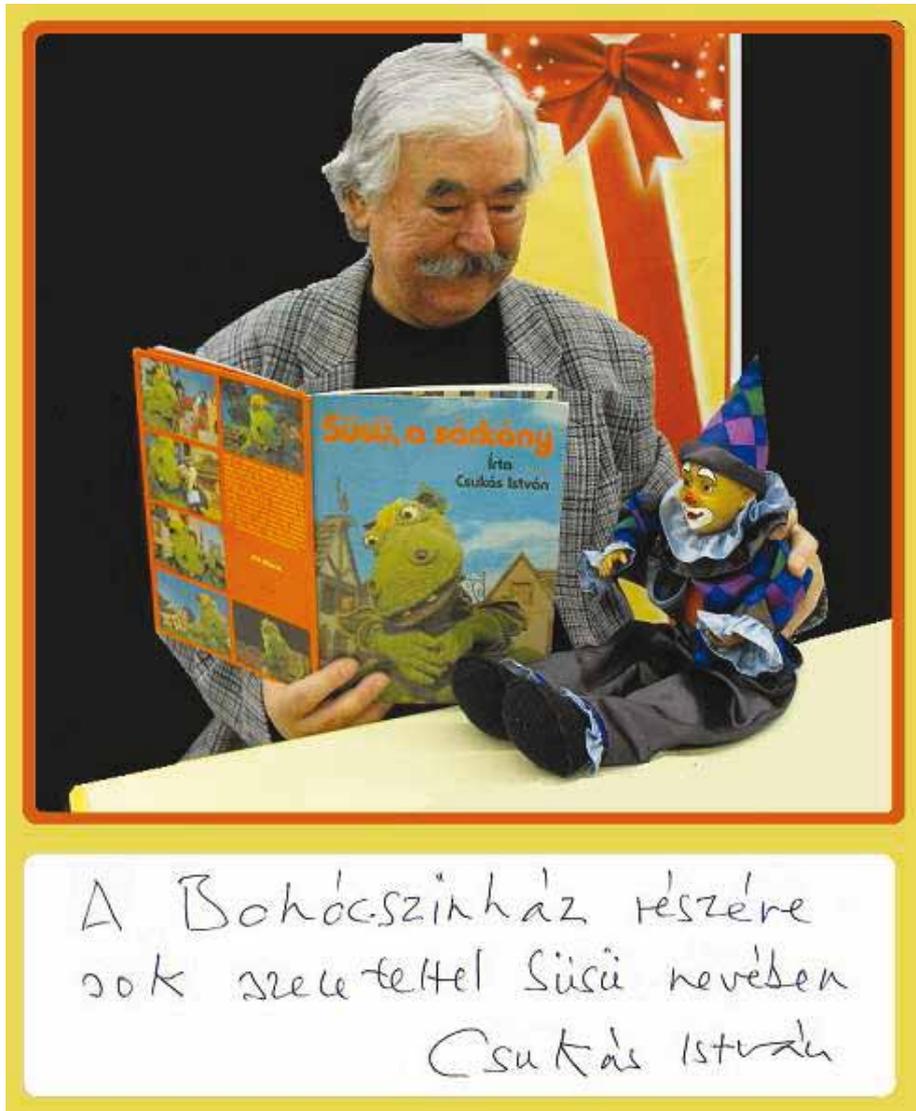
With lots of love to the members of Clown Theatre, especially to Zoltan Voros. I wish strength and good health to them so they can heal more and more children with laughter as soon as possible.

- Krisztina Egerszegi, Olympic Champion Swimmer



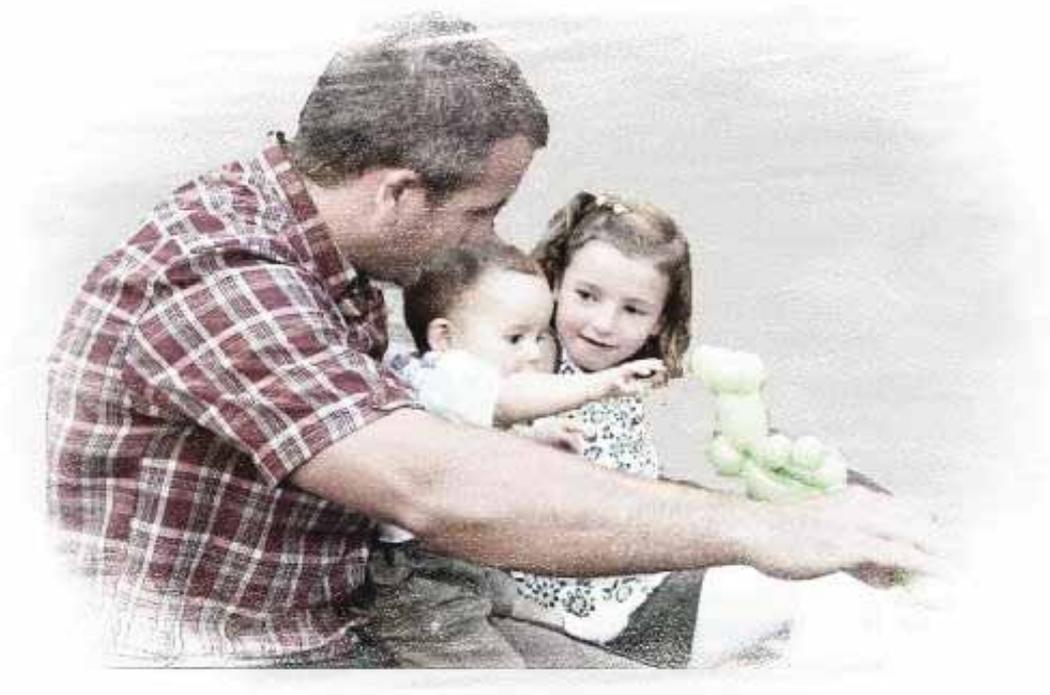
“The biggest smacks come from life”

-from Olympic, European and World Champions in boxing



To the Clown Theatre, in the name of SUSU.

- Istvan Csukas, writer



BMagyarországi Református Egyház Bethesda Gyermekkórháza
I. Beosztály1143. Budapest Ilka u. 37.
>>: 1142. Budapest 70. Pf 112☎: 3-431-624, 3-431-625, 3-431-626
☎: 3-414-175, (3-431-070)
e-mail: ik.beth@matavnet.hu**Bobóc Színház részére**

Csaltyunkon gyermekbelgyógyászati és -onkológiai részleg működik, ahol átlagosan egyidejűleg 15-20 gyermeket kezelünk. A belgyógyászati részlegen általában néhány napig, maximum 1 hétig tartózkodnak a gyermekek, azonban az onkológiai kezelés sokszor hónapokig tart, mely miatt a gyermekek huzamosan, sokszor heteken keresztül kénytelenek folyamatosan bent fekvődni. Az agresszív daganatellenes terápia és a kezeléssel járó sok egyéb beavatkozás nagyon sok kellemetlen mellékhatással jár, mely igen megviseli őket. A szülők folyamatosan mellettük lehetnek, végigkísérik őket a gyógyulásban, de egyrugal átélik lehetetlenségüket is, főképp ha nem egyértelműen bírtaóak a kilátások.

Ily módon folyamatos lelki gondozásra is szüksége van az egész családnak, melyhez sokszor az osztályon dolgozóik embersége nem elegendő, külső segítséget is igénybe kell vennünk (lelkész, pszichológus, családterapeuta, stb).

Ebben a helyzetben óriási segítség a Bobóc Színház szolgálata. Rendszeresé váló látogatásaink alkalmával a gyermek és az édesanya is elfeledkezhet egy félórán a napi gondjáról, és a hosszú távú kilátások helyett például egy trefás fejtező megoldásán töltöti a fejét. A kedves ajándékok, a lufik és egyéb játékok még sokáig emlékeztetik őket a bobócok látogatására és a trefákat és vicceket sokszor hetek múlva is emlégetik. A bobócok kapcsolatteremtő készségük és kedvességükkel köszönhetően régóta nem látott mosolyok csillognak újra fel.

Szoigálatukat köszönjük:


Dr. Szabo Cecilia
osztályos orvos**Reference**

Bethesda Children's Hospital
of the Reformed Church
To the Clown Theatre

On our ward of children's internal medicine and children's oncological an average 15-20 children are present at a time. Children stay a few days on average at our internal medicine ward, but at our oncology ward, where treatments last for months or years, children spend sometimes many weeks in the hospital. Aggressive antitumour treatments have many serious side effects, which hit children hard. Their parents can stay with them continuously, they are with them throughout the healing process, but they also live with the uncomfortable facts, especially when the future is not bright. Therefore, the whole family needs soul therapy as well, which is sometimes not satisfied with our nurses sympathy. We need to use outside help such as pastor service, psychologist or family councillor.

In these circumstances, Clown Theatre is a great help. Their frequent visit makes it possible for children and families to let go of their troubles for half our, and instead of thinking about long term solutions they think about funny riddles. Lovely presents and balloons make the clown visits memorable for a long time and the riddles and jokes are remembered for weeks. The clown interpersonal, and communication skills bring long awaited smiles on children's face.

We thank their service:

Cecilia Szabo
Ward Doctor

Janos Selye Children's Hospital, Komarom, Hungary
-Dr Maria Varga, Head of Department

To Clown Theatre Foundation

Dear Clown, Dear Smile Master

You have been visiting us frequently in Janos Selye Children's Hospital, Komárom, Hungary. You are like a good uncle to us. When you appear in the parking lot with your clown mobile everyone starts talking about your arrival: The clown is here with tremendous shoes, big red nose, and beautiful make up and the pillow control starts. The smaller children hide behind their mum first in their surprise. The bigger ones also think for a minute: "What's going on?" Then a few funny questions come. At the beginning, children answer quietly but they soon become excited. At first, they just titter, then, mainly the older ones, laugh out loud. In the meantime, you twist the colourful balloons. At first only the boldest ones there to ask, then, you are busy to satisfy even the strangest requests. You make butterflies, flowers, mouse and even bear on motorbike and parrot on swing. You decorate all of the children's beds, even the babies got a butterfly. Visiting parents gradually play along the game, they also guess the answers to your clever riddles. Our nurses, the 'Snow Whites', also listen to your stories with a smile and of course you also surprise them with a balloon flower at the end. As if in a humming hive, little ones and big ones all around you. After you are gone, they are still busy playing with the balloon swords for hours, protecting their balloon presents. The next day, the sound and slightly softer balloons, and joking children show that you visited us, and after days the present magazines remind us. When you are here time goes by quickly; we stop a little with the blood tests, and painful interventions and healing happens on the stage of cheerfulness.

We hope we will have the opportunity to meet you again and again for a long time and pillow control together.

We are looking forward to meeting you in the names of patient children.

Snow Whites

Clown Theatre Foundation's aim as it is contained in their founding document

To organise and stage performances in hospitals and institutions to benefit underprivileged, ill, or injured children.

For example, Clown Theatre Foundation organised an interactive play for visually challenged children that was attended by appropriately 100 children. We collaborated with the Blind Institute, Blind in Kindergartens and the Blind in Primary Schools to implement the play. The content and technical assembly were adapted to the special circumstances. Another interesting aspect of the play was that we invited sighted children in cooperation with other kindergartens. This way, we realised a dual purpose: firstly, we helped the visually impaired cultural integration; secondly, teaching sighted children to tolerate and accept those that require special attention, including finding it natural to play with them. The tale's elements were determined by the children's needs. Our aim was to enable visually challenged children to enjoy a theatre performance.

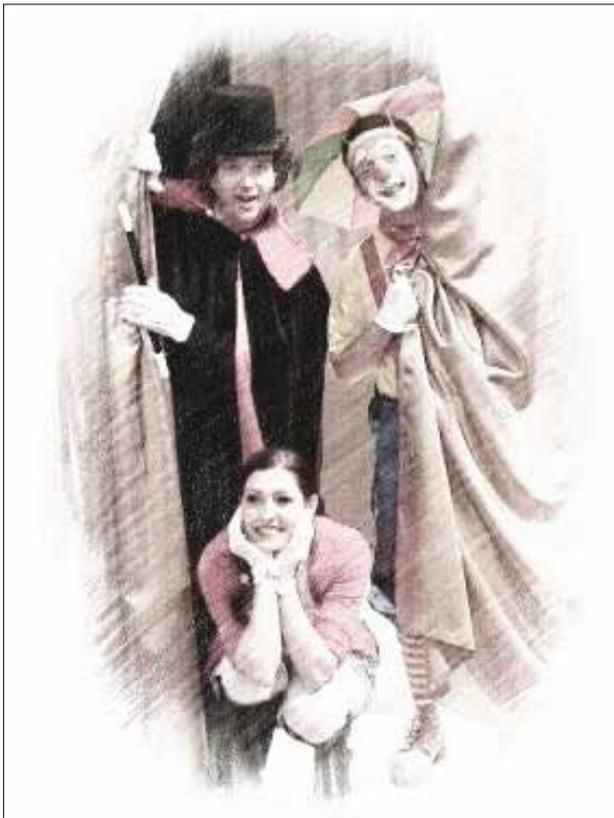
Having been successful in performing for blind and partially sighted children we plan to organise similar plays for children every year. We post photographs of the play on our web site, and share our experiences. We hope that this will enable us to multiply the audience of 100 and can help many other children's cultural integration.

- Dr Tunde Liptak

Our art productions can be successfully altered in their structure and in their content to aid the disabled public to enjoy them as well.



The script and development of the interactive play for blind and partially sighted children; the transfer of theatre experience in special circumstances.



Kata Kelemen
Zoltan Voros Laszlo Pipo

Ruckus on stage interactive tale play

Master of Ceremony: Greets the audience in his throaty voice. Introduces programmes and directs the audience.

Tale teller girl: Tells the story of Ruckus the Clown, draws the audience in the performance with questions and tasks, tells poems and sings.

Ruckus the Clown: talks about his toys, his friend, about the wizard with whom he swapped hats. He works the stage effects. He draws in children to the performance with his questions and games. His task is to find out who more skilful are, the girls or the boys.

Everyone knows, who remembers their first encounter with the theatre, that the experience started with the preparation before departure. Then it continued at arrival with the mix of many sounds in the hall, then with leaving our coat at the cloak room, finding our seats, and making ourselves comfortable in the soft theatre chair, a few whispering word to our neighbour, then everything becomes quiet. The play, the excited attention, the laughter and the clapping can start.

A cheerful, interactive tale play's main character knows what to do:

The audience is waiting for his arrival as they have come to 'visit' him. The creaking boards signal the approaching actor. He breaks the silence with his whisper:

- Should it start?

He intensifies the effect with his second sentence:

- I can't hear it! Should it start?

The audience already knows they will have to clap, guess riddles, shout to see who is better the boys or the girls etc. Everyone can learn from the instructive stories, and the game lasts until the end. There will be music and singing, strange challenge: to go on stage with an assistant and take part in the play and befriend the clown. We will learn that the most skilful children are those that can bounce the ball even with their eyes closed.

Anyone can imagine this, right? Even though I haven't even talked about that the children, who are sitting in the auditorium or take part on stage, can see little or nothing out of the whole thing.



The theatre's environment, the accessories used and the sound effects bring the play's characters and the audience close to one another. Actors have the opportunity to step into the audience's lanes, creating a direct connection, calling them up on the stage, holding their hands of course.



The connection is created. The structure develops. The child actors greet one another and acquaint in a friendly manner.



The audience can support them and see who can solve the tasks sooner. The clown's aim is to bring about funny situations, and cheerful mood.



Everyone knows that children know a great deal more than a clown and they gladly tell the clown who can't really understand and thinks that he needs to brush his teeth with soap.



The tale teller girl comes to help out poor clown and with the help of children she corrects the clown and asks him not to say such things anymore.



Poems, nursery rhymes and riddles are all here to help children spark their talent.



The games and singing are much enjoyable when the others help.



When it comes to singing, which is performed by the clown and the many children together, it is best to have musical instruments that we can give to everybody.



In order to make the singing sound nicer, adults can help, especially if they have learnt many such things in the school of life /Bobita Band/.



At the end, we will find out the big truth: the cleverest and most skilful are the children. On that day, everyone has received a present.



We hope, as they are leaving for home, that they will remember this cheerful day for a long time.



Herminka Kindergarten

To: Clown Theatre Foundation
Zoltan Voros

RE: Opinion

Dear Zoltan Voros,

We were glad to participate with our sighted children in the event organised for blind and partially sighted children on 15th of December. Before the event we talked about where we are going as guests, what other children will be there. As the kindergarten for the blind is close to our kindergarten, our children can experience what other people live in the community. In our founding document the state that helping integrate the partially sighted is our aim, therefore our children could experience their specific education.

In the world of healthy people there is great emphasis on visuality. Unfortunately, today's fast paced life also encourages this. It was interesting to see that a performance can be made 'visible' for blind children with the aid of sounds and music.

The Master of Ceremony prepared the performance well and activated the audience at waiting times. We thought that the tale was a little long at the beginning of the play. Our children liked the clown and the Bobita band's part best. Healthy, and injured children were drawn into the play, games, and playing music together well. The Bobita band created a fantastic atmosphere in the Nador room on this cold winter day.

It was a pleasure to experience how joyfully sighted and blind children played music together.

In our kindergarten musical education is of high importance. Our children often experience live music, we often organise musical programmes. This event perfectly fitted our aims regarding musical education.

Both, our children and are educators had a great time at the performance.

We wish you further success to continue this programme.

Kind regards,

Andrea Meszaros
Kindergarten Educator

Mrs Berek
Head of Kindergarten



BUDAPEST



**Vakok Óvodája, Általános Iskolája, Speciális Szakiskolája,
Egységes Gyógypedagógiai Módszertani Intézménye, Diákotthona és
Gyermekotthona**

Bohócszínház Alapítvány
Tisztelt dr. Lipták Tünde!

*2010. december 15-én a Bohócszínház társulata nagyszerű élményben
részéltette a tanulóinkat, az igen színvonalas műsor a tanároknak s jelenlévő
szülőknél is nagyon tetszett. Az előadók a vak gyermekeknek is tökéletesen
élvezhető műsort állítottak össze, s adtak elő.*

Köszönjük, s nagyon örülnénk, ha jövőre is megtisztelnének minket.

Budapest, 2010.12.30.

Tisztelettel:

Dérczyné Somogyi Veronika

igazgató

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levélcím: 1580 Budapest, Pf. 30. I
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Kindergartens, Primary Schools, Special Vocational Schools, Special Education Institute for the Uniform Methodology, Hostel and Children Hostel for the Blind

Clown Theatre Foundation

Clown Theatre gave a very high standard performance to our students on 15th December 2010. Our teachers and parents present liked it very much as well. The actors presented a programme that were perfectly enjoyable for blind children.

Thank you, and we would be grateful if you could also visit us next year.

Mrs Veronika Derczy
Director

To the Clown Theatre Foundation

Dear Clown Theatre members, dear supporters,

In my view, there are still too few people who recognise the connection between body and soul. What the young artists of the Clown Theatre do is more than high quality entertainment for children in hospital, it is also therapy, helping these little patients in the process of recovery, easing their symptoms.

A survey carried out in 1986 in the US revealed that 30% of adult patients treated in hospitals showed clear symptoms of depression. How much can this number be in Hungary, in different circumstances, in the case of children? For a child, going to hospital means separation from the world, from everyone and everything they love, they don't recognise yet that the point of all this is their recovery. They only feel lonely and abandoned.

Any activity that can relieve this, that diverts children's attention from the stress caused by separation and illness, means much more than a simple pastime for them.

I hope that soon the correlation will feel natural for everyone: looking after the damaged soul will effectively aid the healing of the body.

I wish you further good results and success in your work!

Dr Jenő Ranschburg
psychologist

