

2024

THE CLOWN INSTITUTE  
SCHOOL EDUCATION PROGRAM





"A TRUE UNDERSTANDING AND KNOWLEDGE OF THEATRE INEVITABLY REQUIRES A  
PROFOUND EXPERIENCE OF PLAY".

-JACQUES LECOQ







# STUDENT WORKSHOPS & INCURSIONS

HOW MIGHT YOU GET YOUR STUDENTS READY FOR A SHOW OR THEIR GROUP DEVISED PROJECTS? WHAT DO YOU NEED? YOU NEED FOCUS. YOU NEED IMAGINATION. YOU NEED THEIR CENTRE OF GRAVITY TO BE IN THE RIGHT PLACE. YOU NEED TO KNOW THAT THEY'RE ALL TOGETHER IN THE ROOM. READY TO PLAY.

The Clown Institute's Education Program offers Jacques Lecoq® play-building, clowning and physical theatre workshops that connect to the curriculum for both secondary and tertiary drama students across Sydney and NSW. Professional development training programs are also available to community arts-based organisations and teachers.

Developed and facilitated by Jacques Lecoq® alumnus Alicia Gonzalez, her training programs work to create an atmosphere where movement and play is a natural progression from working with text and original source material. The teaching is based on physical approaches to creating new work as an ensemble, improvisation and the importance of Le Jeu (play).

The student workshops are affordable and can be delivered to a maximum of 25 students per session. Workshops especially focus on exploring practical ways of teaching the HSC Topic 4 to Years 11 and 12, as it relates to Jacques Lecoq's pedagogy.

“Alicia’s ability to get the most out of our students through her workshops was inspiring to watch. The structure of the workshops, building students skills and confidence throughout the day gave them significant experiences to apply in their written essays. “my essay is going to be awesome now miss!” Students were excited, engaged and left feeling far more confident in their understanding of the material studied. We would have Alicia back in a minute.”

Lambton High School



# 1. RED NOSE CLOWN: THE PLAYFUL ACTOR

USING CLOWN AND LE JEU TO FIND PLEASURE  
ON STAGE IN ORDER TO BE FREE FROM  
PHYSICAL AND PSYCHOLOGICAL DOUBT.

**SUITABILITY:** Stage 6, Years 11 & 12 and Tertiary students

**DURATION:** Choose between a 2.5-hour or a 5-hour full day lab

**PARTICIPANTS:** for up to 25 students

A Jacques Lecoq® pedagogic voyage designed for HSC drama students. This workshop will offer both teachers and students a practical investigation into Jacques Lecoq's work using specific exercises for performance via the clown. Clowning is one of the most effective and enjoyable ways to experience Le Jeu, Complicite and Disponibilite.

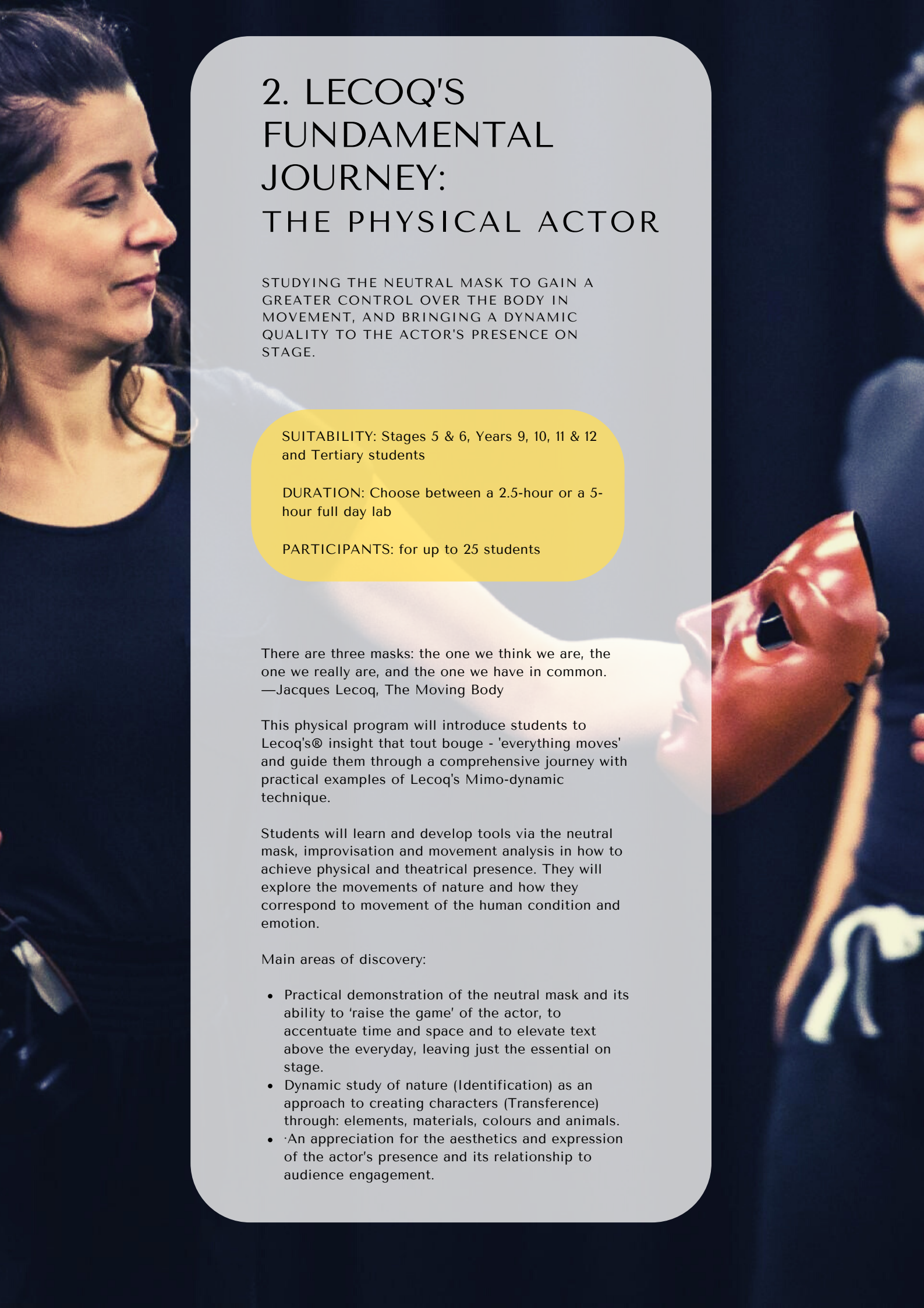
Together we will learn to listen and respond with the whole body, rather than the spoken text, to generate meaning in the theatre. In so doing, becoming a more open and dynamic actor and theatre maker.

Main areas of discovery:

- An insight into Jacques Lecoq's approaches to acting, via the most fundamental elements of the clown and actor - Le Jeu (Play), Disponibilite (Openness) and Complicite (Connection); experienced through specific clowning and movement exercises
- An introduction to the "smallest mask in the world" - the red nose, & the poetic body as one giant muscle of creative expression
- An appreciation for the aesthetics and expression of the actor's presence and its relationship to audience engagement.
- Optional – a 20-minute talk on past Australian-based productions and performances that have directly used or been influenced by Lecoq's techniques and philosophies.





A woman with dark hair is shown in profile on the left, looking downwards. On the right, a hand is holding a red, glossy mask. The background is dark, and the text is overlaid on a light grey rounded rectangle.

## 2. LECOQ'S FUNDAMENTAL JOURNEY: THE PHYSICAL ACTOR

STUDYING THE NEUTRAL MASK TO GAIN A GREATER CONTROL OVER THE BODY IN MOVEMENT, AND BRINGING A DYNAMIC QUALITY TO THE ACTOR'S PRESENCE ON STAGE.

**SUITABILITY:** Stages 5 & 6, Years 9, 10, 11 & 12 and Tertiary students

**DURATION:** Choose between a 2.5-hour or a 5-hour full day lab

**PARTICIPANTS:** for up to 25 students

There are three masks: the one we think we are, the one we really are, and the one we have in common.  
—Jacques Lecoq, *The Moving Body*

This physical program will introduce students to Lecoq's® insight that *tout bouge* - 'everything moves' and guide them through a comprehensive journey with practical examples of Lecoq's Mimo-dynamic technique.

Students will learn and develop tools via the neutral mask, improvisation and movement analysis in how to achieve physical and theatrical presence. They will explore the movements of nature and how they correspond to movement of the human condition and emotion.

Main areas of discovery:

- Practical demonstration of the neutral mask and its ability to 'raise the game' of the actor, to accentuate time and space and to elevate text above the everyday, leaving just the essential on stage.
- Dynamic study of nature (Identification) as an approach to creating characters (Transference) through: elements, materials, colours and animals.
- 'An appreciation for the aesthetics and expression of the actor's presence and its relationship to audience engagement.



# 3. CREATING THEATRE THAT MOVES: THE ACTOR-CREATOR



CREATING ORIGINAL THEATRE THROUGH AN UNDERSTANDING OF CHARACTER, DRAMATIC MOTOR, RHYTHMIC MOUNT AND THE DYNAMIC OF TEXT.

**SUITABILITY:** Stages 5 & 6, Years 9, 10, 11 & 12 and Tertiary students

**DURATION:** Choose between a 2.5-hour or a 5-hour full day lab

**PARTICIPANTS:** for up to 25 students

The actor is a creator rather than solely an interpreter of scripts - Lecoq trained actors are given the tools to devise theatre.

This program will equip students with the tools to invent and devise innovative, visual performances. To use the actor's body, rather than the spoken text, to generate meaning in the theatre.

Students will generate physical performance languages that are stimulated through improvisation as the first approach to playwriting. The workshop concludes with short devised collaborative scene work in the style of the Lecoq pedagogy.

Main areas of discovery:

- Play building techniques and improvisational scenarios for the creation of characters and situations
- Working themes to stimulate student's imagination and collective creation
- Figurative mime, movement analysis, chorus work, use of dramatic elements such as space, rhythm, timing, and role in devising theatre.
- An investigation into dynamic approaches to elements, materials, poetry, painting, music and theatre of objects
- Create theatre which aims to have 'poetic' universal appeal irrespective of age, gender, race, language or social class





## 4. BOUFFON ENSEMBLE: BEAUTIFUL TROUBLE

HERE'S YOUR CHANCE TO VOMIT GLITTER ON ALL THAT IS DISTURBING IN THE WORLD. PLUNGE INTO THE MADNESS OF MOCKERY WITH THE HIGHLY VISUAL PARADE OF THE FANTASTIC AND GROTESQUE.

**SUITABILITY:** Stages 5 & 6, Years 9, 10, 11 & 12, Tertiary students and professional performers

**DURATION:** 5-hour full day lab

**PARTICIPANTS:** for up to 25 students

This rigorous physical lab will guide students and teachers through games and ambitious improvisations that promise to invigorate and encourage you to play, and to find a firm platform to satirise the 'madness du jour'.

Students will connect their imaginations and hearts with the deeply surreal and bizarre, unravelling a profound humanity.

Main areas of discovery:

- Mockery & Mimicry: Discovery of parody threshold and the pleasure of playing with an audience
- Experiential exploration of the Bouffon Territories: The Grotesque, Fantastic and Mysterious.
- Bouffonesque Body: Creating a grotesque body and the gang with objects and materials
- Performance: Play with the great texts and devise short ensemble-made bouffon pieces
- An appreciation for the aesthetics and expression of the actor's presence and its relationship to audience engagement.







## 5. CREATIVE SURGERY: COACHING: GROUP + INDIVIDUAL PERFORMANCE

ALICIA CAN WORK COLLABORATIVELY WITH HSC DRAMA STUDENTS IN GROUP AND INDIVIDUAL PERFORMANCE DEVISED PROCESSES TO CREATE ORIGINAL WORKS IN WHICH DRAMA, COMEDY, TIME AND SPACE ALL PLAY A KEY ROLE IN SHAPING A VISCERAL EXPERIENCE FOR AN AUDIENCE AND HSC MARKER.

Get in touch, if your HSC drama student/s are:

- Creating devised projects as a solo-performer or within an ensemble
- Searching for new performance-based tools, styles and techniques, and interested in the Lecoq pedagogy
- Seeking artistic dialogue, provocation, and growth.



## 6. PROFESSIONAL DEVELOPMENT: TRAINING FOR TEACHERS

“Alicia is an expert in her field. Her knowledge of Lecoq with a focus on clowning and movement is exemplary and her passion for what she teaches is contagious. Alicia is able to communicate effectively with students and creates a positive atmosphere to enable them to develop their own ideas and discover various ways of expression. I am looking forward to having Alicia work with more of our students to help them gain skills in physical comedy and expression.”

Heidi Quinn - Head of Drama  
St Aloysius College

**SUITABILITY:** High school teachers, university lecturers, directors and professional performers

**DURATION:** Choose between 1-day or a 2-day intensive

**PARTICIPANTS:** Maximum teachers 20

Any workshop program can be tailored to professional development training for teachers and directors, with special weight on practical methods of teaching Lecoq.

During these intensives you will dive deep learning how to use Lecoq's mimo-dynamic training techniques, including a study of the principles of Le Jeu, Disponibilite and Complicite and how these can be applied to theatrical productions.

We will journey together beginning with the neutral mask to create Lecoq's fundamental neutrality and the basis of movement to 'the smallest mask in the world' - the red nose, and the search for one's own clown.

Suitable for any level of teaching experience, please get in touch with Alicia to discuss your training needs.





# SECONDARY SCHOOL CURRICULUM LINKS (NSW)

STAGE 5	DRAMA OUTCOMES	
Compulsory Study of Theatrical Form/Style (Playbuilding, Clowning, Physical Theatre, Improvisation, Creative Movement, Mask, Mime, Melodrama)	<ul style="list-style-type: none"> <li>• Making: 5.1.3, 5.1.4</li> <li>• Performing: 5.2.1, 5.2.3</li> <li>• Appreciating: 5.3.1, 5.3.2, 5.3.3</li> </ul>	5.1.3, 5.1.4 5.2.1, 5.2.3 5.3.1, 5.3.2, 5.3.3
STAGE 6 PRELIMINARY (YEAR 11)		
1. Improvisation, Playbuilding and Acting  2. Theatrical Traditions and Performance Styles	<ul style="list-style-type: none"> <li>• Develops acting skills</li> <li>• Expresses and explores ideas imaginatively</li> <li>• Performs effectively in a variety of styles</li> <li>• Applies a variety of styles in shaping a performance</li> <li>• Understands the variety of influences that have impacted upon performance styles</li> <li>• Understands the dynamics of audience-actor relationship.</li> </ul>	P1.1, P1.2, P1.3 P2.1, P2.4, P2.6, P3.2
STAGE 6 HSC (YEAR 12)		
1. Australian Drama and Theatre  2. The Group Performance  3. Individual Project	<ul style="list-style-type: none"> <li>• Uses acting skills &amp; effective performance skills</li> <li>• Uses skills to interpret unscripted material</li> <li>• Values innovation and originality</li> <li>• Understands and appreciates the actor-audience relationship in various theatrical styles and movements</li> </ul>	H1.1, H1.2, H1.9 H2.1, H3.3, H3.5



# THE CLOWN INSTITUTE

Nourished and inspired by the Jacques Lecoq® pedagogy, The Clown Institute is a very, very serious professional lab dedicated to nonsense; researching and delivering intensive workshops and regular classes in the art of clowning and theatre making. It's led by clown and Lecoq alumnus Alicia Gonzalez. Her joy is in growing a community of people practicing the art of clowning across Sydney and beyond, empowering you to connect to your most creative, empathetic and playful nature. Founded upon the Poetry of Nonsense manifesto:

- Discover your most creative self
- Live out your nonsensical whims
- Play and move with curiosity
- Experience a state of beauty, awe & wonder

## TEACHING ARTIST

Meet Alicia Gonzalez, your go-to performer and coach for unlocking creativity in the classroom!

Alicia specialises in clowning and crafting original stories for the stage and screen. She knows the power of physical training and brings the renowned teachings of Lecoq® to life.

With a track record of success, Alicia has conducted workshops in Sydney and regional NSW for diverse groups, from business teams to drama students preparing for their HSC performances. Her expertise covers clowning, bouffon, and devising for theatre.

Alicia's talents have graced prestigious events like the Sydney Festival, Melbourne Comedy Festival, and Adelaide Fringe festivals. She even moonlights as Dr. Ding Dong, a medical clown doctor.

Discover the art of creativity with Alicia Gonzalez and let your students shine!



## LOCATION

The Clown Institute comes to your school, or if you wish an alternate venue can be arranged upon booking. Alicia is happy to travel regionally and interstate to run workshops, but please note that this will incur additional travel fees.

Workshops can also be tailored to remote classroom learning via Zoom, please send an enquiry with your booking preferences.

## PRICING

Fees start from \$455 for a 2.5-hour program.

There is a discount of 10% applied to bookings of 3 or more workshops.

## BOOKING A WORKSHOP

Complete the [online booking form](#) or please contact Alicia at [info@theclowinstitute.com](mailto:info@theclowinstitute.com) or give her a call on 0416 533 665 to discuss your requirements.

### KEEP IN THE LOOP

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