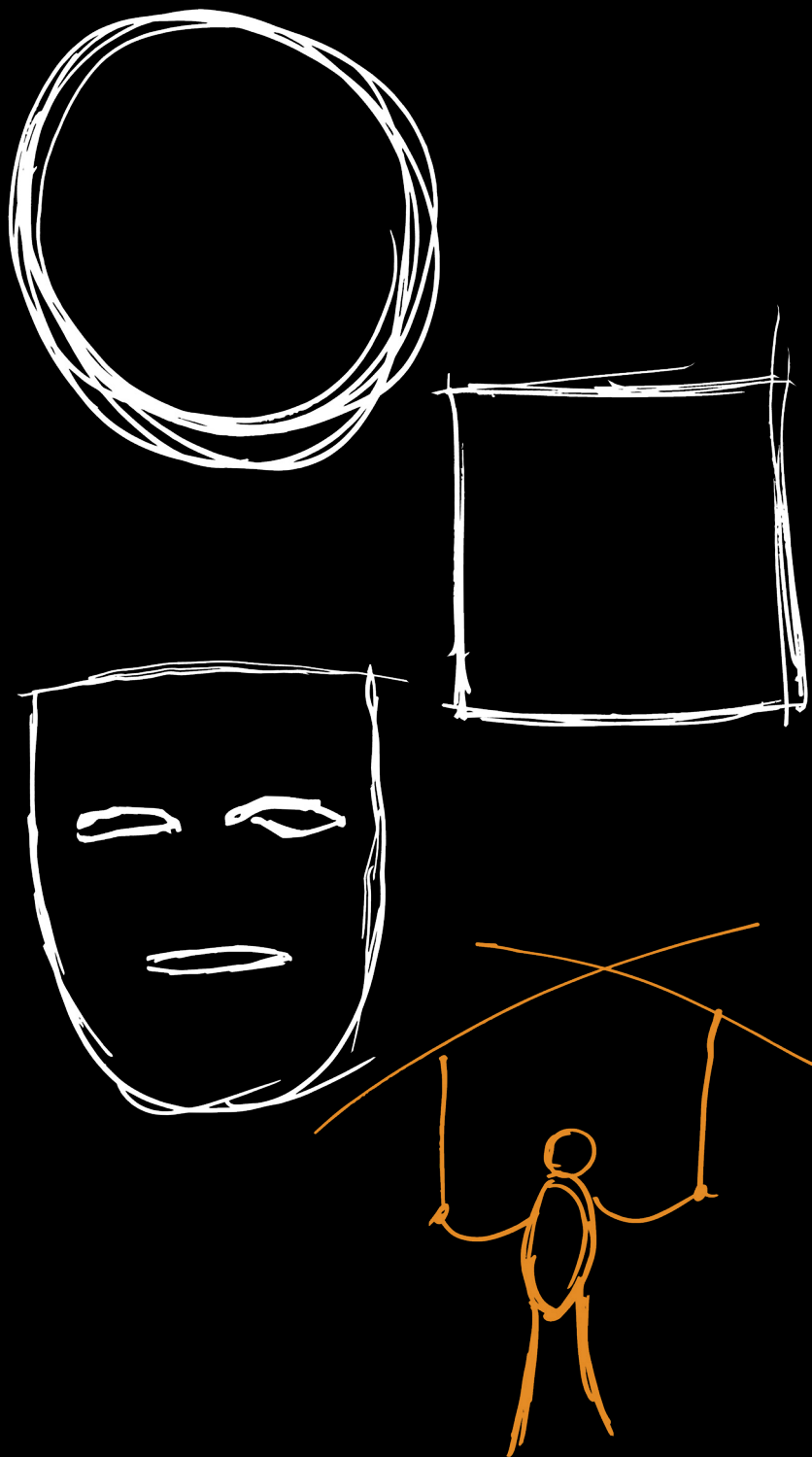




THE ART OF PLAY

WORKSHOPS IN PLAY,
DEVISING, MASK AND
PUPPETRY FOR ACTORS,
PERFORMERS, THEATRE
MAKERS AND EDUCATORS

**BLADDER
& STRING**

OUR PHILOSOPHY

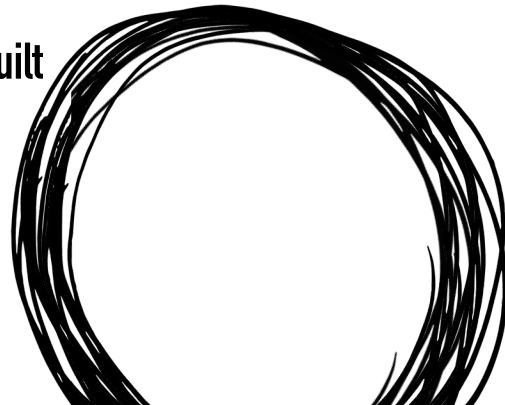
WE BELIEVE THE BEST THEATRE BEGINS WITH PLAY.

Play invites us to be curious rather than certain,
courageous rather than cautious.

It asks us to listen, respond and discover instead
of trying to be right.

At Bladder & String, play isn't a warm-up.
It's a way of making theatre.

Every workshop we offer is built
around this philosophy.

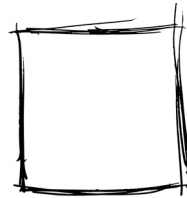


OUR WORKSHOPS



FINDING PLAY

Rediscover the freedom and
creativity of play.



MAKING IT UP AS WE GO ALONG

Devising tools and strategies for making
original work



HIDDEN FACES (MASK)

Exploring storytelling through mask and
movement



BRINGING THINGS TO LIFE (PUPPETRY)

Discover how objects can breathe, move and
become characters

FINDING PLAY

“A play is play.” — Peter Brook

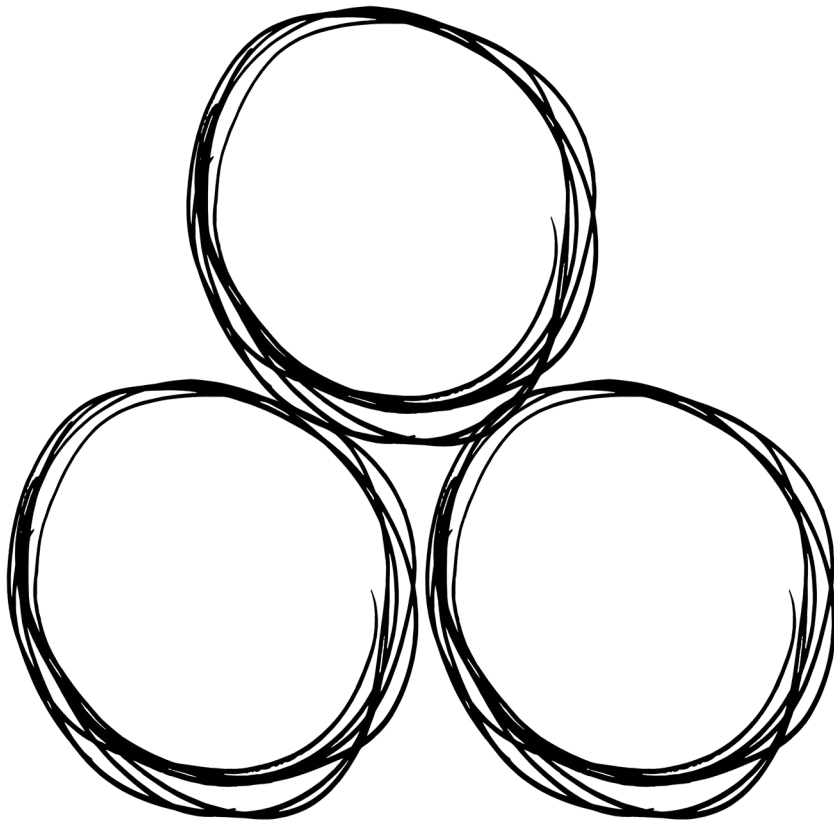
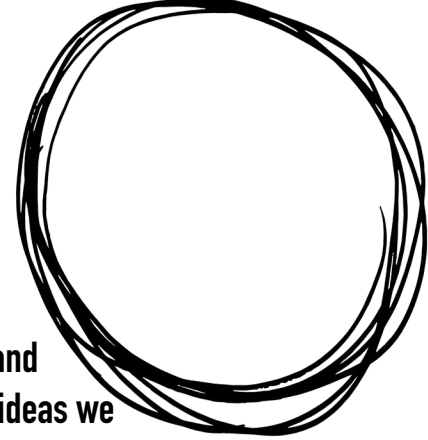
Play is more than a rehearsal exercise—it’s a way of thinking, creating and connecting. It allows us to take risks, respond instinctively and discover ideas we could never have planned.

Finding Play is an energetic workshop for actors, performers, theatre makers, educators and anyone interested in creativity through performance. Through games, improvisation and ensemble exercises inspired by the traditions of Lecoq, Gaulier and contemporary devised theatre, participants explore how play can unlock creativity, deepen collaboration and build more confidence working in uncertainty.

Whether you’re an experienced performer or simply curious to discover a more playful approach, this workshop invites you to embrace uncertainty, trust your instincts and rediscover the joy of live performance.

Learning Outcomes

- Discover the creative potential of play.
- Learn techniques for quietening the inner critic.
- Build confidence in improvisation and collaboration.
- Experience the freedom of creative risk-taking.
- Develop greater presence, responsiveness and ensemble awareness.
- Leave with practical games and exercises to continue exploring play in your own practice.



MAKING IT UP AS WE GO ALONG

A blank canvas in front of you, no roadmap, no trail to follow...
Where do I go?!

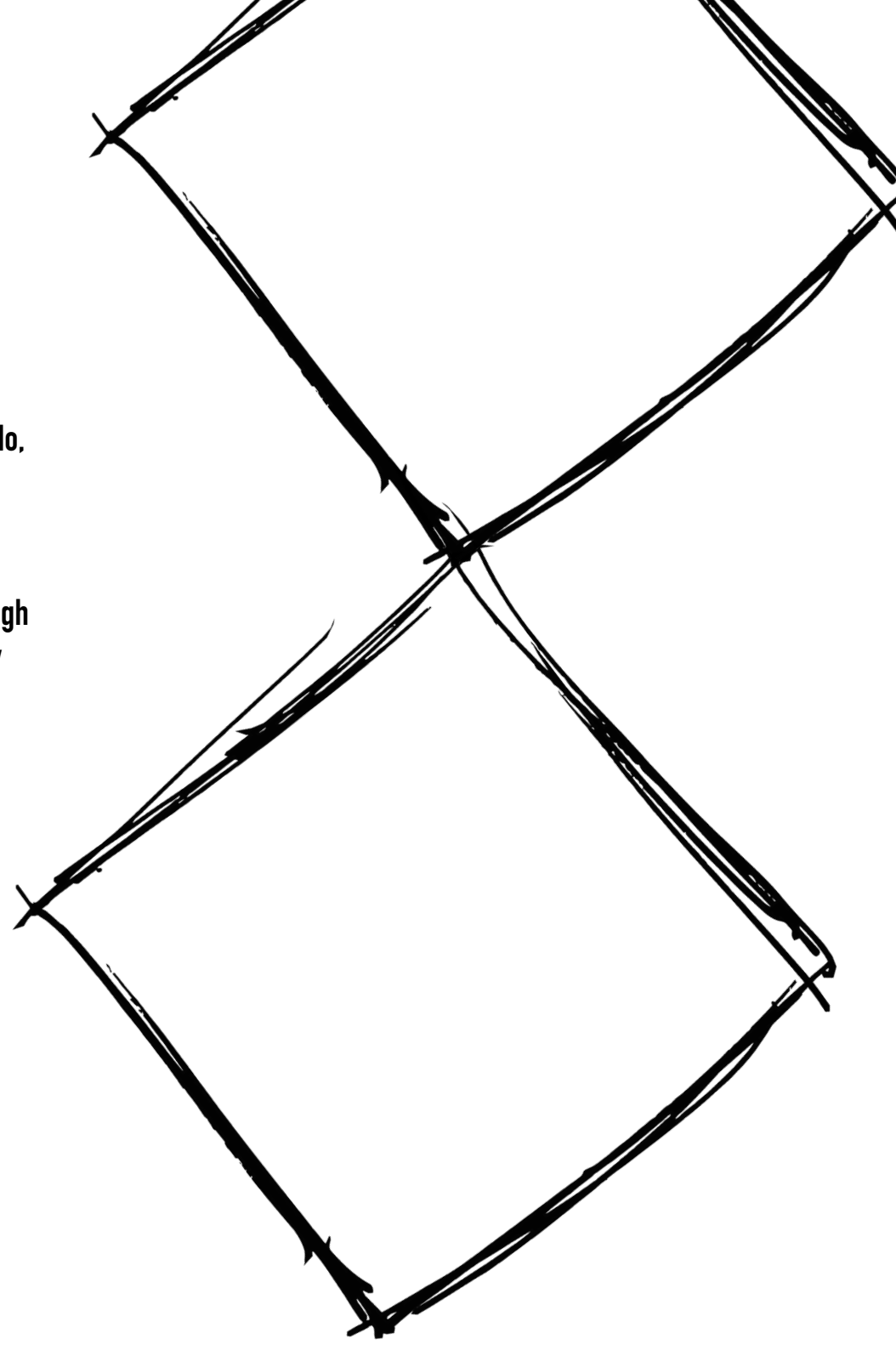
Creating your own work is one of the most liberating, fulfilling things an actor can do, but also one of the most daunting. So how do you make a play? Play!

Making it Up as We Go Along is a highly practical workshop for actors, performers, theatre makers, educators and anyone interested in creating their own work. Through a series of games, exercises and devising principles, participants explore how play becomes a practical tool for generating original theatrical ideas, making creative decisions and shaping devised performance.

Whether you're an experienced performer or simply curious to discover a different approach, this workshop invites you to leap into the unknown and unlock your own creative voice.

Learning Outcomes

- Generate theatrical material through play and improvisation.
- Develop practical strategies for beginning a devised project.
- Explore collaborative approaches to creating original performance.
- Learn methods for shaping improvised material into performance.
- Build confidence in making creative decisions as an ensemble.
- Leave with practical exercises to continue devising independently.



HIDDEN FACES (MASK)

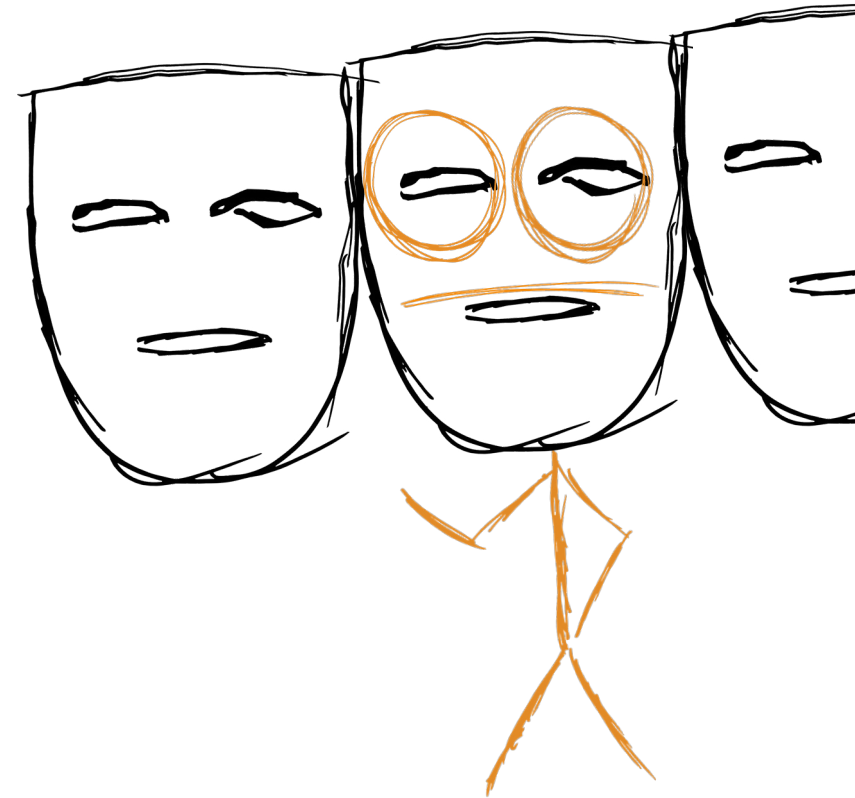
“Man is least himself when he talks in his own person. Give him a mask, and he will tell you the truth.” — Oscar Wilde

Hidden Faces is a practical exploration of neutral and expressive mask inspired by contemporary and ancient physical theatre. Through movement, improvisation and ensemble play, participants discover how mask encourages honesty, precision and imaginative storytelling.

Whether you're new to mask or looking to deepen your physical performance practice, this workshop invites you to communicate with your whole body and discover how less can often express more.

Learning Outcomes

- Understand the principles of neutral and expressive mask.
- Develop greater physical awareness and clarity of movement.
- Explore storytelling through posture, rhythm and gesture.
- Strengthen focus, presence and ensemble awareness.
- Discover how mask can unlock imaginative and non-verbal performance.
- Leave with practical exercises to continue exploring mask in rehearsal and performance.



BRINGING THINGS TO LIFE (PUPPETRY)

What makes a piece of fabric breathe? How can a wooden object think? Why do audiences care about something that isn't alive?

Playing with Puppets explores the playful principles of bringing objects to life. Drawing on traditions of contemporary puppetry, physical theatre and ensemble performance, participants investigate focus, breath, rhythm and shared imagination to discover how simple objects can become compelling theatrical characters.

Suitable for performers, educators and theatre makers, this workshop celebrates the extraordinary storytelling potential hidden within everyday objects.

Learning Outcomes

- Explore the fundamental principles of puppetry and object animation.
- Learn techniques for creating believable movement and character.
- Develop ensemble awareness through shared manipulation.
- Understand focus, breath and rhythm as tools for animation.
- Experiment with transforming everyday objects into theatrical characters.
- Leave with practical exercises to continue exploring puppetry in creative practice.



LET'S PLAY



Whether you're looking for a workshop, professional development, or a creative partnership, we'd love to hear from you.

SUITABILITY:

Actors, performers, theatre makers, teachers, educators, early career artists, students.

COURSE SIZE:

Maximum 24 participants

DURATION:

2hrs/4hrs/full day/whole courses

MORE
WAYS
TO
PLAY

COMING SOON...



FLOPPING (CLOWN)



STEPPING OUT
(OUTDOOR)



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www.bladderandstring.com

[@bladderstring](https://www.instagram.com/bladderstring)

PERMISSION

TO DO

TO SHINE

TO TRY

TO FORGET

TO FAIL

TO ROLL

TO LEARN

TO GO

TO LAUGH

TO STAY

TO CRY

TO CRAWL

TO FALL

TO HOPE

TO LEAP

TO UNDO

~~TO EDIT~~

TO CLAP

TO MEET

TO SING