


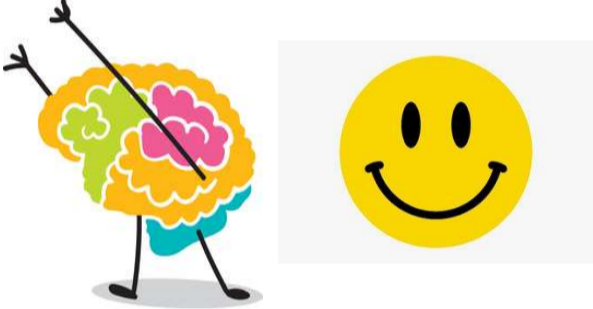



# TAKE TEN

## Easy Read Visual Story

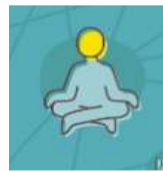


## ABOUT TAKE TEN

 The logo for Fluid Motion Theatre Company, featuring the words "fluid motion" in a white, lowercase, sans-serif font inside a red circle, with "-THEATRE COMPANY-" in a smaller font below it.	<p><b>TAKE TEN</b> is an <b>outdoor</b> performance installation by <b>Fluid Motion Theatre Company</b></p>
 An illustration of a colorful brain character with arms and legs, standing next to a yellow smiley face. The brain character has a yellow body with green, pink, and blue sections, and a blue skirt. The smiley face is a simple yellow circle with black eyes and a curved mouth.	<p>Fluid Motion Theatre Company uses theatre to <b>create happy brains</b>.</p>
 A photograph of three performers (two women and one man) wearing blue raincoats, holding a sign that says "SIT COMFORTABLY". They are standing outdoors in front of green trees.	<p>There are <b>three performers</b> in TAKE TEN. We are 'Swing Supervisors'.</p>



**All 3 swing supervisors** wear blue onesies.



The **five steps** to **wellbeing** are:

To take notice



Connect to others



Keep active



Learn new skills



Give to others



TAKE TEN is performed **outside**, usually in busy places like on **high streets** and in parks in lots of different towns and cities.



You take ten minutes to **swing** on colourful chairs.

### Performance Information



There will be **three wooden swing chair structures**.



The TAKE TEN lasts 10 minutes



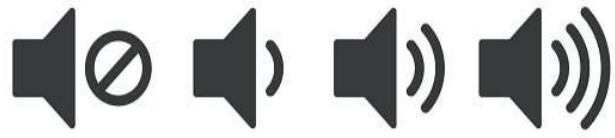
You can **sit**, **relax**, **look around**, **swing gently** and **breath**.



You will be asked to **sit** on a colourful **swing chair** to do this.



You can **also lie down**.



We will **play you a soundtrack**.  
You can ask to **change the volume**.



A **swing supervisor sits** on colourful chairs **near to you**.

They may **move their hands or feet gently** as they breathe in and out.



**After** you have **listened** to the soundtrack, a **swing supervisor** will offer you a **coloured card**.



This card is for you to **write or draw** how you **felt** during your TAKE TEN experience.

### Meet the Performers



Hello I'm Leigh. I am a 'Swing Supervisor.

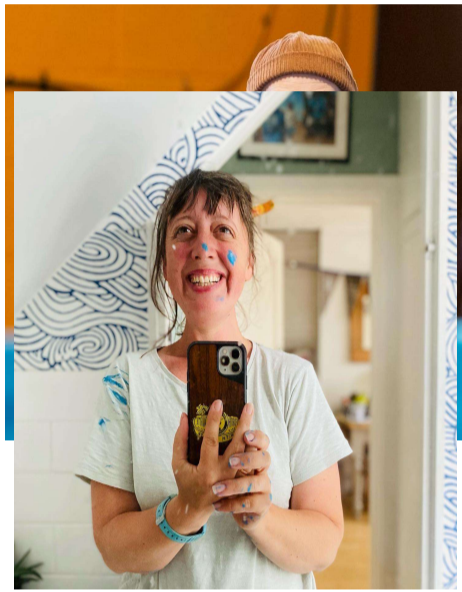


Hello I'm Natalie. I am a 'Swing Supervisor.



Hello I'm Ali. I am a 'Swing Supervisor.

**About Take Ten**



**TAKE TEN was created by Leigh Johnstone, Artistic Director of Fluid Motion Theatre Company**

**and Lorna Rees, Artistic Director of Gobbledegook Theatre.**

