

Erasmus+ KA2 Strategic Partnership 2017-2019

Connecting Memories. The Power of the Past and the Future of Europe

Project number: 2017-1-DE02-KA204-004260

Exercise Title: **Fresh-ups for theatre work**

Recommended group size/type: 4-20 or more

Recommended time: 30 min. depending on the schedule for other activities

Preparation time 15 min.

AIMS and objectives (general, concrete)

- Joy and fun,
- Stimulating a good energy by moving and playing,
- Ice-breaking, group building,
- Participants experience their own creativity,
- Sensitizing towards one's own body and its language,
- Fostering the capacity to act,
- Overcoming fear to play scenes/theatre,
- Providing a positive group atmosphere, no pressure and no competition

Resources required: Space for group work and a (self-created) scene

Introduction:

Theatre and sociodrama sessions start with games and exercises. However, fresh-ups can be applied in various educational contexts, in particular when new and positive energy for a group is needed.

The main inspiration for the exercises is taken from Augusto Boal, Games for Actors and Non-actors, see <http://www.deepfun.com/wp-content/uploads/2010/06/Games-for-actors-and-non-actors...Augusto-Boal.pdf>

Find below the description of the exercise: „What are you doing?“. The others are listed 'beyond' the formal template on <http://comem.weltgewandt-ev.de/fresh-ups-for-theatre/>.

After each exercise should be some time given to talk about participants' impressions.

Trainer activity:

1. Invite participants to stay in a row. Encourage one of them to stay in front of the group. Go to this actor and say an activity, for example giving a speech. Ask the actor to perform this. Explain that the first person in the row shall later ask the actor: „What are you doing?“ The actor calls an activity which does not correspond to the performed one at all, in our example: making yoga or dancing or cleaning the toilette or ...
2. Explain that the actor goes then back to the row. The person in the row who asked „What are you doing?“ goes as actor in front of the group and performs the activity (making yoga or ...).
3. Explain that the next participant in the row shall ask: „What are you doing?“ The actor says a different activity to describe what he/she is showing. And so on ...

Preconditions:

Important:

1. All people can be actors. One idea of the Theatre of the Oppressed is to overcome the distinction between actors and the (passive, consuming) audience.
2. What participants do is based on their free decision. If anyone avoids taking part in an exercise, it is o.k. All is voluntarily.
3. Making mistakes is o.k.! :-)

Challenges that may occur: .

Participants face difficulties to move

Participants activity:

1. Stay in a row. One participant stays in front of the group.
2. Follow your spontaneous ideas and play a mentioned activity. If you need a second to think firstly, take this time. Then make use of your body showing what do you want to express.
3. 'Listen' what's in your mind. Take the space / time – fill the room with your whole person – and give the ideas a (body) language.



or are not used to talk in front of a group. Trainer should try to find creative solutions to include them *as they are* which are often quite simply.