

Title

Theatre workshop

Source

Method presented during the International Trainers Laboratory, October 2001 by Azucena Crespo Diaz & Spanish Team. For further information on the International Trainers Laboratory, please contact IJAB e.V., Kerstin Giebel, Heussallee 30, D-53113 Bonn, Tel.: 0228/9506223, Fax: 0228/9506199, E-Mail: giebel@ijab.de.

Field/Content

Expressive games and improvisation techniques.

We really try to "play" theatre: the theatre's game. The participants are involved in the process of a common creation. Their enthusiasm, crazy ideas and sense of humor are the necessary elements for enjoying this experience. Sharing these kinds of moments with others means opening ourselves to different sensations, minds and situations. Everything happens easily (even without speaking) while we collaborate and coordinate our own creativity with the others. So "play theatre" is also a cooperative game.

Duration

2 – 3 hrs.

Participants

12 - 20

Aims

To live the experience of creative process with the others and together learn different expressive games and techniques of improvisation (to train communication skills).

Materials / Resources

Any object (for phase 2).

Preparation

Methodology

1st Phase: warming up and making contact. During this first phase we try to get ready to create. We make contact with the space, with our own bodies and with the others.

Different Exercises:

- Move around the space, slowly, trying to "feel" the physical atmosphere. Over time our movements increase in speed, more and more each time (in accordance with the instructions of the monitor). Finally we return step by step to the first slow movement.
- We continue moving, normally but not too fast, and we practice "changing direction": when we want to change direction we stop and we start with a turn of the head. After that the whole body will turn in that direction.
- As we move over the space, when we meet somebody we "change direction".
- We continue moving but this time when we meet somebody we stop and we look deeply into his/her eyes. After that we go on with our movement till we meet someone else in our path.

- When we meet someone we stop and with our eyes closed we touch her/his face (we take our time and after that go on with our movement till we meet someone else).
- Movement of the group as only one person: we move all around but when someone (whoever) stops, the whole group has to stop *immediately*; the group stays like that till someone starts to move again (the group has to follow the movement *immediately*).

2nd Phase: Expression games.

- The group is standing in a circle. The monitor brings an object and everyone, in turn, has to identify a different way to use this object (that is not its normal function), and also to demonstrate this unusual function in mime.
- "Playing with a imaginary object": in this case a ball. In a circle, everybody is asked to imagine different kinds of balls (or something with the same form: beach-ball, basket ball, soap balloon, marble...) Every participant shows to the others, in mime, the size, the weight and function of her/his ball, and bowls it to another person, who will catch it - also in mime - and in accordance with the characteristics of the ball

3rd Phase: Improvisation resources and techniques.

- "Developing your idea": one person is asked to imagine a situation (a place, activity, action around an object; an unusual situation; a daily situation;...) After that he/she chooses two participants (first step to this common improvisation): the person with the idea about the situation shows it to the others, in mime, and all three become involved in the situation mimed. At that moment everybody will collaborate in the common creation with their own contributions to the improvisation.
The sequence of this common creation has to follow the well known structure of every story:
 - a) presentation of the situation
 - b) something happens and develops, and
 - c) resolution or end.
 (The monitor will be the first person to try this technique with two participants)
- "Common improvisation from a title": The big group is divided into two groups of actors. Each group chooses a moderator among its members-participants. The monitor gives the title of the story for a common improvisation and the number of participants needed from each group to collaborate. Once the title has been given, the groups have only 2 minutes to discuss it. In that time the moderator has to collect from his/her group ideas to represent and roles for its participants in the story. The moderator also has to make the decision for one idea if there are different suggestions and if nobody volunteers to do the improvisation, the moderator has to choose the members of the group who are going to do it. When the two minutes are up, the actors in each group start their common improvisation. Nobody knows the story or the roles of the other group's actor/actress, so they have to pay attention to each other and be able to create something together.
For the next improvisation the group chooses another moderator, and the monitor gives another title and selects others participants...

Evaluation / Debriefing

Variants