



Co-funded by the
Erasmus+ Programme
of the European Union

DIS-ACT

Erasmus+ Strategic Partnership
2019-1-DE02-KA204-006285

Devised Theater TRAINING FORMAT

For educators

Introduction

The Dis-Act Project

"Dis-Act" is a KA2 Strategic Partnership project in the field of Adult Education co-funded by the Erasmus+ programme (project n. 2019-1-DE02-KA204-006285). The project aims to enhance the inclusive potential of Theatre as an instrument of opening opportunities and dispelling prejudice against people with disabilities through the production of quality educational offer for operators and adults with disabilities in the field of the Devised Theatre.

The Devised Theatre is conceived as an original approach to the theatrical production entailing a peer process of cooperation between a group of co-creators in the achievement of a final artistic product. In simple words, Devised Theatre is a process in which the whole creative team develops a show collaboratively.

Through the production of a quality educational offer fostering the capacities of adult operators and institutions in employing Devised Theatre as an instrument of empowerment of adults with disabilities in a process of cooperation with non-disabled peers, the project Dis-Act sets the grounds for the development of soft/transversal skills and competences of creative expression in the disabled, while at the same time breaking stereotypes, internalized and external emotional barriers hampering the full inclusion of adults with disabilities in society.

"The European Disability Strategy (2010) sets the overall objective of empowering people with disabilities to enable their full participation in society on a footing of parity with the non-disabled, also by positive action aimed at eliminating all kinds of discrimination against disabled people.

These forms of discrimination eventually led to low access to education and employment and income inequalities/poverty. At the European level, only 50,8% of persons with disabilities are employed compared with 74,8% of the non-disabled. As for the education, Eurostat found that 36% of persons aged 30-34 have completed a tertiary or equivalent education against a percentage of less than 24% among the corresponding age-band of the disabled population. The Report "The European Comparative Data on Europe 2020 & People with Disabilities" (2017) released by the Centre for Social and Economic Policy, notices that disability increases the risk of poverty and social exclusion in all EU Member States.

To the best knowledge of the partners involved in this project, it emerges that there is a lack of projects funded by the Erasmus+ programme that effectively address the needs of Educators and trainers and adults with disabilities in the delivery of a training format regarding the application of the Devised Theatre's method in Europe, performing arts' context, that could enhance the inclusion of people with disabilities into social and professional life by empowering their social skills.

The present output, Devised Theatre Format for Educators, is the result of the collaboration of the 6 partners of the projects from Germany, Romania, Estonia, Bulgaria and Italy. It is mainly addressed to Educators and Trainers providing or interested in providing support to the social inclusion of Adults with physical and slight cognitive disabilities.

The creation of the Format initiated through a structured research aimed at identifying the educational needs of Adults with disabilities in Devised Theatre combined with the identification of Devised Theatre good practices in each partner country.

First of all, the partner organizations designed the specifics of the methodology for IO1 research with the clear identification of targets, guidelines, instruments and intermediate objectives

The field research on existing needs and offer consisted on a survey that involved 40 people with disabilities (aged 35-55 coming from disadvantaged urban and rural communities) at a national level in each partner country intending to drawing a comprehensive outline of the existing barriers that still prevent people with disabilities to participate in Devised Theatre programmes (and other social activities) and their needs in terms of social inclusion, education and professional expectations.

The desk research focused on the best practices about existing inclusive Devised Theatre's methods and their key elements of success in each partner country.

"The findings of the researches, contained in the Report on Devised Theatre and Disability, have shown the existing needs, barriers and offer. Starting from these findings and the elaborated guidelines, the partners of the Consortium developed the educational modules based on Non Formal Education activities, addressing the different thematic areas of expertise of an educator/trainer working to foster interaction and co-design processes among Adults with and without disabilities in Devised Theatre.

The first draft of the training format had been submitted by each partner to at least 50 stakeholders in Adult education, Arts/creativity, creative business and disability (Adult education institutions, NGOs, cultural businesses and associations, Arts centres/groups, Organizations/public agencies providing services for disabled people) to achieve feedback for potential integration, adaptation or improvement.

Based on the collected stakeholders' feedback, the Consortium revised and finalized the training format.

To the best knowledge of the partners involved in this project, it emerges that there is a lack of projects funded by the Erasmus+ programme that effectively address the needs of Educators and trainers and adults with disabilities in the delivery of a training format regarding the application of the Devised Theatre's method in Europe, performing arts' context, that could enhance the inclusion of people with disabilities into social and professional life by empowering their social skills.



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Devised Theatre TRAINING OUTLINE



Day 1

Introduction

 60 minutes

Nr. 1

Objectives

To Introduce the Project to participants as well as concepts and methodology of the training.

Activity: Slides (attached file)

Expectation Tree

 30 minutes

Nr. 2

Objectives

To start sharing feelings and expectations between participants in a safe way

Activity: Ice-breaker

Name Game

 30 minutes

Nr. 3

Objectives

To start to familiarize with other participants learning the names

Activity: Ice-breaker

Modified Clock

 45 - 60 minutes

Nr. 4

Objectives

To get to know each other sharing info in a funny and active way

Activity: Ice-breaker/Team Building

Backsheet

 45 - 60 minutes

Nr. 5

Objectives

To start working together and familiarize with names

Activity: Ice-breaker/Team Building

Blind Impulse

 15 minutes

Nr. 6

Objectives

To get a first physical approach with other participants and to overcome a barrier to reach the objective

Activity: Energizer/Ice-breaker

Reflection

 20 minutes

Objectives

To evaluate the activities, to share feedback and feelings

Activity: De-Briefing

Day 2

One Duck, Two legs, Quack!

 10 minutes

Nr. 7

Objectives

To energize the group with fun.

Activity: Energizer

Raft of Relationship

 90 minutes

Nr. 8

Objectives

Presence Non-verbal Communication

Activity: Group building Group Dynamic

We complete each other

 90 minutes


Nr. 9

Objectives

To overcome difficulties and to work together to reach a goal

Activity: Team Building

Round Table

 90 minutes

Nr. 10

Objectives

To respect the other, to listen and to confront/share ideas in a safe and respectful way

Activity: Workshop

The Possible Mission

 90 minutes

Nr. 11

Objectives

To overcome fears of confronting strangers, to plan and work together

Activity: Ice-breaker/Team Building

Reflection

 20 minutes

Objectives

To evaluate the activities, to share feedback and feelings

Activity: De-Briefing

Day 3

A-I-O

 10 -15 minutes

Nr. 12

Objectives

To energize the group with fun and to pay attention and focusing

Activity: Energizer

Focus Point

 60 minutes

Nr. 13

Objectives

Scenic Presence

Activity: Theatre exercise

Feeling myself

 60 minutes

Nr. 14

Objectives

To discover our body perception and its presence in the space

Activity: Body relaxing Theatre exercise

Laser Dot

 90 minutes

Nr. 15

Objectives

To acquire bases of Body language and body movement on the scene – First performance

Activity: Theatre exercise

Whisky Mixer

 10 - 15 minutes

Nr. 17

Objectives

To gain energy after the break

Activity: Energizer

The Poem

 90 minutes

Nr. 16

Objectives

To use text for devising performance

Activity: Devising from Text Theatre exercise

Table Storytelling

 60 minutes

Nr. 18

Objectives

To use body and improvisation to write a story and a performance

Activity: Devising from Text Scenic creation

Text without text

 30 minutes

Nr. 19

Objectives

To find the rhythm of the scene

Activity: Scenic Creation

Day 4

The longer line

 15 minutes

Nr. 20

Objectives

To energize the group with fun

Activity: Energizer

Dance to the Statue

 45 - 60 minutes

Nr. 21

Objectives

Body movement and Body Language on the scene

Activity: Devising from Music Theatre Exercise

Symbol Dance

 60 minutes

Nr. 22

Objectives

To acquire a method about devising from music and imagination

Activity: Devising from Music Theatre Exercise

The Painter

 60 minutes

Nr. 23

Objectives

To acquire a method about devising from music and movements with performance

Activity: Devising from Music Theatre Exercise

Homework

 Individual

Nr. 24

Objectives

External observation to use in the next steps

Activity: Individual work on own time

Feedback Time

 20 minutes

Objectives

To evaluate the activities, to share feedback and feelings

Activity: Debriefing

Day 5

Chicken Impulse

 15 minutes

Nr. 25

Objectives

To energize the group with fun

Activity: Energizer

Support with the obstacle

 45 - 60 minutes

Nr. 26

Objectives

Body movement and Body Language on the scene with a performance

Activity: Devising from Movement Theatre Exercise

The Journey

 60 minutes

Nr. 27

Objectives

To experience our senses to build a devised performance

Activity: Sensorial Observation Theatre exercise

Homework performance


 60 minutes

Objectives

To build a performance from external observation

Activity: Performance

The Christal Race

 20 minutes

Nr. 28

Objectives

To energize the group performing a race

Activity: Energizer Performance

Inquiry Questions

 120 - 150 minutes

Nr. 29

Objectives

To devise from Inquiry Questions

Activity: Devising Method Exercise

Feedback Time

 20 minutes

Objectives

To evaluate the activities, to share feedback and feelings

Activity: Debriefing

Day 6

Ballon walking

 15 minutes

Nr. 30

Objectives

To energize the group with bases for a performance

Activity: Energizer / Performance

Mini- Training Preparation

 30 minutes

Nr. 31

Objectives

To give instructions to participants on how to work in a group for the preparation of mini pieces of training

Activity: Group Work

Building a mini-training

 120 – 150 minutes

Objectives

To acquire the method to build a devising training

Activity: Group Work

Mini training: Group 1

 90 minutes

Objectives

To experience the leading of a devising training

Activity: Mini-Training

Mini training: Group 2

 90 minutes

Objectives

To experience the leading of a devising training

Activity: Mini-Training

Feedback Time

 20 minutes

Objectives

To evaluate the activities, to share feedback and feelings

Activity: Debriefing

Day 7

Mini training: Group 3

 90 minutes

Objectives

To experience the leading of a devising training

Activity: Mini-Training

Mini training: Group 4

 90 minutes

Objectives

To experience the leading of a devising training

Activity: Mini-Training

Mini training: Group 6

 90 minutes

Objectives

To experience the leading of a devising training

Activity: Mini-Training

Final Debriefing

 60 minutes

Nr. 32

Objectives

To conclude the training course with considerations, questions and indication for the future.

Activity: De-Briefing

Thanksgiving Circle

 30 – 45 minutes

Nr. 33

Objectives

To share feedback at an emotional level

Activity: Group Dynamic



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Devised Theatre EXCERCISES



Exercise Nr. 1

Introduction

Purpose

It is important to start explaining and contextualize the training concerning the project.

This is a new methodology and it is important to clarify the theory of this methodology, envisaging what will be done during training.

Objectives

Make the participants aware of the work that will be done, as well as making them aware of the methodology on which they will work and its aims and objectives.

Outcomes: Knowledge about the Project and the methodology of the training.

Group Size

No limits, it depends on the space of the room.

Preparation

It is advisable to prepare a slide presentation for summarising the basic concepts that can act as a facilitating guide for the theoretical session.

Materials and Location

The room has to be chosen for the group size of the participants.
Projector and/or flipchart needed.

Duration

60 minutes

Description

Theoretical session of the training and project presentation.

Exercise Nr. 2

Expectation Tree

Purpose

To start sharing feelings and expectations between participants in a safe way

Objectives

To overcome the fear of sharing feelings, to improve their bravery, to start building a group by breaking the ice

Group Size

5+

Preparation

The trainer should explain clearly that this is a safe space to share and that nobody will be the judge (even because this is anonymous)

Materials and Location

One Flipchart and four different types of coloured post-it, pens

Duration

30 minutes

Description

With coloured post-it notes, participants should write down 2 sentences per different post-it note regarding expectations, fears, contribution, needs and then attach them to the flipchart.

The trainer will go through some of them and will discuss them with participants

Excercise Nr. 3

Name Game

Excercise Nr. 3

Purpose

To get to know the names and to break the ice

Objectives

To overcome shyness and to get into the game

Group Size

5+

Preparation

Willingness to have fun and to get to know each other

Materials and Location

A ball (can be done even with a paper in case no balls are available)

Duration

30 minutes

Description

A person has the ball, says his/her name and something funny about himself/herself and then pass the ball to someone else that does the same

Excercise Nr. 4

The Modified Clock

Excercise Nr. 4

Purpose

To get to know each other, sharing information in a funny and active way

Objectives

To get involved with the group sharing basic information about themselves

Group Size

12-24

Preparation

The trainer should be very careful with time management and participants need to listen and act accordingly in order not to have chaos and to go over the time limit

Materials and Location

Papers, pens and a stopwatch

Duration

45/60 minutes

Description

Each participant has a paper and a pen, everyone needs to draw a clock and to get 12 appointments (one for each hour of the clock) with 12 other participants.

The trainer will give a question for every "hour"/appointment regarding the topic of the activity (for example: your family, your free time, your hobbies, etc.) and the couples will have 2 minutes to discuss the question and to share information.

Then, everyone needs to change their partner and go on as long as everyone has finished with their appointments.

Excercise Nr. 5

Backsheet

Purpose

To start working together and familiarize with names

Objectives

To improve the ability to understand each other and to work together

Group Size

10-25

Preparation

The trainer will have to motivate the group to reach the objective

Materials and Location

A blanket or a bed sheet

Duration

45/60 minutes

Description

Divide the participants in two teams composed by the same number of people. Identify 2 people who don't belong to either team who will have to keep a sheet/blanket in the middle of the room as a wall.

One participant from one team stands back-to-back with one participant of the other team, so both can't see the face of their opponent. It's up to the team-mates of each participant to let him/her understand the identity of the person who is back-to-back with him/her, without saying his/her name.

The first person who guesses the opponent's name wins one point. After each round the people who have to stand back-to-back are changed, so that everybody in the 2 teams will participate. The team that wins the most rounds wins the game. (5 rounds to be done)

Excercise Nr. 6

Blinde Impulse

Purpose

To get a first physical approach with other participants and to overcome a barrier to reach the objective

Objectives

The participant will begin to trust their fellow mates to achieve the goal

Group Size

10/24

Preparation

The trainer must control the correct number of the two teams

Materials and Location

No material is needed

Duration

15 minutes

Description

Two lines of people sitting on the ground, holding the shoulders of the participant in front of them and passing the impulse with closed eyes/blindfolded.

The impulse consists in squeezing the hand on the other participant's shoulder. The fastest team wins. (5 round to be done)

Exercise Nr. 7

One Duck, Two Legs, Quack!

Purpose

Energizer exercise

Objectives

To energize the group and make it focused on the work. Each energizer, it is also a way to work on Group building.

Group Size

10-30

Preparation

Enough space in the room

Materials and Location

The space of the room is in order of the group size. About 2,5 sq.m. for each participant.

Duration

10-15 minutes

Description

Ask participants to stand in a circle. They are going to repeat the following pattern, but only one word per player, one after the other, going clockwise.

Moreover, participants will have to combine the word with a specific body gesture. It goes like:

- One Duck, two Legs, Quack
- Two Ducks, four legs, Quack Quack
- Three Ducks, six legs, Quack Quack Quack

The participants who make a mistake with the word or with the gesture will be removed from the circle.

The activity finishes when there are only 3 winning participants.

Exercise Nr. 8

Raft of Relationship

Purpose

Group Building, Group Dynamic

To acquire the bases for theatre presence and movement on the scene.

Objectives

- The space of the scene
- Non-verbal communication
- Presence on the scene
- To move in groups on the scene
- Bases of Mirroring

Group Size

10 to 30 (20+ additional facilitator needed)

Preparation

For trainer: prepare right music and plan of different steps of the exercise

For participants; comfortable clothes, being barefoot

Materials and Location

Enough space - about 3 sq.m./participant. Equipment to play music. Wooden stick (of at least 50 cm)/participant.

Duration

90 minutes

Description

Ask participants to move freely, without speaking or interacting with others, respecting the space of others using any direction.

Underline that space is like a raft, thus it is important to cover the space to balance the group. After few minutes participants modulated their movement with the space of the group, give them 5 different rhythms to move (from slowest to fastest) and let them experience the rhythms, based on your calls.

With the right music (in order of the rhythm of movement) ask them to encounter others just with eyes contact, stopping one in front of the other for a few seconds.

Then ask them to choose a partner (without saying it) and to follow her/him. When the music stops, go close to the partner and look at him with the body and eyes.

In the 2nd step, invite the participants to choose two persons at the same time, trying not to lose sight of both. When the music stops, ask them to move close and turn just their head and eyes to the other one.

Give each participant one wooden stick and ask them to connect with two participants through them, using only the index finger of each hand. With this "connection", ask the group to move together while having eye contact, trying to form a nice circle without losing the sticks.

In order of the dynamics of the group, several variations and/or development of the exercise is possible.

In the end it is important to debrief the entire exercise sharing feelings and learning outcomes.

Excercise Nr. 9

We complete each other

Purpose

To overcome difficulties and to work together to reach a goal

Objectives

To trust the teammates, to try to understand the difficulties that people with disabilities face every day

Group Size

10-25

Preparation

The trainer will have to explain the rules in a clear way

Materials and Location

Something to cover the eyes and ears

Duration

90 minutes

Description

Divide the group into couples; make sure to have in each pair a deaf and a non-deaf participant. In each couple ask the non-deaf participant to cover the eyes with a scarf (or similar).

The non-deaf participant stands blindfolded behind the deaf participant and holds him/her from the shoulders. Now start giving oral directions for each couple and the participant who can hear but cannot see will try to direct the deaf participant who already can see.

You can also make the exercise more complicated by asking pairs to carry objects and move them from a place to another.

Following the exercise you can start a debate by asking questions: About their feelings; Obstacles; Teamwork; Cooperation; Did they feel the need of their partner? Can they implement it without a partner? What can we learn from this exercise?

Excercise Nr. 10

Round Table

Purpose

To respect the other, to listen and to compare/share ideas in a safe and respectful way

Objectives

Participants will learn to be patient and to understand each other before getting in a conversation and will work on respect for different opinions

Group Size

5-24

Preparation

The trainer will have to moderate the discussion avoiding tensions and motivating the group to open new points of discussion

Materials and Location

Chairs

Duration

90 minutes

Description

4 chairs for 4 participants in the middle. The other participants will be seated in a circle around them.

The 4 participants in the middle will start discussing a topic and the others will listen, staying silent until someone want to intervene.

In that case, that person will stand up and will touch the shoulder of a person in the inner circle and will take the place in the discussion.

Excercise Nr. 11

The Possible Mission

Purpose

To overcome fears of confronting strangers, to plan and work together

Objectives

Participants will learn how to plan and realize their ideas, working together to reach the goal

Group Size

10-24

Preparation

The trainer should give clear instructions and be ready to answer to all the possible questions.

The group will have to plan and act quickly

Materials and Location

Papers, pens, camera

Duration

90 minutes

Description

Each group will receive a series of tasks:

- Draw a map of the country where you are; • Find out from local people what they think about the reasons for disability issues in this country and Europe;
- Create a theatre scene representing a disability barrier
- Write, sing and film a song containing the following words: wheelchair, strong, sun, power, difficulties,

Alltogether 20 minutes for presentation of group results and linking it with the teamwork during the training and the content.

Excercise Nr. 12

A-I-O

Purpose

Ice-breaking, Theatrical Energizer exercise

Objectives

To awaken the energies of the group and make it focused on the work. As each energizer, it is also a way to work on group building. Other outcomes: To use the body and eyes contact in communication with others.

Group Size

10 – 30

Preparation

Enough space in the room

Materials and Location

The space of the room is in order of the group size. 2,5 sq.m. for each participant.

Duration

15 – 20 minutes

Description

Standing in a circle, a participant should start by throwing a hypothetical object towards another participant with a movement of the body: with the arms extended upwards and the hands joined, simulate the throw by bringing the arms outstretched, like a spring, from back to front in the direction of the chosen participant and simultaneously shouting the letter "A". The participant who receives the object will grab it with joined hands, bringing the arms outstretched towards, moving the body backwards and screaming the letter "O". The two participants at the side of this will have to simultaneously and together turn their body towards the receiving participant, simulating a blow to the receiver's belly with their hands joined and outstretched arms and shouting the letter "I". The receiving participant will follow by throwing the virtual object again at another participant, and so on until someone makes a mistake. After a couple of test laps it is possible to proceed with the elimination of those who won't say the right letter or do the right body movement. 3 people will win the round.

Excercise Nr. 13

Focus Point

Excercise Nr. 13

Purpose

Theatre session about the presence on the scene

Objectives

Knowledge and awareness about the scene, How to stay on the scene, Relation with the audience

Group Size

10-30

Preparation

Prepare a space in the room for the stage and a space in front of it for the audience.

Materials and Location

About 3 sq.m.space for each participant.

Duration

60 minutes

Description

Divide participants into two groups and ask them to arrange themselves in two lines: one is for the actors (who will position themselves on the scene) and the other is for the audience (who will position themselves in front of the actors in the space dedicated to them). Ask everyone to avoid giggles and comments by asking them to keep silent. The only words you need to repeat are: "We look at you and you look at us" (you have to stay in the audience).

In this way the participants will begin to experience the difficulty of being on stage, not knowing how to use their body.

When the actors are uncomfortable enough, give them a very simple task to perform (such as counting the floorboards). They have to count (in mind) until you tell them to stop. In this way, they will begin to experience the Focus Point which will make their presence on the stage much more natural. You will notice that their bodies will relax and their looks will open. At that point, you can invert the groups, without making any comments for now.

A debriefing session on the focus point will be indispensable at the end of the experience, asking the group about the experience.

Excercise Nr. 14

Feeling Myself

Excercise Nr. 14

Purpose

Feel yourself through yourself

Objectives

To discover: Body awareness, Body perceptions, Presence in the space

Group Size

10 to 30 (20+ additional facilitator needed)

Preparation

For trainer: prepare right music and plan of different steps of the exercise

For participants: comfortable clothes, being barefoot

Materials and Location

Enough space - about 3 sq.m./participant. Equipment to play music.

Duration

60 minutes

Description

The focus is on your body. We start by sitting on the ground, each participant with his/her own space, choosing a comfortable position. Guide the Group through visualization by asking the participants, starting from the soles of their feet, to focus on feeling what is pressing on their bodies at each point. For example, the feet feel the socks, the floor; legs feel the suit or the socks; waist feels the belt; the teeth feel the lips, and so on for every point of the body. Afterward, make them move up and move freely in the space, trying to become aware of all the movements of every single part of the body and the space occupied in the movement from every single part of the body.

It is important to emphasize not to touch the parts of the body with the hands while working on their perception.

At this point the participants will begin to work on the "space substance": ask to go around the scene, giving substance to space. They should not perceive or present the space as if it is a known material (water, mud, etc.), but they must explore it as a completely new and unknown substance. Ask them to come into contact with the substance with each part of their body (without using the hands), paying attention to the individual sensations.

The contact with the spatial substance will require different experiences and the time necessary for authentic learning. From this moment, this exercise will be repeatable at each session of the theatre exercises.

Excercise Nr. 15

Laser Dot

Purpose

Use the body on the scene as a new language

Objectives

Body awareness, Body language, Presence in the space

Group Size

10-30

Preparation

For trainer: prepare right music and plan of different steps of the exercise

For participants; comfortable clothes, being barefoot

Materials and Location

Enough space – about 3 sq.m./participant. Equipment to play music.

Duration

90 minutes

Description

Everyone walks in a space: in the first part we walk freely, letting ourselves be "towed" by various points of the body: belly, neck, head, hands, knees, etc., each time finding the new balance of the body in movement.

Stopped in a space, everyone will launch a "laser dot" with a single part of the body experimenting every possible side (Ex: the dot is on the elbow try to throw the dot right to left up down, you can make written circles etc.). At the clapping of the hand of the conductor each participant will have to change the place of the dot (you will experience the immobility of a body and the difficulties to move only a part of it).

Performance: split the group into pairs and ask them to choose a keyword and draw it in the air using one or more laser points on the body. Give some time for preparation, then performance on the stage with the audience.

Excercise Nr. 16

The Poem

Purpose

Devise from Text

Objectives

To use text for devised performance

Outcome: text writing, Improvisation from text, Give shape to text

Group Size

10 to 30 (20+ additional facilitator needed)

Preparation

Enough space in the room

Materials and Location

Sheets and markers, Flipchart, Music, Sound System

Duration

15 – 20 minutes

Description

Sheet is given out with starter lines of a poem: I am/ I believe/ I understand/ I worry/ I hope/ I cry/ I am. Each person is asked to fill it out.

After a few minutes for the personal composition, ask to stay in the circle and one by one they can share their poem, adding for each sentence of the poem a body gesture or movement.

Ask them to experience sentences and gestures.

Then split the big group into small groups of 4 participants each one, ask them to go on the scene and to perform, this time just with gestures, their poem simultaneously with the music.

Excercise Nr. 17

Whisky Mixer

Purpose

Energizer

Objectives

refocus the attention of the participants, recovery and stimulation of physical and mental energy

Group Size

10-30

Preparation

None

Materials and Location

Enough space in the room.

Duration

10 - 15 minutes

Description

Arrange the group in a circle.

There is a virtual disk to be thrown between the participants in the circle with the following rules:

- the sphere must always be launched by quickly rubbing one hand over the other.
- If the disk is thrown to the participant on your right, you must say the word "Whiskey mixer"
- If the disk is thrown to the participant on one's left, the word "Welsh Mesk" must be pronounced
- If the disk is thrown to a participant in front, the word "Proboscia" must be pronounced
- It is absolutely forbidden to laugh. If anyone laughs, he will be forced to run around the circle until the laughter stops.

It is important that the throwing of the puck is continuous and fast and that there is an external judge (the trainer) to assess who will start running around the circle.

This game produces an infectious laugh that, combined with the continuous rush of the participants who will let themselves be infected, work in a fun way on the energy of each participant.

Excercise Nr. 18

Table Storytelling

Purpose

Devise from Text

Objectives

To acquire skills about: Improvisation, Scene creation, Performing text

Group Size

10 to 30 (20+ time of exercise is longer)

Preparation

You need to arrange the room, dividing the space into two parts, one for the stage, with one table and two chairs, and the other one for the audience

Materials and Location

One little table, Two chairs, Enough space

Duration

60 minutes

Description

Split the big group in couples. Ask to each couple, one by one, to go on the stage and respect the instructions of the trainers. Ask them to sit on the chairs around the table.

One of them should start telling a true story about himself (it is important that the story is true). The other person on the stage can use some gestures that can change the way of the story, building a new story.

These are the possible gestures:

1. When he/she beats one hit on the table the storyteller has to repeat the last sentence said.
2. When he/she beats two hits on the table, the storyteller has to say the contrary of the last sentence said, changing the way of the speech.
3. When he/she gets up from the chair, the storyteller has to stop the speech, till the other actor come back to the chair.

In this way, they will build a new story with an improvising performance.

*Excercise Nr. 19***Text without text****Purpose**

Devising between Text and Music

Objectives

To acquire skills about Improvisation, Scene creation, Performing with body language

Group Size

10 to 30 (20+ time of exercise is longer)

Preparation

Enough space in the room.

You need a specific music track that can give different rhythms, like the bases for the Latin dance (for example).

It is requested the possibility to spread music in the room

Materials and Location

Specific Music tracks, Sound System

Duration

30-45 minutes

Description

Stay in a circle, listening to special tracks of music which can give different rhythms, like the bases for the Latin dance (for example).

Underline to participants the possibility to use the different rhythms as different intentions (emotions) of a discussion in a couple or group.

Let the group experiment with this possibility, then split the big group into little groups and ask them to perform on the stage.

*Excercise Nr. 20***The longer line****Purpose**

To energize the group with fun and creativity

Objectives

Group building, Group dynamic, Creativity

Group Size

10 to 30

Preparation

None

Materials and Location

Enough space in the room: about 3 sq.m. for each participant.

Duration

15 minutes

Description

Split the big group into smaller groups of maximum 10 persons. Ask them to make contact by taking their hands.

They have to build a line as long as possible, never detaching contact with other people in the line and with the possibility of using other objects to lengthen the line as much as possible.

If the line breaks even in an instant, those who have left the contact are eliminated from the line. The exercise must have a defined time of 5-7 minutes per group.

*Exercise Nr. 21***Dance to the Statue****Purpose**

Devising from Music

Objectives

To acquire a method about devising from music and skills about:

- Body movement
- Body language on the scene

Group Size

10 to 30 (20+ additional facilitator needed)

Preparation

For trainer: prepare right music and plan of different steps of the exercise

For participants; comfortable clothes, being barefoot

Materials and Location

Enough space, music, Sound System

Duration

45 - 60 minutes

Description

Starting from "Raft" with free movement in the space. When someone stops somewhere as a statue, all the others stop moving around and go to that person, touching him/her while taking up a chosen position, thus crystallizing as a group statue.

Then the first person starts moving again, and the whole statue dissolves. All move and dance again until the next person stops, and so on. It is possible that without intending to the two persons may stop around the same time: this can create a two-core Chrystal.

*Exercise Nr. 22***Symbol Dance****Purpose**

Devising from Music and Picture

Objectives

- To acquire a method about devising from music and pictures;

- To develop skills about:

Scene creation

Creativity

Non-verbal communication

Group Size

10 to 30 (20+ additional facilitator needed)

Preparation

Before the exercise, the trainer has to prepare some printed traditional symbols, as an example, that can represent some main thematic to share with participants

Materials and Location

Enough space, music, Sound System

Duration

60 minutes

Description

Split the big group into smaller groups of a maximum of 5 persons.

Distribute the printed symbol and ask them to make first a discussion in the little group about the symbol and the thematic represented. Then ask them to build a performance structured from the movement to a representation of the symbol through a statue (like in the exercise "dance to the statue").

Then ask the little groups to show the performance on the stage.

It's important to have a debriefing at the end of the exercise.

Excercise Nr. 23

The Painter

Purpose

Devising from Music and Movement

Objectives

To Acquire method about devising from Music and body movement:

To acquire skills about:

- Non-verbal communication
- Pantomime
- Scene Creation
- Body language on the scene

Group Size

10 to 30 (20+ additional facilitator needed)

Preparation

For trainer: prepare right music and plan of different steps of the exercise

For participants; comfortable clothes, being barefoot

Materials and Location

Enough space, music, Sound System

Duration

60 minutes

Description

After giving some basic movement of pantomime to the participants, ask them to choose a place in the space.

They are painters who have to make their masterpiece on an imaginary canvas. Invite them to start painting with an imaginary brush. Then, slowly, they have to transform the lines and the paintings into movements with their body, using pantomime movements.

Then you can ask one of them to perform on the stage.

Excercise Nr. 24

Homework

Purpose

To give to participants the importance to take inspiration from reality.

Objectives

To stimulate:

- Observation
- Listening
- Creativity

Group Size

Any

Preparation

None

Materials and Location

Notebook for participants to take notes

Duration

It is an exercise for the free time, so it depends on participants.

Description

Ask participants to use the free time to observe the reality around them, taking note of the gestures and movements of the people whom they will meet during the free time.

These notes will be useful in a secondary moment, where you will ask them to build a performance-based on their external observation. (Exercise Homework Performance)

Exercise Nr. 25

Chicken Impulse

Purpose

To energize the group with fun

Objectives

To raise the energy and attention of the group. It is also useful to develop non-verbal skills in the group dynamic.

Group Size

From 10 to 30 in groups of maximum 15 persons.

Preparation

For each little group, you need one sound animal puppet, or something similar.

Materials and Location

Sound animal puppets and enough space in the room.
One blindfold for each participant.

Duration

15 minutes

Description

Split the group into two or three smaller groups and ask them to stay in a parallel line with hands in hand.

Ask them to use a blindfold to cover their eyes.

The trainer gives to the shoulder of the first participant in line an impulse that has to pass through each person in the line till the last one then as fast as possible has to press the animal puppet in his hand to win the match.

Exercise Nr. 26

Support with Obstacle

Purpose

Devising from Movements and body contact

Objectives

To acquire skills about:

- Method to devise from movements
- Body language on the scene
- Body movement
- Non-verbal communication

Group Size

10 to 30 (20+ additional facilitator needed)

Preparation

For trainer: prepare right music and plan of different steps of the exercise
For participants; comfortable clothes, being barefoot

Materials and Location

Enough space, music, Sound System
One blindfold/3 persons is needed.

Duration

60-75 minutes

Description

Split the big group into smaller groups of 3 persons.

One participant for each group has to cover eyes with a blindfold. Starting from the "Raft" with the right music, asked them to move in the space.

For each group, one person has to support the movement of the blindfolded person and the other one has to support it as well. Of course, it is forbidden any words and also violence and aggressivity.

After 10 minutes change the blindfolded person, and one again after 10 minutes.

It is important to have a debriefing at the end of the exercise to collect feelings, emotions and feedbacks. It is also possible to ask participants to go on the stage for a performance.

Exercise Nr. 27

The Journey

Purpose

Devising from feelings - Sensorial Observation

Objectives

To experience our senses to build a devised performance.

Group Size

10 to 30 (20+ additional facilitator needed)

Preparation

For trainer: prepare right music and plan of different steps of the exercise
For participants; comfortable clothes, being barefoot

Materials and Location

Enough space, music, Sound System
One blindfold for each participant.

Duration

60 minutes

Description

Split the group in couples. In turn, blindfold one person for each couple and, with the support of the partner, explore the space (if possible even outside the building) paying attention to perceptions, sounds, smells, touch.

During the exploration, the blindfolded partner can stop the partner and remove the bandage for a moment, to take a snapshot of the environment before his eyes.

Based on the experience, each couple will have to prepare a performance to show on the stage.

Exercise Nr. 28

The Christal Race

Purpose

Energizer and performing

Objectives

To energize the group through a performance

Group Size

10 to 30

Preparation

None

Materials and Location

Enough space in the room: about 3 sq.m. for each participant.

Duration

20 minutes

Description

While one of the participants is from behind, the rest of the group must be starting from the back of the room, try to reach him without being discovered.

Every time he/she turns around, they should all crystallize as if they were statues. At the slightest movement discovered, the person identified will have to start from the back of the room.

Exercise Nr. 29

Inquiry Questions

Purpose

Devising from inquiry questions

Objectives

To acquire a method for the device from inquiry questions and develop skills to transform shared inquiry question in an artistic performance, through devising method.

Group Size

10 to 30 (20+ additional facilitator needed)

Preparation

Before starting, you need to prepare some possible inquiry questions, like migration, social inclusion, gender, violence, etc.

Materials and Location

Big sheets, Markers, Flipchart
Enough space in the room: about 3 sq.m. for each participant.

Duration

120 – 150 minutes

Description

Propose to the team some inquiry questions on issues of social interest, writing them on the flipchart and giving the possibility to add other proposals from them. Among these, leave the team the opportunity to choose the ones that are most interesting to them.

Divide the team into smaller groups of maximum six people and let them discuss the inquiry question chosen by each of them in small groups. Each team will have to summarize the discussion on a big sheet, also through symbols or images.

At the end of the discussion (maximum 20 minutes), you will ask each team to prepare and show a performance of maximum 3 minutes on the single inquiry question, based on the discussion made and on the summary reported in the sheet.

At the end of all the performances, a debriefing of the results in the large team will be necessary.

Exercise Nr. 30

Balloon Walking

Purpose

Energizer and performing

Objectives

To energize the team with methodological bases to move on the stage.

Group Size

10 to 30

Preparation

Before starting, prepare inflatable balloons

Materials and Location

One balloon/participant, music, sound system
space in the room: about 3 sq.m. for each participant.

Duration

15 minutes

Description

Participants will walk in the room with a balloon between the legs without letting it fall down. Starting from this, you can ask participants several requests in order of the needs of the scene.

Excercise Nr. 31

Mini-Training

Purpose

To experience the leading of a devising training as a trainer starting from the building of the process to the direction of it with participants.

Objectives

To acquire skills as a trainer.

Group Size

Small teams of a maximum of 5 participants.

Preparation

None

Materials and Location

You need all the materials that can be useful for the whole process of theatre training.

Enough space in the room: about 3 sq.m. for each participant.

Music, Sound Systems

Duration

180 minutes for indication and workgroup + 90 minutes for each demonstration of smaller groups.

Description

Split the big team into smaller groups of a maximum of 5 persons.

You should give precise instructions on how to organize and build a training process based on the devising theatre methodology: from the initial scenario to the construction of the exercises, from the methodology to the precise duration that the mini training must have (60-75 minutes). Give them a definite time to work on the whole preparation process (120-150 minutes).

Following the demonstration of each mini training, a debriefing will be necessary to analyze together with the large team all the feedback of the entire process.

Excercise Nr. 32

Final Debriefing

Purpose

To conclude the training process with special consideration, questions, feedbacks and suggestions for the future.

Objectives

Debriefing is critical in any training process to acquire and finalize each learning outcome acquired during the whole process.

Group Size

Any

Preparation

None

Materials and Location

Flipchart and markers

Duration

60 minutes

Description

It is a crucial discussion about the whole training process and its scalability concerning other target groups, such as in the case of training with people with disabilities.

It is also the right moment for feedbacks and specific questions.

Exercise Nr. 33

Thanksgiving Circle

Purpose

To close the training at an emotional level.

Objectives

Group Dynamic and feedbacks at an emotional level.

Group Size

10–30

Preparation

Music

Materials and Location

Enough space in the room: about 3 sq.m. for each participant.
Music, Sound Systems

Duration

30 minutes

Description

Ask the team to stay in a circle with light background music.

When they clap their hands they can go free in the room to give thanks to any single participant through a non-verbal action (a look, a caress, a hug or something else).

After some minutes you ask them to come back to circle and to have eyes contact with any person in the circle (one by one), then altogether you will bow and in the end, you will all make a big applause.

Disclaimer

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DIS - ACT

Devised Theatre - Training Outline

Devised Theatre - Exercises



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