

Trusty Clown

Training Course

From August 13th to 28th 2023

Bedeille - French Pyrenees

Booklet adressed to anyone interested in to improvisation theater and clowning,
and who wants to spread awareness through non formal education.



Erasmus+





In August 2023, 27 peoples from 6 countries gathered to get trained in improvisation theater and clowning techniques.

This booklet has been written by the participants of the training course with some help of Solafrika's Team.

It is a result of the work and exchanges which occurred during the training course between the participants, the trainers, the facilitators,

the local community and each person that we met along this adventure.

Of course, no booklet can tell about the emotions that were experienced, or the inner transformation some of us went through.

Still, herein you will find a selection of reflexions that we went across, as well as detailed explanations of workshops, in order to succesfully offer them to other Lovely Souls. We hope you will get inspired and who knows, maybe one day you will reuse and improve those activities !



Happy Reading !

For further information, please contact asso.solafrika@gmail.com

Our European Partners

« Trusty Clown » has been implemented by the following European organisations through the Erasmus+ Programme :

POLAND Nausikaa

SERBIA Sfera Serbia

CZECH REPUBLIC EYCB

NORTH MACEDONIA Krik

CYPRUS Rooftop Theater

Solafrika : Hosting Organisation

Solafrika is a non-profit organization which aims to create meetings between European youth in order to share, understand better each other and create solidarity, as well as revealing the potential of each person. Since 2010, the organization implements a lot of environmental, social and cultural projects in the region of Ariège (France)

Through the Erasmus+ Program, the organization gives young people the chance to live international mobilities, all expenses paid.



Life at Solafrika

Based on ecological lifestyle. Unusual at first, but participants got used to it, and finally got fond of it. The atmosphere was really relaxing and people felt home. The environment was healthy, and people felt like they wanted to take care of it, keeping it clean and comfortable. A cleaning schedule was organized, for the different spaces of the venue, changing every day.

The water is saved through 2 tools : dry toilets, and a special spot to wash dishes in 3 basins. The garbage is sorted, so that it can be recycled easier. The food was healthy and tasty, the receipts creative. The facilitators were very present, caring about the participants and made sure everybody had enough good food.

We also, reduced our ecological footprint by eating only vegetarian food.

Participants learnt to enjoy the small things and live the moment, and spent time together during the breaks, as there was nowhere else to go, because the place is very remote.

Participants were from different countries and shared their cultural differences and their traditional food and drinks.

The intercultural night (we organise a cabaret and a intercultural buffet) were the perfect example to share and learn from others. Some shared song, others shared dance, some even did a theater play.

Collective Life

People taking on the responsibility of themselves and the group is a learning process that relies a lot on the personalities and the background of the group members. So it is always interesting and there are always things to learn, no matter the previous experiences.

Acquiring a perspective of an ecological point of view for every action participants take, having time to reflect about their imprint on the environment, is a helpful learning process as well, that can even be used after the project.

Last but not least, small tasks like cleaning a dry toilet or a common space during the informal time as a connecting and meeting process, where people can mix, learn about each other, try roles and behaviours they are not used to, and finally show parts of their personalities and backgrounds. Thus the group dynamic becomes stronger, and the group gives more space for the members to be who they want to be, accepts mistakes, and acquires common goals.

The Project

Objectives and Activities

The main objectives of this training course is *to train social workers to use artistic expressive workshop with their target groups by:*

- 1/ Being able to play in front of an audience
- 2/ To propose a theatrical play to a group
- 3/ Being able, to make a target group live an artistic and expressive experience

The two projects “Act ForWords I and II” have been successes. In the last one, we figured out that Clowning and improvising are two really worthy tools to increase self confidence, self knowledge, group dynamic and living together. This values are for us, in Solafrika, the basic of a good living together in our societies and in Europe. That’s why we want to promote these values and knowledges through clowning and improvisational theater.

This TC pursue other goals such as:

- * Promoting a more healthy way of living by an healthy, organic diet.
- * Encourage critical thinking and being active in a group dynamic.

METHODS

We used participative methods. Participants had been active and involved in any task from daily life. We also used non formal education tools to promote a group dynamic and in the workshops proposed. Therefore everyone should be able to develop their critical mind, their analysis sense and share their opinion with others.

We promoted non formal and informal learning, most of the workshop had been practical, along with the theory necessary to understand the basics.

Frequently, we had feedback circle to self reflect on the organisation and the content. We also had time in little groups to talk about our feelings and emotion, how things were moving inside to facilitate the integration of the training process.

Name Game / Ice Breaker

Circle Of Name : In beautiful round circle, each one of the participant is gonna tell their name with a qualifying which rhymes. After each person the all group repeat.

Lucky luke: In a circle everyone says their names with a particular wave. Everyone after repeat after them. Then, Someone in the middle point out someone who's gonna go down. The two neighbours of the down person have to point each other and say the name of the one in front of them as fast as they can. 4 try without iliminating no one. Then the people who are not fast enough are out of the game.

ZIP / ZAP : Someone is in the middle is gonna point out someone and tell them
.ZIP = You tell the name of the person who's at your left.
.ZAP = You tell the name of the person who's at your right.
.ZIP-ZAP = the all groupe change place.
If the person who's pointed out cant' remember their name, then they exchange place with the person in the middle. And it continues.

Map Yourself : We imagine that the field is a big map and ask everyone to position themselves on a map according to:
- where do you live now
- where were you born
- dream place you want to visit/live

Moving Chair : Create a round of chair, with one less than the number of participant. The person without chair, is standing in the middle of the chair circle. He/She has to tell a sentence about something they like, dislike, has done, lived etc. (ex : I like chocolate, I have a cat, i'm in couple etc.). Every personne sitting, who agree with the sentence, has to get up and sit on a other chair than the one they left. The person who said the sentence, has to sit on a chair as well. Someone won't be able to sit, so he/she stand in the middle of the circle and tell a new sentence.

Walking Question : Every one is walking in a circle, with one paper/card where there is a question. When the facilitator clap, you pair with the closest person nearby. One of the pair read them question to them partner, who answers to it. When they have finish to answer, they read their question to them partner. When they both have ask and answer, they exchange their card. So they can walk around again, and find a new partner to share with.

Question example :

- What is your main activity now (job, studies, etc.) ?
- Why are you here in France ?
- What are your passions ?
- Where did you grew up and something you like about this place ?
- What is stable in your life ?
- Tell me about a story (film, serie, book) you really enjoy lately
- Tell me about a song/group/music you really enjoy lately
- Tell me about an inspirational person for you (real or fictional)
- Tell me about a skill you have that you are proud about
- What simple things in life do you really enjoy ?
- Tell me about something unique about yourself
- Tell me about a value that is really important for you

Active Listening

Duration : between 30 and 45 minutes

(2') Why we share active listening :

We often notice that, within a group, it's not so easy to pay attention to everyone. Moreover, while we are discussing, there are unconscious dynamic between the listener and the talker. There are many different walls which separate us, to understand the emotion, the belief, to accept different point of view from others etc.

There are many theories on it, and throught those game, our aim is to grow awareness on the subject while experiencing.

You can always explain more, give example etc.

(10') 1/ Create pairs

Give a pen to each pair. Each person of the duo put the tip of they finger at one side of the pen.

During two minutes, One is leading the movement, the other one is following.

Then we swap, during 2minutes again, the leader become follower, and the follower become the leader.

Then, during two minutes, they are sharing the lead and the following, and so they have to be very accurate and concentrate to know, when the lead switch and who is doing what.

Finaly, during two minutes again, same as previously, sharing the lead, but eyes closed.

(10') 2/ Story while moving eyes closed.

Change your partner to experience also how it change depending on the feeling with the person.

The instruction is to be aware of the way we pay attention, how we manage our focus and how we can be linked to someone.

In your new duo, choose who will start to tell a story, and who will drive the movement. The one who tell the story will walk eyes closed. The other one, will be listening the story, will taking care of the body safety of their partner. They will move together through the space, the one listening driving the movement while listening.

At that moment, remind them about the consent of body contact. Tell them to exchange in their duo, how they want to be driven and touched.

After two minute, they swap their roles. The one who was telling the story, become the listener/bodyguard. And the other become the one closing their eyes and telling a story.

After having doing the two roles, we change for a new duo.

This time, the instruction is the same, except that, we tell them that they will have to repeat the story at the end of the two passage.

Finally, at the end of the two passage, cancel the time of sharing the story they heard.

Tell them that the instruction was their to experiment how it change their attention, when there are concern at the end or not.

You can make them reflect on, how they felt during this exercises, and ask them to share if they want, how it change from the first to the second time.

(10') 3/ Find an other new partner. As much as possible, don't play with someone you already played with.

During the ten minutes, there will be two different time.

One of the duo, choose to start. During 5 minutes, they speaks. The other one, is totally listening, without asking or commenting anything. Only non verbal communication is allowed.

In the erasmus plus context, during the first day, you can settle this context as a proposition and precise that they are free to talk about eveything they want :

« Present yourself, talk about your fears and your expectations of the stay, your experience on the field of the training/exchange, or what's important for you in life, who you really are. »

Explore the systems of oppressions

Duration : One hour to 1h15

(5') explain the Aim :

- raise awareness on system of domination
- make an individual overview on where we are on those oppression

Explanation to the group (why are we talking about oppression/domination on a TC, and on clown and theater) :

- it's an important topic, like ecology, that is very important for us, link to society issues.

- we are gonna live 2 weeks all collectively and we want us to be aware that those domination exist in our European societies and to try not to reproduce them here. For example, the link between patriarchy and collectiv task.

- clown and theater are means of expression and they can be used to express story of domination/oppression

- they can also be used as tool to fight against system of oppression (ex : clown activism or forum theater)

But, if we are not careful, the story we tell through theater and clown can reinforce the norm.

- Remind them that we are sensitive about that subject, but that we do not consider delivering the truth or being expert

(15') 1- What are we talking about :

brainstorming on the word :

- system of domination
- Privileges

Then, Show our definition

« system of oppression :

system of oppression are social organisation that divide people in several hierarchised social group. Those systems are systemic because societies are organised by them in the formal and informal. Those system create the fact that dominant group exploit others. This exploitation can be financial, moral or physical. Those system enable dominant groups to exert control over target group by limiting their freedom and their access to basic right such as health care, education, employment, housing... »

Then name multiple system of oppression (capitalism, patriarchy, racism, ableisme)

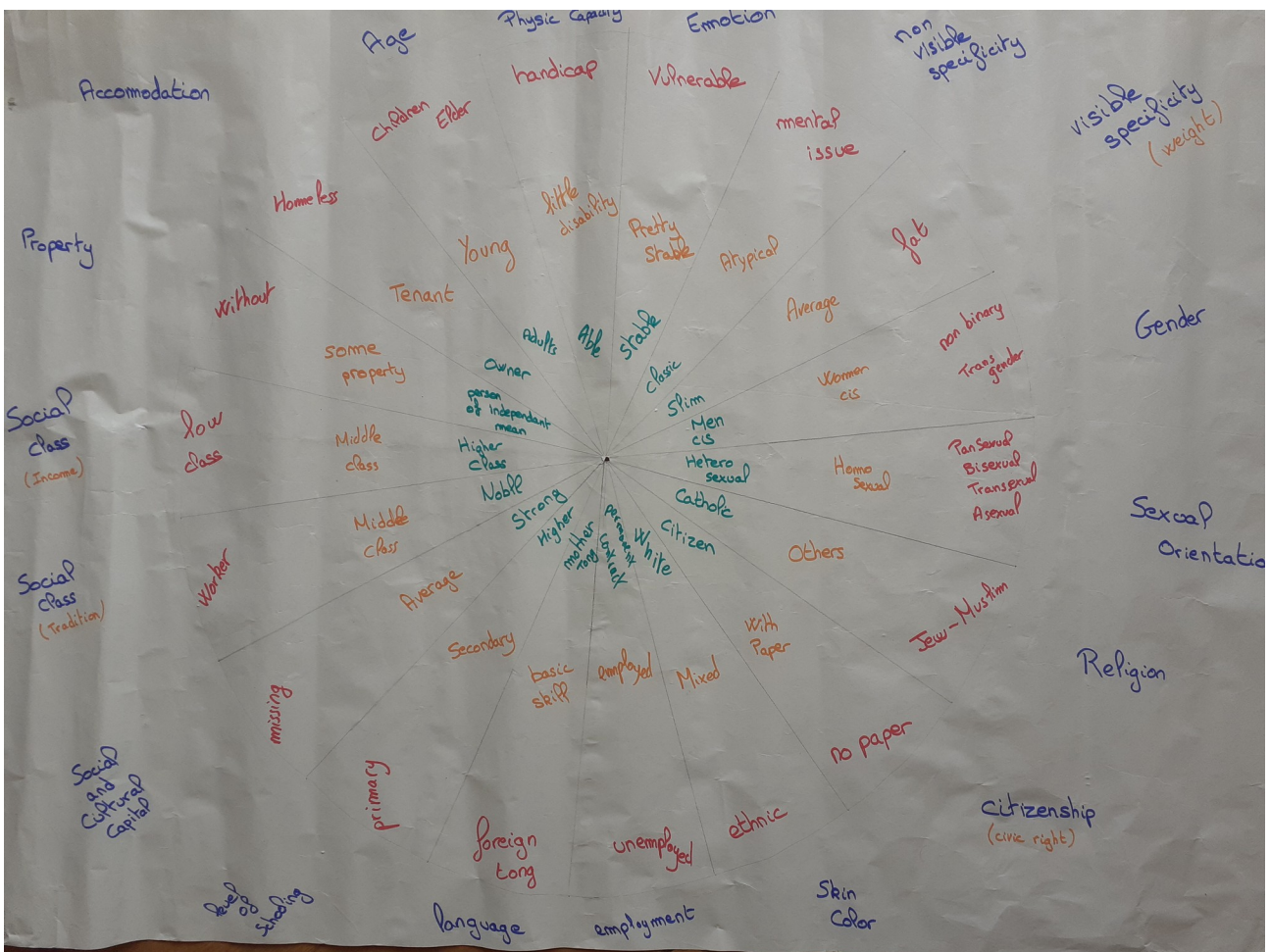
(20') 2- Divide in small groups, and split them by system of oppression. Every group will have a poster to create on one of this system. Ask them to create two columns, answering the two questions :

- => How does this system of oppression concretely appears in your own society ?
- => Find several concrete exemple that could happend during an E+ project

(10') 3- Alone time to look at the different paper : the wheel of oppression and those products by groups. (The wheel is available beneath, it's an tool in process, and we know that it could be improved on certain topic or category)
 Then ask to ourself : Where are we individually on those norms? What are our privileges ?

(5') 4- Writing our Blason with our need to feel confortable in the group (example of blason below)

(5') 5- by small team, how did we lived this activity (our emotions, need to share something)



Green : Norm / Priviledge
 Orange / Red : Discriminated person
 Blue : Discrimination's category

NAME: (the name you want other people to call you)

PRONOUN (she, he, they) ...
(pronoun you want others to use)

Things about yourself interesting to share with the group

Your **NEEDS** to feel **WELL** in the group:

Collective Life

We take a time all gathered in a circle, to explain how the collectiv task are organised. We have a wheel, with clothespin. Everyone is part of one team named by local animals or plants. One clothespin is named by those team. Everyday, your pin is on a slice of the wheel, telling you which task your team has to fulfill. Then, when this task is done, you move your pin to the next slice (clockwise), and you know which task you'll have to do the next day.

Every task has a paper explaining what has to be done. And we also explain them verbally. Then the wheel and the description paper, are pinned on a board and strategically placed in the area.

Then, we talk about the collectiv rules.

We take sometime to read everyone's blason.

We settled our non negociable rules of Solafrika and the place. Then we ask them what they would like to add, what's needed by them, and help them to negociate and find a collectiv consensus.

This can take sometime.

Clowning WorkShop

clownin as a tool of expression with the target groups.

Throught the following page, you'll have plenty of exercices you can use to lead your session. Still, you also have to think how to be consistent in your progress.

For that, you have to know how many workshop you'll have to lead, the duration, but also how much the group know the others and are confident in themself and trustfull about you.

In broad outline :

1/ You have to build Trust/Group Dynamic

2/ Connect to body and emotion

3/ Open to creativity, new point of view and let it go, through exercices

4/ Close your session (Feedback, relaxation, hug, goodbye...)

=> Of course, this can be adapt to your context and your situation, to your group and your own posture.

In the following report, activities are written more or less chronologically. You can design your own process by picking some of the activities, adapted to the time and place you have.

A clowning workshop, can be used for :

- Increasing the awareness of social norm and acceptance.
- make the participants become more confident with self expression.
- Increase your connection to your body and your emotion.
- Free yourself of success
- Have fun

Day one

The earliest ancestors of the clown flourished in ancient [Greece](#)—bald-headed, padded [buffoons](#) who performed as secondary figures in farces and mime, parodying the actions of more serious characters and sometimes pelting the spectators with nuts. The same clown appeared in the [Roman](#) mime, wearing a pointed hat and a motley patchwork robe and serving as the butt for all the tricks and abuse of his fellow actors.

Name of the activity : Meditation.

Duration : 20mins.

Number of participants : 8.

Story of the activity : The point of this activity is that meditation can give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health. You can also use it to relax and cope with stress by refocusing your attention on something calming.

Objectives of the activity : You will have free space to relax and think about your childhood, to build a calming energy for you and the others.

Detailed steps of the workshop : In those 20mins we were reminding ourselves of our childhood and trying to connect with our inner child. Everybody was calm , quite and relaxed.



Name of the activity : Energizer – clapping game.

Duration : 10mins.

Number of participants : 8.

Story of the activity : To wake up the energy of the participants.

Objectives of the activity : With this energizer, we learn how to observe the others and synchronize in order to clap in the same time. It is important to make a connection with your neighbours and be focused all the time.

Detailed steps of the workshop : We continued with an energizer, called the clapping game. First we formed a circle, turn to one of your neighbours and ask them to clap their hands at exactly the same time as you, eg 1, 2, 3, clap. Next, invite this person to turn to their neighbour, and perform exactly the same task. Instruct your group to continue this synchronistic clapping in pairs, one at a time, all the way around the circle. Challenge your group to perform this task a second time maintaining a consistent rhythm . Repeat a couple of times, in different directions. And you can accelerate the rythm to increase focus and connection.

Name of the activity: Looking into others eyes for 1min.

Duration : 10min .

Number of participants : 8.

Story of the activity : People in pairs are looking each others eyes for 1 minute. The point of the activity is to focus and connect with your pair. At some point, ask the participant to spread each other different type of emotion (happy, sad, angry etc) without talking. Every participant has to do the same thing with everybody .

Objectives of the activity: With this activity, participants learn how to spread any type of emotion, to build a connection and to feel how the pair is feeling.

Name of the activity: walking slowly.

Duration : 20 -30mins.

Number of participants : 8 .

Story of the activity : It was an easy and relaxing activity.

The point of the activity is to be inbalance, to let your body and mind free for 20- 30mins, to try new things with your body in the way you walk, gesture, posture, energy.

Objectives of the activity: During this activity, you are totally free to express your emotions by doing some movements, as well as the participants got the chance to test the limits of their bodies and what they are capable to do with them.

Name of the activity: Finding an object.

Duration: 15mins.

Number of participants : 8.

Story of the activity : Looking around the room to find an object and act like you have never seen it before.

Material : The participants are free to find any object inside the room. You can also bring some. Be careful of taking only non breakable object. Clowns are unpredictable species, and objects can be victims of clown craziness.

Objectives of the activity : This activity helps you to develop your imagination and exploring skills.

Detailed steps of the workshop : Once you have found your object, you are supposed to play with it and explore it to find its possible function, a new way of seeing it and using it, like if you never met it before.



Name of the activity : First clowning .

Duration : Depending of the group, 5-10min per person .

Number of participants : 8.

Story of the activity : The participants are finally starting preparing for the actual clowning.

Find outfit, prop and costum to dress up. Add your red nose only before coming on stage.

Material : Costumes, chairs and other objects. (you can find the materials in the room where you will clown).

Objectives of the activity : Perform individually and discover how is it to be on stage.

Don't prepare anything before going on stage. One of the objectives of this practice, is to dive in to the void and learn how to swim. Things will appear in your body sensation, interaction will appear between you, the place, your emotion, some urge etc. At some point of your exploration, something will happen. And then, all you have to do is to pull the string of that sensation, idea, emotion, at his maximum, at his end. Then maybe move to something else. See where you can go, what things make you feel and use all those feeling to keep going. Remind you that your clown have more authorization, and that absurd things, depth, emotionalism, poetry are welcome.



Day two

1) *Internal weather* - an exercise that allowed the participants to express the emotions within them, while using sounds and motion. The activity did not require any materials, simply the participants made a circle, then each one of them had to express what they felt at that moment. One by one, the participants expressed their feelings through movement and sounds. Then, the rest of the group repeated their movements. Each participant had the chance to be in the middle of the circle and express themselves freely. This exercise allowed the group to understand each other's mood and internal feelings. The activity lasted around ten minutes, every participant had around a minute to express themselves. This is an easy, quick and meaningful exercise, ment for younger and older participants. A very important activity for clowning.



2) *Twin Clown* - an activity that helped everyone bond with an identical partner. The participants stood in a circle. One participant would get in the middle of the circle, creating sounds and movements, then the participant who connected with their scheme would join. The activity lasted until everyone found their twin clown, around ten minutes in total, for a group of ten individuals. The goal of this particular activity is to prepare the group for the main activity of the day, clowning in duos.

3) *Duo Clowning* - a clown improvisation including two clowns. The participants split into duos, they put on their clown attire and the red clown nose, then they improvised a situation with two clown characters. This activity allowed the participants to work and act together as a pair, as a duo. Many different types of clowns were mixed, all while performing charming and funny scenes that entertained the audience. While improvising, all of the previous exercises of the day were used. The participants were able to come together in a duo, use sound and motions, while being extremely passionate. Every pair gave a concise performance, lasting five to ten minutes.

Keep in mind the different tool you learnt the day before. Emptiness, emotion, improvisation. Follow the flow and what's come from the inside.



4) *Grimace* - just like its name suggests, this unique exercise allowed the participants to explore different facial expressions, which later came to be very useful in their clown performances. Every participant played with the physiognomy of their face. In Grimaces the participants have around ten minutes to play with their face and create different expressions. This is an easy game, suitable for the youngest and the oldest, without an age limit. Grimaces and facial expressions add many more traits and layers to a clown character. With this activity, everyone was able to explore a new side of their clown.

5) *Sculpture game* - an exercise which conducts group bonding and movement. The participants split into pairs; one person had to be a statue, the other had to dance. At some point, the dancer has to stop, and as quick as possible, the statue has to start to dance when they partner stop. This means that you have to keep in mind, your partner and not to dance all the session, and you have to listen each other very carefully, to be as simultaneous as possible.

Sculpture is a game that tests the chemistry and the patience between two performers - attributes very important to duo clowning. From a technical viewpoint, music is played while the participants pose and/or dance; the activity lasts around ten minutes because ten participants were split into five pairs. This activity is very simple and entertaining, so it can be used in workshops for younger participants.



6) *Waking Up Improvisation* - an activity through which the participants used all of the other trained skills. Split in pairs, the participants had to improvise a scene of waking up in the morning. One participant was sleeping, while the other was creating sounds to wake them up. Then, once the sleeping participant woke up, the roles switched. This is a very interesting exercise because the participants practiced their skills about creating sounds, as well as they practiced acting. Usually, one improvisation lasts around five minutes, the participants are required to be patient and understanding, so teenagers and adults would be the preferred target group.

7) *Mirror Exercise* - for this exercise a single participant had to stand in front of multiple participants. The participant had to make moves and the group was obliged to imitate him and repeat his motion at the same time - just like mirrors do. As the following photograph suggests, the demonstrator of the movement and the group of people were split with a rope. One improvisation usually lasts around five minutes, during the workshop, three improvisations were created, the total time being fifteen minutes. Mirror is a great activity for all ages. This activity taught the participants how to follow instructions in harmony, while being synchronized. The Mirror Game was a very good base to the final improvisation of the day.



8) *Twin Clowning* - in a duo, the participants had to improvise a scene between a teacher clown, that lead, and a student clown, that followed and copied each movement. First, the participants were split into pairs of two and then they put on their clown attire and the red clown nose. After getting ready, the pairs of clowns came out in front of the audience and improvised creative and positive scenes. Many different improvisations were performed: clowns that learned

languages, clowns that discovered the world, even naughty student clowns. Most importantly everyone had so much fun clowning during this play. Clowning in duos allowed the participants to enjoy clowning together, it improved their teamwork skills! The participants took liberty, making concise improvisations, lasting around ten minutes in total.

The activity lasted around two hours, while all of the teams got ready, performed the play, received feedback and shared the feelings during clowning. Clown improvisation is a great activity recommended for teenagers, adolescents and adults interested in dramatic and performance arts.

Clowning is a form of comedic entertainment that originated two centuries ago. It plays a grand role in putting a smile on people's faces. Many times, clowning is underestimated, but behind each clown performance there is a lot of practice, exercising and labor. The Training Course Trusty Clowns allowed its participants to understand the basics of clowning, as well it gave participants enough liberty to create their own clown characters and to improvise their unique performances. This Training Course is a wonderful experience that allows the participants to exit their comfort zone and discover the artists within them.

Day three

Energizers (beginning of day):

1. Massages:

People get into pairs and they massage each other to warm up their bodies.

2. Clapping:

Participants staying in the circle. Two people next to each other look into their eyes and clap at the same time. One person turns around and does the same with the next one. Clapping in pairs goes around the circle one by one.

3. Samourai

Participants staying in the circle.

One Person sends a signal saying Ha, doing a movement with their two arm, arm above their head hand sticked, to pointing someone, arm horizontal.

The receiver says Ho, going from arm down hand sticked, to above their head, arm straight hand sticked. The receiver stay in that position, waiting for their 2 surrounding people to move. The two person aside the reciever, as to yell he, doing a movement of sword, arm straight hand sticked, from the opposite side of the receiver to the belly of the receiver (without touching them).

Then, the receiver send again the signal HA.

See yourself as a samourai, fighting with a sword, yelling to grow energy and power, and increasing focus. The game take a rythming dimension along the play, and you can accelerate gradually while everyone get the rules and the movement.

4. Line

Everyone stays in the line and the whole group tries to move in the same time forward or backwards.

Clown exercices :

5. Shoal of Fishes

Participants stay close to each other and the one in the front is making movements, that others, the rest of the shoal are following. When the leader turns someone else on the front becomes a leader and the game continued.

6. Colors

Participants walk across the room and when the teacher says a color they are moving in the way that they interpret the color.

Energizers (after the break)

7. Dance

Listening to music and dancing to warm up our bodies.

Clowning exercises :

8. Shapes

Participants have to move in a specific imaginary way. Some of them like a square and the others like a circle. They are randomly walking through the room. In smaller group - 4 people - they should interact.

9. Emotions and text

All participants have to walk in the room, and tell text that they know by heart. It can be a poem, a text, lyrics of a song, anything. They repeat that text in a loop.

Sometime, the teacher announce an emotion, and the participant has to keep telling their texts, interpreted with this emotion.

Machine

Story of the activity	Participants cooperate to build a specific machine with their bodies.
Material	No materials
Objectives of the activity	To cooperate, to imagine being a part of something bigger, to expand someone's idea
Detailed steps of the workshops	Participants stay in line. When they hear what they have to build they are going one by one in front and start building. Each person is a different part of the machine and they compliment each other. Everyone has to move and make sound and repeat it till the end of improvisation.

Auditorium

Story of the activity	Clowns go to the Auditorium to listen to music.
Material	Costumes, red noses, six chairs, folding screen, speaker to play music
Objectives of the activity	How to listen and to react Be aware of other people on the stage Build a story
Detailed steps of the workshops	4 clowns are going one by one to the Auditorium, where are 6 chairs in 2 rows (chairs are arranged in the way that all of them are visible from the viewers perspective). When they all arrive the music starts and they react to it individually or in a group. There are three songs, when they finish clowns go out and the scene is finished.



Two twins & one opposite

Story of the activity	Improvisation/ 2 twins clowns and 1 opposite clown. Two twin clowns who know each other meet a clown that is opposite
Material	Folding screen, costumes, red noses
Objectives of the activity	Learn how to be different and similar Listen to each other React
Detailed steps of the workshops	Two clowns who enter the stage act similarly. They wonder through the stage and the other clown who acts differently comes. When they meet they have to react to each other and to what is happening. Their roles stay the same or change: one clown can become twin and one can become the opposite.

Increase chairs

Story of the activity	Increasing the emotion
Material	4 chairs
Objectives of the activity	Being able to express emotion on every level of sound and movement How to express our emotions
Detailed steps of the workshops	<p>4 chairs in the line - the person on the left is showing some emotion by doing a move and sound for 10 seconds. Next person does the same but increase the move, the sound and the emotion. When the emotion has been transferred, the previous one becomes quiet and lets the following one do it alone.</p> <p>The next one increases all again. Last person does the same with as much expression as possible for them at that moment.</p> <p>Do 4 rounds, so everyone experiments every spot, every step of the increase. Begin a new round with a new sound, move, and emotion.</p>



Telling a story with different emotions

Story of the activity	Someone is telling a story while their emotions are constantly changing
Material	No materials
Objectives of the activity	Being able to express yourself in different emotions Learn how to suddenly change an emotion Storytelling
Detailed steps of the workshops	2 people go on stage. One is telling a real or imaginative story. The other one, lead the emotion of the storyteller. The code of the leader is non verbal, it's with a physic contact, by touching their arms or head. Left arm: anger, right arm: sadness, head: joy. The storyteller has to continue their story until the end while adapting his voice and expression to the emotion instructed.

1 speaker, 1 translator

Story of the activity	Two clowns, one of them is speaking in imaginary language and other is translating
Material	costumes, noses, folding screen
Objectives of the activity	practicing our imagination Storytelling Expressing yourself without language
Detailed steps of the workshops	First clown speaks in imaginary language and express with his body. Second one translates to the audience the language. The clowns can be unbalanced: one can be speaking a lot and other not, or one can be serious and the other emotional.



Additional Game

Name of the activity: Imagination game

Number of participants: 8 (2 groups of 4)

Story of the activity: How is it to walk in different environmental conditions and how it affects the act.

Material: music speaker, and music that will represent the different weather condition

Objectifs of the activity:

It helps to grow imagination and recall conditions.

You are called to embody obstacles where it will give to the audience the details of understanding, where are you and what are you surrounded by.

All the creative bodies are participating.

Detailed steps of the workshop:

The teacher plays music, while she is giving instructions such as determining the different environment conditions.

The participants are walking at first around the space, and every time the instructions change, a different environment is given. The participants are required to adjust and transform their body language, facial expressions and sounds, depending on the different conditions.

e.g. deep forest, bad weather, beach, tornado, etc.

Name of the activity: Crossing the street (10' - 15')

Number of participant: 8 (2 groups of 4)

Story of the activity: What happens when two people meet in the middle of the street and what can be said in a few seconds.

Material: two standing "curtains" that you couldn't see or be seen. Distance between 4 to 5 meters.

Objectifs of the activity:

Quick improvisation to increase creativity

Detailed steps of the workshop:

Behind each curtain there are two participants that are hiding.

One participant from each side start to cross the stage, and finally meet the other one. They should communicate in any form that is suggested e.g. verbally or nonverbally. Duration of the mini performance should last around 5-10 seconds. Then once they are finished they return and then the other pair is following. Then they mix so all of the players play with the others. They can also come back to their previous curtains instead of going to the other one.

Improvisation Theater

Throughout the following page, you'll have plenty of exercises you can use to lead your session. Still, you also have to think how to be consistent in your progress.

For that, you have to know how many workshops you'll have to lead, the duration, but also how much the group knows the others and are confident in themselves and trustful about you.

In broad outline :

1/ You have to build Trust/Group Dynamic

2/ Body Warm up

3/ Vocal Warm up

4/ Different type of exercise for creativity, imagination, character, story etc...

5/ Close your session (Feedback, relaxation, hug, goodbye...)

=> Of course, this can be adapted to your context and your situation, to your group and your own posture.

A improvisation theater workshop, can be used for :

- Increasing the awareness of others.
- make the participants become more confident with self expression.
- Increase your techniques on how to embody characters.
- Contact and feel emotions.
- Have fun.



Day One

MORNING WARM-UP ACTIVITIES (all participants, individually in a circle, 1 hour), no special equipment nor material needed. Objectives are to

a) warm-up the body

b) to connect with others. :

- Body warm up - standing in a circle, keeping an eye contact, and starting to move the body from the ankles by making little circles and keeping eye contact with others. Change the legs. Do the same with your knees (in lower position, keep the shins together), hips, shoulders, wrists, neck. Crucial is to keep the eye contact, and keep breathing
- Voice warm-up - start with letter 'M' while chewing expressively. Continue with the letter 'O' engaging your belly and diaphragm breathing, you can change the intensity of your voice. Do the same with the letter 'A' - keep your mouth open as much as possible for both O and A. For A the aim is not to be loud, rather last long; again engage your belly muscles and diaphragm breathing. If you touch your chest, it should vibrate.
- Learn 2 tongue twisters (I wonder, how much wood would a woodchuck chuck if a woodchuck could chuck wood. Carol said she can can a can, as a canner can can a can). Learn it individually at first, then tell it to the person next to you, and the last step is to choose a person in the circle, and while saying one of the tongue twisters, you have to switch the positions in the circle. You can play with your voice, way of walking, body, etc. (ref. to Monty Python, Ministry of silly walks).
- Push and pull with the emotions: We walk and choose a person, who attracts me. On a signal I try to stay as close to the person as possible (step 1). Next step is the same activity, but that person is repelling me and I want to stay as far as possible (step 2). Step 3 is a combination - 1 person is attracting me and 1 is repelling me, and I need to do the same as above (neither attraction or dis-attraction prevails). Reflection at the end - where do I stand when the activity finishes - close to the object of my attraction and far from the person I hate? Or not? As a step 4 we added the last day we show also the emotions while being attracted or repelled by that person - how do we show it?



1ST SET OF ACTIVITIES - MAKING A CONNECTION WITH A PARTNER AND SPACE AROUND US

- all participants, the active participants depend on a particular exercise (see detailed description below), 2 hours (including short break), no special equipment nor material needed.

Objectives are to

a) make a connection with a partner

b) being comfortable and aware of the space around us:

- Hypnotizer - participants make couples, one in the couple is a leader and the other one is a follower (later they switch the positions). Leader keeps the palm 10 cm (cca) from the nose of the follower, and leads her / him around the room. The leader has the responsibility of the safety of both and be aware of other couples. Reflection at the end: which role / position was more comfortable for us, which one was easier or more difficult, etc. What matters is not only the movement, but also the change of rhythm, and the palm itself (is it widely open? Is it rather relaxed?)
- Movement by two - participants are in couples. They agree on some specific and clear movement / action and play it without words, but preferably with sounds (e.g. playing tennis). They can play together or apart. On a signal they freeze in a position, and from that position they continue to another action / situation. This repeats 4 times altogether. Objective is to be clear and specific with our movements and sounds, without using words - it's important to be active. It's the beginning of improv scenes: we have to react immediately even if the situation changes, but we have the freedom to play together or individually.
- The big machine - participants create together a machine on a given name of the machine (which is something non existing, e.g. 'violin calculator', 'puppy driller', 'puppy washing machine', etc.). The activity starts with 1 person, who represents the object (base), others join one by one by representing a particular piece of that machine. Important is to always have a point of attachment (no piece of machine can stand alone unattached). Machine (people) is moving, making sounds, and have some rhythm. The first person (object / base) decides the rhythm and its change - at the end the machine has to either explode and collapse or slow down to extinction. Objective is to connect with others in one big functioning (!) piece of machine, and follow the same rhythm of the machine and its movements.
- Change or rhythm of the walk - n.5 is the regular speed of walk - all participants walk in the space and imitate their usual speed of walk. The trainer changes the speed of walking by giving the number (n.1 is barely any movement, n.10 is running on a spot and screaming loudly - due to safety , the maximum we did in motion was n.9 - super fast running for a bus that is about to leave in any second). Objective is 1) to release some tension and break the barriers, and 2) realize that there is not only 1 way of walking, that beside of type of walks we have options of speed

AFTERNOON WARM-UP ACTIVITIES

- all participants, the set up depends on the activity

- Body warm-up - we all stand in a circle, keeping eye contact with all around us. Trainer sends an imaginary ball with a color and specific characteristic (it's heavy, it's sticky, small, bouncing, hot, whistling, 3 juggling balls, etc.), and send them one by one to the participants. When we send and we receive the ball, we have to say the color, keep eye contact to make sure that both partners are aware of the exchange, and play with the characteristics given to that particular ball. At the end all of the balls are in the field. Objective is to warm up the body after the lunch break, and connect with the others.
- Voice warm-up / xylophone - participants are in pairs (later they switch the positions). One is standing straight and gradually bends down in hips, another person is standing behind or next to that person, and with flat part of the fist 'plays' on the partner's back. The first person making a noise reflecting the tapping of the fists. This is to prepare and engage our voices

2ND SET OF ACTIVITIES - MAKING A CONNECTION WITH A PARTNER AND SPACE AROUND US

- all participants, the active participants depend on a particular exercise (see detailed description below), 2 hours (including short break) until the end of the session, only needed equipment is chopsticks.

Objectives are to

a) make a connection with a partner

b) being comfortable and aware of the space around us:

- Chopsticks - participants form couples and each couple is given 1 pair of chopsticks. They stand face to face, and put the chopstick between their index fingers, they have their eyes shut. We as a pair navigate each other through the space together, without talking. We have to decide and agree with no words, who is leading and following, where to go, how strongly to push. The objective is to connect with a partner based on the touch of the chopsticks only.
- Changing painting - all participants except one put themselves in some static positions on the stage. One person observes them and tries to remember the position of everyone. Then he / she turns back, and all others change their positions and places. Observer turns back again and tries to put everyone back in the original place and position. Objective is to train the memory in space.
- Scene in 1 minute - pairs enter a stage from each side, they are given a word to lead their performance (e.g. dragonfly; orbit). They create a scene by movement and sounds, but no words. Objective is to improve the reaction on some input and find a way, how to play with a partner
- Creating a background - participants are in couples. Trainer shows them a picture, and we are supposed to perform that background - without words, but using sounds, movement, interacting together, etc. - all is allowed. Others are guessing what the picture is, what they

saw, what the performers were showing. At the end we were shown the picture. The objective is to improve the imagination (for the audience), and improve cooperation with the partners (for performers)

- War - participants split in 2 groups and each group creates their own gang - each gang has their own leader, name and war cry that they agree on. Each gang introduces their name and war cry, and then they get ready for a battle. Leader steps in front, does some movement and noise, and others follow him. Then the next gang continues. By that, gangs approach each other and 'fight' (figuratively) until one of the gangs wins. This exercise empowers the group spirit and releases some tension at the end of the day.

FINAL ASSESSMENT, CLOSURE - all participants sit together in a circle, and have a safe space to share and comment, if they want to. They can recap the day and activities, how they feel, which activities they liked and disliked. Sharing is voluntary, only those who want to talk, talk.



Day Two

Theory on « How to build a character » :

1. body:

- rope that's pulling one part of the body
- a contraction point (we imagine that one part of our body is contracted and we bend around that point)
- letters - we embody different letters
 - A - proud good simple guy, little bit stupid, everything is in the legs
 - I - very tall, head in the clouds, unstable
 - O - round, slow movements, big, bad coordination
 - H (arms up) - strong gym person, proud
 - h (arms down) - ready to fight, frustrated, angry
 - S - weight on the heels, big belly, rounded shoulders, head forward, pregnant person or someone fat
 - s - little, fast, moving all the time, servant
 - Y - arms up, happy, party
 - y - closed arms in front, forearms connected with palms open to the sides, this person cannot do anything, only gives orders

- animals - take a characteristics from an animal, but still be a human

2. voice:

- we don't change the pitch to not hurt our vocal chords, but instead we can modify:
 - our lips (pulling them forwards/to the sides, hiding them inside)
 - position of the tongue (pressing down or up)

3. color:

- angry, sad, late,....

4. tic:

- something typical for the character (touching glasses, laughing nervously etc.)
- its intensity can change depending on the situation and its escalation

Combination

- Duration: 15 minutes
- Number of participants: even number, minimal 6
- Story of the activity: building a character
- Material: none
- Objectives: to put in practice the theoretical part about building different features of a character and how to combine it
- Detailed steps:
 1. the group is walking in a space
 2. they pick one character and start to walk as such
 3. they walk in different speed from 1 to 10
 - Alternatives/tips:
 1. the group is walking in a space
 2. they pick one character and start to walk as such
 3. they add an emotion and can imagine different intensity of it and how this concrete character is dealing with it, it helps to ask why they feel this, what is the reason
 4. everytime the facilitator claps they have to interact with the closest person

Translator game

- Duration: 2-3 minutes per pair
- Number of participants: even number, minimal 6
- Story of the activity: building a character
- Material: none
- Objectives: practice communication and connection between the characters
- Detailed steps: The 1st person is a character (one from the above) that speaks gibberish and has something to say/present. The 2nd person is a translator, who is explaining what the first character is saying to the public.
- Alternatives/tips: Have in mind that the communication between the players should be in gibberish as well.

Musical chair of aging

- Duration: cca 20 minutes, 2-3 minutes per every age group
- Number of participants: minimal 5
- Story of the activity: building a character
- Material: chairs, a song
- Objectives: practice the continuity and development of the character
- Detailed steps:
 1. we put chairs (one less than the number of participants) in a circle
 2. people are walking around them meanwhile there is music playing; they have different age in each round (6 months, 5 years, 10 years, 15 years, 21 years, 35, 55; 65; 85), they can interact with each other
 3. when the music stops, they have to sit on a chair
 4. one person is out in each round, but they are still playing in the next one
- Alternatives/tips: try to be a loser at least once (so you can see how your character reacts to losing)

Pairs in line

- Duration: 10 minutes
- Number of participants: at least 6
- Story of the activity: building a character
- Material: none
- Objectives: to react and adapt quickly on a new situation
- Detailed steps:
 1. all participants are standing in one line at the back of the stage
 2. the facilitator says a word and the pair in the middle goes on stage
 3. they play a short scene with a lot of movement
 4. after 10-20 seconds the facilitator stops it, they freeze in their position
 5. the new pair replaces them in the same position and plays a new scene with a new word
- Alternatives/tips: be clear with your proposal, so your partner can get it easily, words are not so important, don't be shy with the movements, it will lead you to the right direction

Entering and leaving a scene with dignity

- Duration: cca 10 minutes
- Number of participants: at least 5
- Story of the activity: moving on stage
- Material: none
- Objectives: how you can embrace your action in front of the audience, how to enter and leave the stage (not run away embarrassed)
- Detailed steps:
 1. the stage is empty
 2. one participant goes on the stage, do any action they want (but it has to really be an action which has consequences to the environment)
 3. they watch the audience and feel and own what they just did and how it changes their character
 4. leave the stage still as a character but with the change
 5. the next one goes and creates a different environment with a different action
- Alternatives/tips: The 1st participant is setting a space, which later stays the same for the rest of the participants, they are just adding more things to it. Be mindful about the invisible objects which are placed there already (don't walk through walls etc.)

Slow motion race

- Duration: 5 minutes
- Number of participants: at least 5
- Story of the activity: fun, less demanding activity
- Material: one song
- Objectives: observing your body, its balance, interacting with others
- Detailed steps:
 1. all participants are standing in a line at the back of the stage
 2. the facilitator says "Ready, set, go!" and put on the music
 3. The goal of the "racers" is to go slow motion, as slow as possible, but still keep the feet above the knees, and be mean to each other! Make it a dirty race! (punching, grabbing, pushing, biting,...)
- Alternatives/tips: exaggerate the faces

Yes and Story

- Duration: 10 minutes
- Number of participants: at least 5
- Story of the activity: calm, end of the workshop
- Material: none
- Objectives: build up the story together and learn to accept the propositions from others
- Detailed steps:
 1. all participants are sitting in a circle with their eyes closed, the facilitator is in the middle
 2. the facilitator touches the first player who starts to tell a story (they have to speak slowly so the next player has opportunity to continue)
 3. the facilitator always touches the following player who always starts by saying “Yes and...” and then continue the story
- Alternatives/tips: In the beginning of the game the facilitator should ask for a consent to touch the players. The facilitator should tell the last player that they are the one who is supposed to finish it.



Day Three

In the morning we did warm activities as usual. It was for warming our bodies, the resonance of our voice and connecting with others in the team. After that we did many activities developing our skills of improvisation and creativity.

Balls:

We were standing in the circle and sending each other balls with different energy, emotion and weight. In one moment there were many balls in the circle and we had to be on alert and communicate with eye contact. We created chaos, to which we had to adapt.

Sentence circle:

In this activity all participants made a circle. First person created a complete sentence, for example: mum is cooking apple pie. The participant standing next to that person entered the middle of the circle and created a short etude on the given sentence. It continued according to the hands on the clock. The next person had to choose one word from the previous sentence and use that word to create a new sentence, again the participants played the sentence in the center of the circle. It continued like this until the end.

Fall of trust

The aim of this activity was to develop self-confidence, the competence of trust in the group, thus we supported the dynamics in the group and created a safer environment. We split into pairs. the task was to fall backwards and arrest the fall. One person with closed eyes fell upright in the back, the other was supposed to provide protection and physical support behind him.

Then we formed a circle again, in which we were supposed to be as close to each other as possible in order to reduce the size of the circle. Thus ensure greater support and safety. One volunteer was in the circle. The task was to relax the body in a straight and firm position with the eyes closed. The legs should be together and the arms should be crossed and placed on the chest. The loose body began to fall in different directions. The participants around were ready to catch the body and push it away, or move it to other participants in other directions. The circle gets a little bigger, so the fall is longer. At the end, the circle gradually got smaller until the volunteer in the middle of the circle remained standing upright in one place. The volunteer took turns for another participant.

4 corners:

This activity helped us to develop the ability to create a story and combined the training of creation and the use of character, background, voice, tics and emotions.

At first, four actors stood on stage in the corner and one participant stood in the middle.

Each participant in the corner, receive a secret word, and have to create a story based on it.

The story was divided consisting of three parts. introduction, story itself and conclusion, in which he had to interact with the participant in the middle.

So, one participants from a corners, comes in the middle and play the scene with the person in the center. Then the facilitator clap, the one goes back to them corner, and a new corners one, come in the center. It goes in order like this, every person in a corner pass one times. Then we keep going with a second passage, and a third one, to develop the entire story.

This activity was about the perception of the background and its creation. It took place in such a way that we were given various pictures and had to describe what we see in them and let our imagination flow.

Slapping

This movement game aimed to learn to react immediately to random situation and thus develop the competence of improvisation and association.

The first person said any word and opened left palm upwards. Other participants tried to connect the hand of the person as quickly as possible and say the first word that came to their mind after hearing the word of the previous one. We aim to create a moving chain of hands.

Subsequently, we modified the game and selected one participant with the fastest movement, who tried to break the clapping with his palm. When interrupted, the fastest participant repeated the previous word. In this version the purpose was to speed up thinking, attention and react immediately.

Furthermore, it was also about some adaptation and creativity in which position and direction I open my palm.

Pictures:

This activity was about the perception of the background and its creation and creativity and although about training self confidence. We were given various pictures and had to describe what we see on them and let our imagination flow. We were supposed to answer questions: where, who and what.

We had to follow some rules.

For example, It wasn't allowed to use sentences like maybe for better confidence.

Don't ask questions and respect every opinions.

The first idea is the good one, don't negotiate, construct on the first idea with your own.

Always say "yes" and add something.

Then, we split into two groups of 5 people. The trainer gave us a choice of many pictures depicting an action, for example a black and white photograph of a traffic jam in London from the last century or three children playing in the rain while a mother takes off her clothes. But it was up to us to interpret the photo.

Everyone in the photo could see different environments, different personalities and different activities. After choosing three pictures, we had the task of answering three questions :
where is the photo taken?
What kind of personalities are there on her?
What activities do they describe?

Then play the play, characters, story and setting on stage.

The rules of the game were that there could not be more than three characters representing the characters in the photos on the stage. Other braces could form the background, materials, sounds, or capture the overall atmosphere with the help of movement or emotions. This activity was to combine knowledge of background creation, character setting, voice work and improvisation. It developed our competence of playfulness, cooperation, imagination and creativity.



Day Four

The workshop was half a day.

First we did some warm up as usual, to prepare body, voice and the collective mood. You can see on day one how interesting are these warmups! YEAH !

An other warm up : Pushed and pulled with emotions.

- We walk and choose a person who attracts me. On a signal I try to stay to the person as close as possible with acting the feeling of joy (step 1).
- Next step is the same activity, but that person is repelling me and I want to stay as far as possible with acting out the feeling of fear (step 2).
- Step 3 is a combination : 1 person is attracting me and i'm acting the feeling of anger toward him/her, and 1 is repelling me and I'm acting the feeling of love toward her-him. (neither attraction nor dis-attraction prevails).
Finally I ask : where do I stand when the activity finishes ? Close to the object of my attraction and far from the person i hate? Or not?

The first activity : Talking statues

Duration: The first part- 5min play + 1min for every participant to explain their stories

The second part- 5min play + 1min for every participant to explain their stories

Do as much repetition of first or second part as you want to get participants familiar!

Number of participants : 12

story of the activity : Got ourselves in the same story

material : people body's

objectives of the activity : Telling the story from a body posture, using imagination, moving freely and being aware of the surroundings and the scene.

Building a story together

Detailed step of the workshop :

All participants walk randomly in the space, when the facilitator claps his hands all participants start to move their body freely in the space.

And then when another clap is being heard, then all stops in their movements. and the facilitator asks one by one what are the role (who, where, what) they do in their position.

Now in the second part we do the same but when the facilitator asks the first participant about her- his role, the first participant, with his or her answer, sets the surroundings for the others.

So all the other participant, when they answer to the same question, they have to be linked to the first answer (context, environment etc...)

For instance if the first participant is in a park walking with his dog, the second one could be lying on the grass but not sleeping in his bed at home.

Alternatives :

You can use this at home with friends or in a workshop from 5 years old to 99.

To establish connections between people who want to act or play together.

To make their body more flexible.

Be aware of sharing the same space.

The second activity : The story and the three narrative forms

duration: 40 minutes (10 minutes per group of three : 6 minutes acting, 4 minutes questioning)

Everyone shall pass.

Number of participants : 12 participants

story of the activity :

How to tell stories in a different form.

material :

You can use a phone for selecting images. (on google or other sites)

There's also a board games (speech and dixit for example) which goes along with this activity.

objectives of the activity :

We did this exercise to learn how to get different points of views on a story. And interpreting the different mediums which compose a scene.

detailed step of the workshop : Participants make a group of three people.

Then one group rises up and each person choose one of the three different roles :

the first one is the story-teller.

the second one is the actor (body and sound permitted : no words)

and the third one is the dancer.

The dancer goes out of the space not to hear the story-teller.

Then the story-teller picks a picture from the possible ones, doesn't show it to the others, and takes time to think about it, 30 seconds max...

Then create a story from that picture, in one minute.

The actor, is listening the story-teller, with the other participants (public)

Then when the story-teller finishes his-her story, leaves the scene. And the dancer come in.

Then the actor steps on the scene and has two minutes to represent the story with the body and the sounds.

The actor leaves the scene to let the dancer represent what he has understood from the actor's performance. That dancer is representing the emotions through his dance. Which is not the repetition of the actor movement.

Then the facilitator will talk to the performers.

The first question for the story-teller : did you recognize your story in both acting and dancing ?

The second question goes for the dancer : what was the story you had represented ?

Then the story-teller explains the story to the dancers.

Final question for the audience (the other participants) : anything to share ?

The other groups do the same.

little tip for the facilitator : the facilitator will put the fist up to point that the last twenty seconds of the performance are left. And rise an open hand when there are 5 seconds left.
It's meant to help the performers to know that the end is coming. Can be use in all different exercises.

alternatives :

You can do this alone to build a story, acting it and feeling the emotions of it.
Or you can do it in a group to see how people have different ways of understanding the story, or events.

Name of the last activity : Pairs in line

See *day two* (at the end) . It's a game we had fun with during the second day, and it was a nice way to close the workshop.

