

## Drama worksheet

### -focusing/ mindfulness/ relaxation

Aim: relax / be mindful

Description: sit on the ground in a comfortable position with your arms relaxed, your hands resting on your legs, your back straight. Draw your shoulders back (to open the thorax) but keep them relaxed.

Close your eyes, and breathe. Pay attention to the air coming in and out of your nose. Be aware of the noises around you, but don't dwell on any of them, let your thoughts flow, welcome them, don't try to control them. Be mindful. This is not a nap, It is a relaxing exercise, but an active one.

### - Knowing oneself

aim: introduce oneself, meet others

#### -the thread

aim: fixing your gaze/ your eyes on something / someone

description:

1 In pairs: you both hold a one meter thread between your thumb and index fingers. The thread should be tense, but you are relaxed. You move around **without taking your eyes away from those of your partner**. Vary the rhythms in the way you walk, make pauses and walk past the other groups. Use your peripheral vision to avoid bumping into the others and protect your partner by walking faster or pausing in order to avoid a collision: this develops the ability to trust in others.

2 Same activity but without the thread. Each person can come closer to someone, or walk away, crouch, crawl, walk slowly, stop .... **without taking your eyes away from those of your partner**.

Start improvising and acting: one dominates/ the other is dominated, seduce each other, act out a misunderstanding, or a disagreement.

On the signal, change partner as soon as you catch the eyes of the person who is closest to you, or the one who is the farthest....

3 Same activity but a third person gets involved by catching the eyes of one of the two partners. Each has to be aware of what the others initiate and no one can refuse doing something. You can use your eyes, but not your hands nor your voice. The one who is alone can watch the two others, sit alone for a while if his attempt are unsuccessful. The goal is to succeed in joining a group of two at some point, then finish the activity by suggesting an idea to end the story.

### - signs activity

aim: develop spontaneity and listening/ attentiveness

Description: form a circle

Step 1: each person invents a sign ( a movement with a verse / sentence or a sound). This movement is used to introduce oneself to the others. It has to be a simple movement, easy to repeat.

Step 2: Each one makes his movement, and everyone repeats it. The activity in 3 steps

1: one makes his movement

2.: the others repeat it

3: everyone resumes a neutral position (beginning)

Step 3: All make all the movements together, one move after the other (it helps develop observation and memory skills)

After this step some conclusions can be drawn: what are the movements that are best remembered and why? Which movements are more or less punchy?

Variations/ variants:

each one chooses someone else's movement and makes it, and the game goes on (stps 1,2,3).

Step 3 can be repeated but the sequence of movement can be executed in various ways: slowly, aggressively, with more or less intensity....

- Improvisation