

DEvised THEATRE FORMAT FOR EDUCATORS

Module: Devising Theatre – Agenda with Exercises

Day 1

Title of the Exercise	Activity (energizer, team-building, icebreaking games, etc.)	Objectives and main outcomes	Duration
1. Project/Training Introduction	Slides (attached file)	To introduce the Project to participants as well as concepts and methodology of the training.	60 minutes
2. Expectation Tree	Ice-Breaker	To start sharing feelings and expectations between participants in a safe way	30 minutes
3. Name Game	Ice-breaker	To start to familiarize with other participants learning the names	30 minutes
4. The Modified Clock	Ice-Breaker/Team Building	To get to know each other sharing info in a funny and active way	45/60 minutes
5. Backsheet	Ice-breaker/Teambuilding	To start working together and familiarize with names	45/60 minutes
6. Blind Impulse	Energizer/Ice-breaker	To get a first physical approach with other participants and to overcome a barrier to reach the objective	15 minutes
7. Feedback Time	Debriefing	To evaluate the activities, to share feedback and feelings	20 minutes

Day 2

Title of the Exercise	Activity (energizer, team- building, icebreaker, etc.)	Objectives and main outcomes	Duration
1. One Duck, Two legs, Quack!	Energizer	To energize the group with funny	10 minutes
2. Raft of Relationship	Group building Group Dynamic	Presence Non-verbal Communication	90 minutes
3. We complete each other	Teambuilding	To overcome difficulties and to work together to reach a goal	90 minutes
4. Round Table	Workshop	To respect the other, to listen and to confront/share ideas in a safe and respectful way	90 minutes
5. The Possible Mission	Teambuilding	To overcome fears of confronting strangers, to plan and work together	90 minutes
6. Feedback Time	Debriefing	To evaluate the activities, to share feedback and feelings	20 minutes

Day 3

Title of the Exercise	Activity (energizer, team- building, icebreaker, etc.)	Objectives and main outcomes	Duration
1.A-I-O	Energizer	To energize the group with funny and keep attention and focusing	10-15 minutes
2. Focus Point	Theatre exercise	Scenic Presence	60 minutes
3. Feeling myself	Body relaxing Theatre exercise	To discover our body perception and his presence in the space	60 minutes
4. Laser Dot	Theatre exercise	To acquire bases of Body language and body movement on the scene – First performance	90 minutes
5. Whisky Mixer	Energizer	To recovery energy after the break	10-15 minutes
6. The Poem	Devising From Text Theatre exercise	To use text for devising performance	90 minutes
7. Table Storytelling	Devising From Text Scenic creation	To use body and improvisation to write a story and a performance	60 minutes
8. Text without text	Scenic Creation	To find the rhythm of the scene	30 minutes
9. Feedback Time	Debriefing	To evaluate the activities, to share feedback and feelings	20 minutes

Day 4

Title of the Exercise	Activity (energizer, team- building, icebreaker, etc.)	Objectives and main outcomes	Duration
1. The longer line	Energizer	To energize the group with funny	15 minutes
2. Dance to the Statue	Devising from Music Theatre Exercise	Body movement and Body Language on the scene	45-60 minutes
3. Symbol Dance	Devising from Music Theatre Exercise	To acquire a method about devising from music and imagine	60 minutes
4. The Painter	Devising from Music Theatre Exercise	To acquire a method about devising from music and movements with performance	60 minutes
5. Homework	Work for free time	External observation to use in the next steps	Free time
6. Feedback Time	Debriefing	To evaluate the activities, to share feedback and feelings	20 minutes

Day 5

Title of the Exercise	Activity (energizer, team- building, icebreaker, etc.)	Objectives and main outcomes	Duration
1. Chicken Impulse	Energizer	To energize the group with funny	15 minutes
2. Support with the obstacle	Devising from Movement Theatre Exercise	Body movement and Body Language on the scene with a performance	60-75 minutes
3. The Journey	Sensorial Observation Theatre exercise	To experience our senses to build a devised performance	60 minutes
4. Homework performance	Performance	To build a performance from external observation	60 minutes
5. The Christal Race	Energizer Performance	To energize the group performing a race	20 minutes
6. Inquiry Questions	Devising Method exercise	To devising from Inquiry Questions	120-150 minutes
7. Feedback Time	Debriefing	To evaluate the activities, to share feedback and feelings	20 minutes

Day 6

Title of the Exercise	Activity (energizer, team- building, icebreaker, etc.)	Objectives and main outcomes	Duration
1. Ballon walking	Energizer Performance	To energize the group with bases for a performance	15 minutes
2. Mini- Training Preparation	Workgroup	To give to participants indication to work in a group for the preparation of mini pieces of training	30 minutes
3. Building a mini- training	Workgroup	To acquire the method to build a devising training	120-150 minutes
4. Mini training: Presentation Group1	Workgroup Mini-Training	To experience the leading of a devising training	90 minutes
5. Mini training: Presentation Group2	Workgroup Mini-Training	To experience the leading of a devising training	90 minutes
6. Feedback Time	Debriefing	To evaluate the activities, to share feedback and feelings	20 minutes

Day 7

Title of the Exercise	Activity (energizer, team-building, icebreaker, etc.)	Objectives and main outcomes	Duration
1. Mini training: Presentation Group3	Workgroup Mini-Training	To experience the leading of a devising training	90 minutes
2. Mini training: Presentation Group4	Workgroup Mini-Training	To experience the leading of a devising training	90 minutes
3. Mini training: Presentation Group5	Workgroup Mini-Training	To experience the leading of a devising training	90 minutes
4. Final Debriefing	Debriefing	To conclude the training course with considerations, questions and indication for the future.	60 minutes
5.Thanksgiving Circle	Group Dynamic	To give to participants a possibility to give feedback at an emotional level	30-45 minutes

DEVISED THEATRE FORMAT FOR EDUCATORS

Training Toolkit – Devised Theatre

Exercise N. 1	Project/Training Introduction
Purpose of the Exercise (Explain why this exercise is implemented)	In each training is important to start explaining and contextualize the training concerning the project. More, this is a new methodology, this is important to give to participants the theory of this methodology, theoretically envisaging what will be done practically during training.
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	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 (What is necessary for the trainer/facilitator and participants to carry out the Exercise)	It is advisable to prepare a slide presentation were to summarize the basic concepts that can act as a facilitating guide for the theoretical session.
Materials and Location (Which type of room or space is needed Which materials need to be provided)	The room has to be chosen for the group size of the participants. Video projector and/or flipchart needed.
Duration	60 minutes
Description of the Exercise	Theoretical session of training and project presentation.

Exercise N. 2	Expectation Tree
Purpose of the Exercise (Explain why this Exercise is implemented)	To start sharing feelings and expectations between participants in a safe way
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	To overcome the fear of sharing feelings, to improve their bravery, to start building a group by breaking some ice
Group Size	5+
Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise)	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 (which type of room or space is needed Which materials need to be provided)	One Flipchart and four different types of coloured post-it, pens
Duration	30 minutes
Description of the Exercise	With coloured post-it, participants should write down 2 sentences per different post-it regarding expectations, fears, contribution, needs and then attach them on the flipchart. The trainer will go through some of them and will discuss them with participants

Exercise N. 3	Name Game
Purpose of the Exercise (Explain why this Exercise is implemented)	To get to know the names and to break the ice
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	To overcome shyness and to get into the game
Group Size	5+
Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise)	Willingness to have fun and to get to know each other
Materials and Location (which type of room or space is needed Which materials need to be provided)	A ball (can be done with a paper too if there is no real ball)
Duration	30 minutes
Description of the Exercise	A person has the ball, says his/her name and something funny about himself/herself and then passes the ball to someone else that does the same

Exercise N. 4	The Modified Clock
Purpose of the Exercise (Explain why this Exercise is implemented)	To get to know each other sharing info in a funny and active way
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	To get involved with the group sharing basic information about themselves
Group Size	12-24
Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise)	The trainer should be very careful with time management and participants needs to listen and act accordingly in order not to have chaos and to go over the time limit
Materials and Location (which type of room or space is needed Which materials need to be provided)	Papers, pens and a stopwatch
Duration	45/60 minutes
Description of the Exercise	Each participant has a paper and a pen, everyone needs to draw a clock and need to get 12 appointments with 12 other participants. The trainer will give a question for every hour regarding the topic of the activity and the couple will have 2 minutes to discuss the question and to share info. Then everyone needs to change the partner and go on until everyone finished their appointments

Exercise N. 5	Backsheet
Purpose of the Exercise (Explain why this Exercise is implemented)	To start working together and familiarize with names
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	To improve the ability to understand each other and to work together
Group Size	10-25
Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise)	The trainer will have to motivate the group to reach the objective
Materials and Location (which type of room or space is needed Which materials need to be provided)	A blanket or a bed sheet
Duration	45/60 minutes
Description of the Exercise	two teams, a blanket or something similar to hold up and two people one in front of the other, blanket drops and the first to guess the other person name wins. The person that has to say the other pax name is back to back with the other pax, he/she has to say the name thanks to the tips of the fellow teammates

Exercise N. 6	Blinde Impulse
Purpose of the Exercise (Explain why this Exercise is implemented)	To get a first physical approach with other participants and to overcome a barrier to reach the objective
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	The participant will begin to trust their fellow mates to achieve the goal
Group Size	10/24
Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise)	The trainer must control the correct number of the two teams
Materials and Location (which type of room or space is needed Which materials need to be provided)	No material is needed
Duration	15 minutes
Description of the Exercise	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 fastest wins

Exercise N. 7	One Duck, Two Legs, Quack!
Purpose of the Exercise (Explain why this Exercise is implemented)	Energizer exercise
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	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.
Group Size	From 10 to 30
Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise)	Enough space in the room
Materials and Location (which type of room or space is needed Which materials need to be provided)	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 of the Exercise	<p>Ask participants to stand in a circle. Everyone in a circle. We are going to say a pattern, one word per player with body gestures, going clockwise. It goes like:</p> <ul style="list-style-type: none"> • One Duck, two Legs, Quack • Two Ducks, four legs, Quack Quack • Three Ducks, six legs, Quack Quack Quack <p>And so on, till someone misses.</p>

Exercise N. 8	Raft of Relationship
Purpose of the Exercise (Explain why this Exercise is implemented)	Group Building Group Dynamic To acquire the bases for theatre presence and movement on the scene.
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	Learning outcomes: <ul style="list-style-type: none"> - The space of the scene - Non-verbal communication - Presence on the scene - To move in groups on the scene - Bases of Mirroring
Group Size	From 10 to 30 (In case of more than 20 participants, the presence of a facilitator is recommended, in addition to the trainer).
Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise)	For the trainer is important to prepare before the right music and a timetable of different steps of the exercise (in order of the number of participants). For participants is recommended comfortable clothes and, if it is possible, to work without shoes.
Materials and Location (which type of room or space is needed Which materials need to be provided)	Enough space in the room: about 3 sq.m. for each participant. Is requested the possibility to spread music in the room. You need also one wooden stick (of at least 50 cm) for each participant.
Duration	90 minutes
Description of the Exercise	Ask participants to move freely on the space, without speaking or interacting with the others, respecting the space of the others and using any direction. Underline that space is like a raft, thus is important to cover any space with the equilibrium of the group. After few minutes where participants modulated their movement with the time and space of the group, give them 5 different rhythms to move on the space (from slowest to fastest) and let them experience different rhythms, based on your calls. With the right music (in order of the rhythm of movement) ask them to encounter others just with an

	<p>eyes contact, stopping one in front of the other for a few seconds.</p> <p>Then ask them to choose a partner (without saying it) and don't lose sight of him/her. When the music stops, go close to the partner chosen and look at him with the body and the eyes. In the second step, invite the participants to choose two persons at the same time, trying not to lose sight of both. When the music stops, ask participants to go close to one of this with your body and turn just your head and eyes to the other one, looking towards him/her.</p> <p>Give to each participant one wooden stick and ask them to connect with two participants through the wooden stick, touching it just with the index finger of each hand. With this "connection" ask the group to move together staying in an eyes contact, trying to form a nice circle without losing the sticks.</p> <p>In order of the dynamics of the group, several variations e/o development of the exercise is possible. At the end is important to debrief the entire exercise sharing feelings and learning outcomes.</p>
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Exercise N. 9	We complete each other
Purpose of the Exercise (Explain why this Exercise is implemented)	To overcome difficulties and to work together to reach a goal
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	To trust their teammates, to try to understand the difficulties that disabled people face every day
Group Size	10-24
Preparation	The trainer will have to explain the rules in a clear way

(what is necessary for the trainer/facilitator and participants to carry out the Exercise)	
Materials and Location (which type of room or space is needed Which materials need to be provided)	Something to cover the eyes and ears
Duration	90 minutes
Description of the Exercise	<p>Divide the group into couples; make sure to have in each pair a deaf and not deaf participant. In each couple ask the not deaf participant to cover the eyes with a scarf (or similar). The not deaf participant stands blindfolded behind the deaf participant and holds him/her from the shoulders.</p> <p>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.</p> <p>Following the exercise you can start a debate by asking questions:</p> <ul style="list-style-type: none"> About their feelings; Obstacles; Teamwork; Cooperation; Did they felt the need of their partner? Can they implement it without a partner? What can we learn from this exercise?

Exercise N. 10	Round Table
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Purpose of the Exercise (Explain why this Exercise is implemented)	To respect the other, to listen and to confront/share ideas in a safe and respectful way
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	Participants will learn to be patient and to understand before to get in a conversation and will work on the respect for different opinions
Group Size	5-24
Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise)	The trainer will have to moderate the discussion avoiding tensions and motivating the group to open new points to discuss
Materials and Location (which type of room or space is needed Which materials need to be provided)	Chairs
Duration	90 minutes
Description of the Exercise	4 chairs in the middle and the rest in a circle around them; 4 people will start discussing a topic and the rest will stay silent until someone will want to say something. 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

Exercise N. 11	The Possible Mission
Purpose of the Exercise (Explain why this Exercise is implemented)	To overcome fears of confronting strangers, to plan and work together
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	Participants will learn to plan and realize their ideas working together to reach the goal
Group Size	10-24
Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise)	The trainer will have to be clear and to follow the work being ready to fulfil all the possible questions. The group will have to plan and act quickly
Materials and Location (which type of room or space is needed Which materials need to be provided)	Papers, pens, camera
Duration	90 minutes
Description of the Exercise	<p>Each group will receive a series of tasks:</p> <ul style="list-style-type: none"> • Draw a map of Bulgaria • Find out from local people what they think about the reasons on disability issue in Bulgaria 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, together <p>20 minutes for presentation of group results and linking it with the teamwork during the training and the content.</p>

Exercise N. 12	A-I-O
Purpose of the Exercise (Explain why this Exercise is implemented)	Ice-breaking Theatralic Energizer exercise
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	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 the eyes contact in communication with others.
Group Size	From 10 to 30
Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise)	Enough space in the room
Materials and Location (which type of room or space is needed Which materials need to be provided)	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 of the Exercise	In a nice circle, one participant has to start shooting another one with a movement of the body, simulating a launch of an object from back to forward in front of him/her, shouting the letter "A". The participant who receives the shot has to move his body in back, simulating to grab the object in his hands on his head and shouting the letter "O". The two participants on the side of the shooting one have to turn their body to the hit participant, simulating with the hands a shot in his belly and shouting the letter "I". The hit participant continues shooting another one in the same sequence. After two rounds, it is possible to proceed for eliminations. 3 persons will win the round.

Exercise N. 13	Focus Point
Purpose of the Exercise (Explain why this Exercise is implemented)	Theatre session about the presence on the scene
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	Outcomes: <ul style="list-style-type: none"> - Knowledge and awareness about the scene - How to stay on the scene - Relation with the audience
Group Size	From 10 to 30
Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise)	Enough space in the room. Prepare a space in the room to dedicate as a stage and space in front of it to reserve for the audience.
Materials and Location (which type of room or space is needed Which materials need to be provided)	The space of the room is in order of the group size. About 3 sq.m. for each participant.
Duration	60 minutes
Description of the Exercise	Divide participants into two groups and ask them to arrange themselves on two lines: one is that of the actors (who will position themselves on the scene) and the other is that of 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 them 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.

	<p>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.</p> <p>A debriefing session on the focus point will be indispensable at the end of the experience, asking the group about the experience.</p>
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Exercise N. 14	Feeling Myself
Purpose of the Exercise (Explain why this Exercise is implemented)	Feel yourself through yourself
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	<p>To discover:</p> <ul style="list-style-type: none"> - Body awareness - Body perceptions - Presence in the space
Group Size	From 10 to 30 (In case of more than 20 participants, the presence of a facilitator is recommended, in addition to the trainer).
Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise)	<p>For the trainer is important to prepare before the right music and a timetable of different steps of the exercise (in order of the number of participants).</p> <p>For participants is recommended comfortable clothes and the indication to work without shoes.</p>
Materials and Location (which type of room or space is needed Which materials need to be provided)	<p>Enough space in the room: about 3 sq.m. for each participant.</p> <p>Is requested the possibility to spread music in the room.</p>

Duration	60 minutes
Description of the Exercise	<p>The focus is on your body. We start by sitting on the ground, each with their 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. Afterwards 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.</p> <p>It is important to emphasize not to touch the parts of the body with the hands while working on their perception.</p> <p>At this point the participants will begin to work on the "space substance": ask to go around the scene, giving substance to space. They must not perceive or present space as if it were a known material (water, mud, etc.) but must explore it as a completely new and unknown substance. Ask them to come into contact with the substance with each part of his body (without using the hands), paying attention to the individual sensations.</p> <p>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.</p>

Exercise N. 15	Laser Dot
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Purpose of the Exercise (Explain why this Exercise is implemented)	Use the body on the scene as a new language
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	<ul style="list-style-type: none"> - Body awareness - Body language - Presence in the space
Group Size	From 10 to 30
Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise)	<p>For the trainer is important to prepare before the right music and a timetable of different steps of the exercise (in order of the number of participants).</p> <p>For participants is recommended comfortable clothes and the indication to work without shoes.</p>
Materials and Location (which type of room or space is needed Which materials need to be provided)	<p>Enough space in the room: about 3 sq.m. for each participant.</p> <p>Is requested the possibility to spread music in the room.</p>
Duration	90 minutes
Description of the Exercise	<p>Everyone walks in space, in the first part we walk freely in space, 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.</p> <p>Stopped in 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).</p> <p>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</p>

	preparation, then performance on the stage with the audience.
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Exercise N. 16	The Poem
Purpose of the Exercise (Explain why this Exercise is implemented)	Devise from Text
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	To use text for devised performance Outcome: <ul style="list-style-type: none"> - text writing - Improvisation from text - Give shape to text
Group Size	From 10 to 30 (In case of more than 20 participants, the presence of a facilitator is recommended, in addition to the trainer).
Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise)	Enough space in the room: about 3 sq.m. for each participant. Space, as much as possible. Is requested the possibility to spread music in the room.
Materials and Location (which type of room or space is needed Which materials need to be provided)	Sheets and markers Flipchart Music Sound System
Duration	90 minutes
Description of the Exercise	Sheet it given out with starter lines of a poem. I am/ I believe/ I understand/ I worry/ I hope/ I cry/ I believe/ I am. Each person is asked to fill 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 gesture or movement. Starting from a raft in the space, ask them to experience sentences and gestures.

	Then split the big group into little 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.
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Exercise N. 17	Table Storytelling
Purpose of the Exercise (Explain why this Exercise is implemented)	Devising From Text
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	To acquire skills about: <ul style="list-style-type: none"> - Improvisation - Scene creation - Performing text
Group Size	From 10 to 30 (In case of more than 20 participants, the time of exercise is longer).
Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise)	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 (which type of room or space is needed Which materials need to be provided)	One little table Two chairs Enough space in the room.
Duration	60 minutes
Description of the Exercise	Split the big group in couples. Ask to each couple, one by one, to go on the stage and respect the indications of the trainers. Ask them to sit on the chairs around the table.

	<p>One of them has to start telling a true story about himself (is important that the story he/she start to tell is true). The other person on the stage has some gesture that can change the way of the story, building a new story.</p> <p>These are the possible gestures:</p> <ol style="list-style-type: none"> 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. <p>In this way, they will build a new story with an improvising performance.</p>
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Exercise N. 18	Text Without Text
Purpose of the Exercise (Explain why this Exercise is implemented)	Devising between Text and Music
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	<p>To acquire skills about:</p> <ul style="list-style-type: none"> - Improvisation - Scene creation - Performing with body language
Group Size	From 10 to 30 (In case of more than 20 participants, the time of exercise is longer).
Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise)	<p>Enough space in the room</p> <p>You need a specific music track that can give different rhythms, like the bases for the Latin dance (for example).</p> <p>Is requested the possibility to spread music in the room.</p>
Materials and Location (which type of room or space is needed)	<p>Specific Music tracks</p> <p>Sound System</p>

Which materials need to be provided)	
Duration	30-45 minutes
Description of the Exercise	<p>Stay in a circle, listening special tracks of music which can give different rhythms, like the bases for the Latin dance (for example).</p> <p>Underline to participants the possibility to use the different rhythms as different intentions (emotions) of a discussion in a couple or group.</p> <p>Let the group experiment this possibility, then split the big group into little groups and ask them to perform on the stage.</p>

Exercise N. 19	The longer line
Purpose of the Exercise (Explain why this Exercise is implemented)	To energize the group with fun and creativity
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	<p>Group building</p> <p>Group dynamic</p> <p>Creativity</p>
Group Size	From 10 to 30
Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise)	Nothing
Materials and Location (which type of room or space is needed)	Enough space in the room: about 3 sq.m. for each participant.

Which materials need to be provided)	
Duration	15 minutes
Description of the Exercise	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 N. 20	Dance to the Statue
Purpose of the Exercise (Explain why this Exercise is implemented)	Devising from Music
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	To acquire a method about devising from music and skills about: <ul style="list-style-type: none"> - Body movement - Body language on the scene
Group Size	From 10 to 30 (In case of more than 20 participants, the presence of a facilitator is recommended, in addition to the trainer).
Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise)	For the trainer is important to prepare before the right music and a timetable of different steps of the exercise (in order of the number of participants). For participants is recommended comfortable clothes and, if it is possible, to work without shoes.
Materials and Location (which type of room or space is needed)	Enough space in the room: about 3 sq.m. for each participant.

Which materials need to be provided)	Is requested the possibility to spread music in the room., thus is necessary a Sound System.
Duration	45-60 minutes
Description of the Exercise	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 two persons stop around the same time: this can create a two-core Chrystal.

Exercise N. 21	Symbol Dance
Purpose of the Exercise (Explain why this Exercise is implemented)	Devising from Music and Picture
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	To acquire a method about devising from music and pictures; To develop skills about: Scene creation Creativity Non-verbal communication
Group Size	From 10 to 30 (In case of more than 20 participants, the presence of a facilitator is recommended, in addition to the trainer).
Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise)	Before the exercise, the trainer has to prepare some printed traditional symbol, as an example, that can represent some main thematic to share with participants.
Materials and Location (which type of room or space is needed)	Enough space in the room: about 3 sq.m. for each participant.

Which materials need to be provided)	Is requested the possibility to spread music in the room., thus is necessary a Sound System. Sheets and markers
Duration	60 minutes
Description of the Exercise	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.

Exercise N. 22	The Painter
Purpose of the Exercise (Explain why this Exercise is implemented)	Devising from Music and Movement
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	To Acquire method about devising from Music and body movement: To acquire skills about: <ul style="list-style-type: none"> - Non-verbal communication - Pantomime - Scene Creation - Body language on the scene
Group Size	From 10 to 30 (In case of more than 20 participants, the presence of a facilitator is recommended, in addition to the trainer).
Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise)	For the trainer is important to prepare before the right music and a timetable of different steps of the exercise (in order of the number of participants). For participants is recommended comfortable clothes and, if it is possible, to work without shoes.
Materials and Location (which type of room or space is needed)	Enough space in the room: about 3 sq.m. for each participant.

Which materials need to be provided)	Is requested the possibility to spread music in the room., thus is necessary a Sound System.
Duration	60 minutes
Description of the Exercise	After you gave to the participants some basic movement of pantomime, 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 drawings painting, in movements with their body, using pantomime movements. Then you can ask for someone of them to perform on the stage.

Exercise N. 23	Homework
Purpose of the Exercise (Explain why this Exercise is implemented)	To give to participants the importance to take inspiration from reality.
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	To stimulate: <ul style="list-style-type: none"> - Observation - Listening - Creativity
Group Size	No limits
Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise)	Nothing
Materials and Location (which type of room or space is needed)	Could be good for the participant to have a notebook where can take notes.

Which materials need to be provided)	
Duration	Is for the free time, so it depends on participants.
Description of the Exercise	<p>Ask participants to use the free time to observe the reality around them, taking note about gestures and or movements of people who they will meet during the free time.</p> <p>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)</p>

Exercise N. 24	Chicken Impulse
Purpose of the Exercise (Explain why this Exercise is implemented)	To energize the group with funny
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	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 (what is necessary for the trainer/facilitator and participants to carry out the Exercise)	You need for each little group one sound animal puppet, or something similar.
Materials and Location (which type of room or space is needed)	Sound animal puppets and enough space in the room. One blindfold for each participant.

Which materials need to be provided)	
Duration	15 minutes
Description of the Exercise	<p>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 eyes.</p> <p>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 that, as fast as possible has to press the animal puppet in his hand to win the match.</p>

Exercise N. 25	Support with Obstacle
Purpose of the Exercise (Explain why this Exercise is implemented)	Devising from Movements and body contact
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	<p>To acquire skills about:</p> <ul style="list-style-type: none"> - Method to devise from movements - Body language on the scene - Body movement - Non-verbal communication
Group Size	From 10 to 30 (In case of more than 20 participants, the presence of a facilitator is recommended, in addition to the trainer).
Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise)	<p>For the trainer is important to prepare before the right music and a timetable of different steps of the exercise (in order of the number of participants).</p> <p>For participants is recommended comfortable clothes and, if it is possible, to work without shoes.</p>
Materials and Location (which type of room or space is needed)	Enough space in the room: about 3 sq.m. for each participant.

Which materials need to be provided)	Is requested the possibility to spread music in the room., thus is necessary a Sound System. It needs one blindfold every 3 persons.
Duration	60-75 minutes
Description of the Exercise	<p>Split the big group into smaller groups of 3 persons. One 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.</p> <p>For each group, one person has to support the movement of the blindfolded person and the other one has to support it.</p> <p>Of course, is forbidden any words and also violence and aggressivity.</p> <p>After 10 minutes change the blindfolded person, and one again after 10 minutes.</p> <p>Is important to have a debriefing at the end of the exercise to collect feelings, emotions and feedbacks.</p> <p>It is also possible to ask participants to go on the stage for a performance.</p>

Exercise N. 26	The Journey
Purpose of the Exercise (Explain why this Exercise is implemented)	Devising from feelings – Sensorial Observation
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	To experience our senses to build a devised performance.
Group Size	From 10 to 30 (In case of more than 20 participants, the presence of a facilitator is recommended, in addition to the trainer).
Preparation (what is necessary for the trainer/facilitator)	For the trainer is important to prepare before the right music and a timetable of different steps of the exercise (in order of the number of participants).

and participants to carry out the Exercise	For participants is recommended comfortable clothes and, if it is possible, to work without shoes.
Materials and Location (which type of room or space is needed Which materials need to be provided)	Enough space in the room: about 3 sq.m. for each participant. Is requested the possibility to spread music in the room., thus is necessary a Sound System. 1 blindfold for each participant
Duration	60 minutes
Description of the Exercise	Split the group in couples. In turn, blindfold one 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 will be able to stop the partner and for a moment remove the bandage, as if 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 N. 27	The Christal Race
Purpose of the Exercise (Explain why this Exercise is implemented)	Energizer and performing
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	To energize the group through a performance
Group Size	From 10 to 30

Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise)	Nothing
Materials and Location (which type of room or space is needed Which materials need to be provided)	Enough space in the room: about 3 sq.m. for each participant.
Duration	20 minutes
Description of the Exercise	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 N. 28	Inquiry Questions
Purpose of the Exercise (Explain why this Exercise is implemented)	Devising from inquiry questions
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	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	From 10 to 30 (In case of more than 20 participants, the presence of a facilitator is recommended, in addition to the trainer).

Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise)	You need to prepare before some possible inquiry questions, like migration, social inclusion, gender, violence, etc.
Materials and Location (which type of room or space is needed Which materials need to be provided)	Big sheets Markers Flipchart Enough space in the room: about 3 sq.m. for each participant.
Duration	120 - 150 minutes
Description of the Exercise	<p>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.</p> <p>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.</p> <p>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.</p> <p>At the end of all the performances, a debriefing of the results in the large team will be necessary.</p>

Exercise N. 29	Balloon Walking
Purpose of the Exercise	Energizer Performing

(Explain why this activity is implemented).	
Objectives of the exercise. (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	To energize the team with methodological bases to move on the stage.
Group Size	From 5 to 30 (in order of the space of the room)
Preparation (what is necessary for the trainer/facilitator and participants to carry out the exercise.	Prepare before inflatable balloons with a minimum diameter of 15
Materials and Location (which type of room or space is needed Which materials need to be provided).	One inflatable balloon with a minimum diameter of 15, for each participant. Enough space in the room: about 3 sq.m. for each participant. Is requested the possibility to put some music in the room., thus is necessary a Sound System.
Duration	15 minutes
Description of the Exercise	It is a free walking in the space with a balloon between the legs without letting it fall. Starting from it you can ask participants several requests in order of the needs of the scene.

Exercise N. 30	Mini - Training
Purpose of the Exercise (Explain why this Exercise is implemented).	To experience the leading of a devising training as a trainer from the building of the process to the conduction of it with participants.
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	To acquire skills as a trainer.
Group Size	Small teams of a maximum of 5 participants.
Preparation (what is necessary for the trainer/facilitator and participants to carry out the exercise.	
Materials and Location (which type of room or space is needed Which materials need to be provided)	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. Is requested the possibility to spread music in the room., thus is necessary a Sound System.
Duration	180 minutes for indication and workgroup + 90 minutes for each demonstration of smaller groups.
Description of the Exercise	Split the big team into smaller groups of a maximum of 5 persons. You must give precise indications 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, to the conducting 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.

Exercise N. 31	Final Debriefing
Purpose of the Exercise (Explain why this Exercise is implemented)	To conclude the training process with special consideration, questions, feedbacks and indication for the future.
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	The debriefing is critical in any training process to acquire and finalize each learning outcome acquired during the whole process.
Group Size	Any
Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise).	Nothing
Materials and Location (which type of room or space is needed Which materials need to be provided).	Flipchart and markers
Duration	60 minutes
Description of the Exercise	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 N. 32	Thanksgiving Circle
Purpose of the Exercise (Explain why this Exercise is implemented)	To close the training at an emotional level.
Objectives of the Exercise (Learning outcomes achieved by the participants in terms of knowledge, skills and attitudes)	Group Dynamic and feedbacks at an emotional level.
Group Size	From 10 to 30
Preparation (what is necessary for the trainer/facilitator and participants to carry out the Exercise.	You need Music.
Materials and Location (which type of room or space is needed Which materials need to be provided)	Enough space in the room: about 3 sq.m. for each participant. Is requested the possibility to spread music in the room., thus is necessary a Sound System.
Duration	30 minutes
Description of the Exercise	Ask the team to stay in a circle with light background music. When they clap their hands they can go free in the space to give thanks to any single participants 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 an eyes contact with any person in the circle (one by one), then altogether you will bow and in the end, you will all make big applause.