

NOF toolkit No one Forgotten Practice Hope Art 09

Title: "I AM" (EXPRESSION)

Duration: 45 minutes

The aim of this activity is to try another way of introducing ourselves, beyond verbal communication. When we have mastered the aforementioned techniques of connecting two senses, we move on with verbal communication -whenever this is possible-. Everyone can share some things they choose for themselves, introducing them to the rest of the group. The artist has the possibility to present himself using every form of speech they prefer/are able to (movement/sound/words/combination of the previous).

Step 1: The actors form a circle. They re-establish the deeper connection using vision and start presenting themselves one by one by stepping in the middle of the circle. The instructor should not determine who goes first. The participants try to communicate and co-decide without words, using only the possibility of the deeper connection between them. When presenting themselves by using speech, the actors are asked to share their names and a piece of information about them.

Step 2: In the other cases of "speech" (movement/sound/words/combination of the previous), the participants are able to add if they want his/her name using the phrase: "I AM (name)...."

Important notice: It is important to keep the specific order of the exercises so that the connection is achieved first through the senses and not through the intellect. The «I AM» statement, if added, should be at the end of the impro introduction.