

Group cohesion through the Chorus and Greek Tragedy

Communication is one of fundamental characteristics in theatre, this communication can be quite difficult when there are too many characters on stage, in this case the individual isn't as important as the whole, and this is very clear in classical greek theatre with the chorus.

Let's use this to work group cohesion.

We're going to focus on four main points.

- ***Trust in your colleagues***
- ***Pay Attention towards the other person, observe, find what unites us.***
- ***Assume that each individual forms a group but the group is the most important thing.***
- ***Compensation, each individual has unique qualities that can help complete the lack of qualities of other members and vice-versa.***

Warm up activities "Trust"(Pairs from different countries)

1. The first exercise is very simple. All we have to do is cover our eyes, and we let our partner guide us wherever he or she chooses **IN SILENCE** in order to have maximum concentration, touching our back, taking the other person's hand, touching our shoulders...(2 to 3 minutes)

2. *We are going to be completely in our partner's hands*, one member is going to be the creator of situations "*the master puppeteer*" (*standing up*) and the other one is going to be a puppet, (*kneeling preferably*) we must imagine the puppet strings coming out from our elbows and our head, allowing one member of the pair to control the other. (1-2 minutes each one, changing roles)

3. *Imitation ("Follow the leader- follow the Corifeo".)*

We are going to create a diamond shape, and each point of the diamond will be the 4 members of the group; we choose one of the points(*to start*) and the rest will have to follow that person imitating all his or her movements all in time to the music, but the moment the person chosen turns or to the left or to the right or towards his back then the leader will change and the rest will do as the leader. (5 minutes) *We can actually incorporate other people to the group, it starts as a diamond shape and can end up being any other composition.*

The group is what is most important.

- First exercise will be to warm up our voices, we'll breathe gently and then we will try and sing or hum a musical scale from low to high as we crouch down and then the other way round we will do a scale from high to low while we stand up. We repeat the exercise several times, observing our breathing all the time.
- Second exercise **United in musical memories!!** Each person in the group will hum or sing a very brief invented melody and the rest will have to repeat it all together.
- Third exercise. In this case we are going to work our vocals in the group and practise our singing. For this exercise we will make two groups and we'll choose a word that is very frequent in many songs like *"love, night, sea sun...etc.*
- Groups have a few seconds to think of a song.
- **Group A** starts singing a song containing the word, a few seconds later we have to hand out the turn to **Group B** who has to sing a different song but with that chosen word, anyone in the group can start to sing and the rest of the group must always try and follow. The activity goes on until one group is unable to find a song with the word that was chosen.

To compensate (I help my partner, if they forget the lines or just give them a cue so that they can continue...)

- **First exercise:** We are going to watch a famous cinema scene and then we'll try to improvise the scene, it doesn't have to be literal, we just have to reproduce the scene with more or less the same sense. We can choose four different scenes from different type of films, when working with children we can choose scenes from famous family films, cartoons, teenage films etc.
- **Second exercise:** After this first exercise we could try in small groups to create follow up scenes to the ones we have just done.