

Norway and Mime/non-verbal theatre

Our workshop consists of three parts. The first part, warming up, has as a goal to get students focused and concentrated. The second part, the main part, includes activities which make them to use mime and non-verbal techniques. The last part, summary, focuses on discussions about, what the students have learnt during the workshop.

Warming up

Sitting down in a circle after each other without verbal communication

Students and the teachers stand in a circle having chairs behind them. The teacher gives instruction that the student have to feel other student's vibe and sit down after each other without talking or giving facial hints to make agreement. If some students sit down simultaneously, the exercise starts from the beginning. We do this activity as long as the students and the teachers manage to sit down after each other.

Saying numbers until 20 (or more) without verbal communication

The idea with this exercise is the same as with the sitting down activity but the students say numbers after each other. If the group needs more challenge, the teacher might add more numbers e.g. until 30 or 50.

The mirror and the mirrored

The students work in pairs. A student is a mirror and the other one is mirrored. Firstly, one student starts moving his/her body and face and the other one follows the moves. The point is to move and act simultaneously. It is good to start with slow moves and when this goes fine, it is possible to speed up the tempo.

The Main Part

Here we come!

The purpose of the activity is to make the pupils act simultaneously using miming. It is also a funny activity. There are two lines in front of each other, 10 m distance between the lines. A Group says out loud “ Here we come, here we come” while marching simultaneously towards the other group that is standing still in a line. The groups standing still (group two) says simultaneously, with one voice:” Stop, not a word before you tell us who you are!” The first group starts to mime the profession that they in advance have agreed about e.g. carpenter, dancer, doctor, sailor etc. The second group tries to recognize the profession, and when they say the actual profession out loud, the first group runs back to where they started. The second group tries to catch them. The ones caught join the other team. The other group start marching saying out loud “ Here we come...” and so on...

Emotional bus

Purpose: express feelings, be attentive to others

4-5 persons sit on the seats of a bus. The bus stops, a passenger enters bringing with him or her, an emotion. The emotion gradually “spreads” to all the passengers. For some time, all the passengers share the same feeling. The bus is told to stop, one passenger steps out, and another steps in, bringing a new emotion that soon will “spread” to the others.

The activity can be practiced in silence or by using words and sounds. The teachers should decide when it is time to stop the emotion by stopping the bus and let a new passenger enter. The teacher also discusses with the students, what kind of emotions and situations the passengers have created.

Still frames

Students are instructed to go around in the classroom and when they hear “Freeze”, they have to stop moving and freeze in the position they are. The same activity can be done also with some music and when the music stops, the students freeze in the current position. Then the teacher chooses one of the students that have to stay frozen and the others go from that person. After that the remaining students add new frozen elements with their body

and facial expressions that create a “still frame” of a situation. When there are only a few students are left, the teacher asks the students to interpret, what happens in the “still frame”. There are often different interpretations of the frozen situation and all of them are welcome.

Molecules changing their mood when meeting other molecules

Students are asked to become molecules with different emotions. The molecules don't talk but may make noises, use their bodies and faces to show their feelings. When two molecules with different emotions meet each other, they have to change their mood in one of the existing feelings. Students have to be positive to each other which means that people don't stay only in their own moods but accept also change into other student's moods.

Summary

We discuss at the end of the class, what have we learnt doing exercises and if we could improve some of the activities.