

MYgrant METAMORPHOSIS
Joint Staff Training 25. – 29. January 2021

**Media and art (methods) in the work with youth with and without migration
background**

Theatre workshop

Friday, the 29th of January, 1:30 – 4:00 pm

*How to use theater in youth work – some practical examples that are easily to be
integrated by anyone anywhere with any group*

Some principles:

For the participants:

1. Be open-minded!
2. Trust!
3. Respect!

For the facilitator:

1. *Be open-minded* – Don't judge too quick!
2. Be brave – you are also here to learn!
3. *Respect* – There is no right or wrong – only variations! (that includes both you and the participants 😊)
4. Keep trying – Integrate theatre wherever you can!
5. *Trust* the process – you are also part of it!

Understanding of theatre:

1. All we need to do theatre is already there!
2. The simpler the better!
3. All human beings are actors and spectators (Boal)

Feedbackculture in between the exercises and after the workshop!

List of exercises we tried:

- 1) **Shake it all out (1-7)**
- 2) **My object:** My name is + personal item, then "reencact" one of the objects from the group with a sound and gesture (only two minutes thinking time 😊)
- 3) **Movements in – and out** the camera
- 4) **Isolation - Body exercise:** include different levels (low-middle-up) and isolation of single body parts, addition also possible (e.g. wrist + elbow + shoulder)
- 5) **Exercises in a row:** give a ball/a sound/a gesture or an imaginary gift so someone else
- 6) **Feedback:** Backpack: I take home/ Question mark: open questions/ Bin: What I would leave here

Useful and amazing literature:

- 1) Boal, Augusto (2002). *Games for actors and non-actors*. London: Routledge.
- 2) Frost, Anthony (2007). *Improvisation in drama*. Basingstoke: Palgrave Macmillan.
- 3) Johnstone, Keith (2007). *Impro. Improvisation and the theatre*. London: Methuen Drama.
- 4) Zinder, David G. (2002). *Body - voice - imagination: a training for the actor*. New York : Routledge.

...and many more!

HAVE FUN 😊!

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