



Method Sheet

Title of the activity

Meetings

Duration

30 minutes maybe more depending on the number of participants

Participants

Number of participants does not matter

Activity proposed by

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Method Sheet

Meetings

A meeting of spontaneity and coordination between two people.

Aims

For the participants to interact, collaborate, sharpen their senses, and learn to work within a framework of repetition.

Material

Comfortable clothes and free space to move.

Preparation

A good body warm up.

Evaluation method

At the end of the activity we can discuss with the participants how they felt about the random meetings, if they found it difficult to communicate with others and if they felt that they met new people in this different way.

Steps/Instructions

1. We begin by arranging two groups in parallel lines at one end of the room. There are two groups, one on the right and one on the left. The first person in each line will meet at the center of the hall. They begin to walk across the room, either mimicking or complimenting one another's movements. Each participant will go through the task three or four times, swapping partners each time.
2. We preserve the previous step's two lines. This time, one of the two offers a movement pattern (a repetitive series of motions) and their companion attempts to mimic it at the same time. Then we exchange roles. The transfer of the couple takes place exclusively along the vertical axis of the room.
3. We still keep the two lines, this time the participants start the movement from a long distance from each other. They can also decide the route they will follow when they meet.

Hints/tips for facilitators

In this activity, it is important to make sure that the participants change pairs each time. Each meeting should be a new experience.

This activity is ideal for getting to know the participants and can be chosen at the beginning of the lesson.

Variations

This is an action that can be used in a performance in its final form. Also it could be done even with passing strangers in a performance in a public space with a momentary communication from the participants

On the street, for example, the participant finds someone passing by and moves with him, next to him in the same way. Or he sees someone from a distance and tries to communicate with him until he reaches him.

This presupposes very good preparation of the participants and that they are able to accept reactions that they may not have expected such as rejection, so their selection should be done very carefully. Also the coordinator should be alert for any intervention that needs to be done while the venue of the meetings should be specific and controlled in order to provide security to everyone.



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