

# Get up, Stand up!

## Aims

'Get up, stand up!' is a fun and practical workshop which aims to get your class up on their feet, discussing and exploring ideas. It will aim to benefit those with and without acting skills through identifying techniques and strategies to model ideas physically and promote a more dynamic working environment.

## Warm up reflection: why people don't want to stand up

**50 things a hand can symbolise** (art exercise) - shape your own hand into a symbolic gesture discuss/photo/draw it later. *Developing idea:* could this be the start of a human rights campaign poster. Photograph the hands and these ideas can be used later (e.g. poster)

**draw a circle in the air**, now draw a cross with your foot, change hands/feet. try writing your name (etc)

now stand up ....repeat the exercise. *Reflection:* Why did you stand up? how easy was it to participate? How much fun are you having? *Governing idea:* once you get people on their feet, it is far easier to get them to perform an action, this can lead to ideas being tried and tested, and importantly challenged and changed.

## Stand in a circle

*Governing idea:* The circle. A forum. Equal. Sharing. How are you feeling? (should we ask this question?)

*Icebreaker:* usually this is the name game, the classic format for starting a dialogue, trying to get something out of people.

Pass a clap a click, pass a ha a hmm.... start a conversation... vary the quality to the ha or the hmm

What if there is resistance to standing? can the circle be sitting down?

*Game:* **change places if...**

*discuss:* what has changed

further developments depending on the nature of the group

**Game:** linked to a theme e.g. the case against competition e.g. SPLAT! or GROUPS OF.. (call out random ideas like groups of 5, or more complex idea like groups of 3, one person off the ground etc...

## from drama to discussion

review the game you just played in pairs, take it in turns as 'on the spot reporter' interviewing the game player. how well did you do? hopes, disappointments. Teacher in role acts as the anchor. Allow for fun and a variety of styles (e.g. satirical). This light approach can unlock some themes.

'**The great game of power**' (after Augusto Boal) play this using a chair to start off with if you need to - it is less scary moving chairs than people. Alternatively, start with a chair and then get someone to sit on it. Your aim is to create an image of power, you can also use terms like importance or significance. after the chair is placed, discuss the significance and the positioning of the chair. You can allow changes to be tried out. This simple technique allows all ideas to be tested out and maybe for more than one answer to be right. Next, get someone to interact with the chair by putting themselves in the picture. follow the same discussion and allow for changes to be