

Demechanisation



PREPARED BY: Artemisszio Foundation

TAGS (3 categorizations)

Is this activity focusing on one of the 3 steps of the method or tackling a transversal challenge facilitators may face?	Step of the method		Decentering	Discovery of the frames of references of the other	Negotiation
	Challenge treated				x

Small Description

Please explain in a short paragraph (using grammatically correct full sentences) what your activity is about, why did you create it?

Demechanisation is a word from the vocabulary of Forum Theatre, referring to activities that help people to step out of their comfort zone, to reflect on their actions and reactions and experience a creative flow. These all can be helpful for decentering or preparing the group for a Forum Theatre session practicing negotiation.

This is a set of activities, you can choose some of them to warm up your participants. The order goes from the easier to the more complex ones, so if you are picking, it still might be a good idea to keep the order as described.



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Quick info

 TIME FRAME
30-60min

 GROUP SIZE
2-10

 FACILITATION LVL
Beginner

 COMFORT ZONE
Safe

 MATERIALS
Pen and paper
or a
computer/mobile
device.

40-60 min	20	intermediate	challenging	
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Preparations needed

As the demechanisation activities are mainly physical exercises, before starting this block, make sure you have a relatively “clean” space that is comfortable for smaller movement exercises – pack the chairs together, make sure the bags are not in the way of moving, etc.

Instructions Step By Step

Please give step by step instructions of your activity, including debriefing. Be direct, address the reader as a facilitator directly: eg. ask your participants to stand in a circle...

Step 1.

Introduction of the block: tell your participants the aim of the next block (stepping out of your comfort zone, preparation for the negotiation with Forum Theatre tools)

Step 2.

Verbal warm up games:

1. Association circle

Go in the circle, one by one in the following way: someone starts with one word, the next person says the first word that comes into his mind, and so on. Ask your participants not to prepare but say really the first thing that comes into their minds after the word of their neighbor. One more rule: one word cannot be repeated.

2. Yes and, Yes but...

In couples/in a full circle ask your participants to tell a story. Someone starts and the next one continues always by starting the sentence “Yes, and...”. In the next round, ask the group to do the same, in this case starting the sentence with “Yes, but...”. How was it? Were the 2 versions different? How?



Walking in the space

3. Ask your participants to just walk around in the room, and to observe how it is for their feet to touch the ground, ask them to observe the space they are in

to notice the people surrounding them, look in the eyes of the person who comes close to you to greet the people 1. in a normal way 2. in a shy manner 3. in an official manner 4. with a lot of happiness – you meet someone who you haven't seen for a long time and you like a lot

4. Stop and go

Ask the group to walk around in the room and to pay attention to instructions that are added one by one Always give 2 instructions at once. Practice a bit between 2 commands. Examples: "When I say: Stop! you stop walking, when I say go, you start/continue walking!"

"When I say: Name! you say your own name, when I say clap, you clap!"

Jump and squat

you can also invent pairs of commands

When the group practiced a bit, you announce that now we step to the next level, where everything has a different meaning. "When I say stop, you go, when I say go, you stop. When I say Name! you clap, and when I say clap? Yes, you say your name!"

You can also merge 2-3 commands at once after you practiced a bit.

Image theatre

5. Sculptures in pairs

Ask your participants to form couples, one person will be the sculptor who creates the sculpture, the other will be the clay, who takes the shape proposed by the artist. the variations can be: 1. Create a sculpture! 2. Create a sculpture for the title... (eg. education, freedom, success – more abstract notions work well).

6. Sculptures in a circle

Ask the group to form a circle, where everyone is facing outside. Tell them that you will say words and ask them to form sculptures from their bodies. Choreography: 1. everyone is standing in the circle facing outside, you say the word (it can be anything that is connected to your topics, or more general, like mona, woman, mother, school, love, sadness, etc.), 2. some second to think about the sculpture, but not a lot, you can say that the first idea is the best one 3. Count until 3 and for the last number everyone should turn, facing the middle of the circle and showing their sculpture. 4. They freeze, stay in the shape, and observe the others 5. Relax, and turn back waiting for the next word.

Step 3.

Debriefing: How was it? Was there anything they discovered during the exercises that is connected to the topics of the training?

If this part was a warm-up for the negotiation with Forum Theatre, the debriefing part shouldn't be long.



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Hints for the facilitator

It is good if the process is dynamic. If you don't feel yet confident facilitating movement activities, you can try out with your colleagues some of these activities to understand the rhythm of it.

Ressources (Who invented this activity or who inspired it)

If you invented it, please write the name of your colleague and institution as you'd like it to be referenced

If you used ideas /activities of others please put full reference as concretely as you can

These activities are directly taken or inspired by the work of Augusto Boal and other Forum Theatre practitioners. To dive deeper and get inspired, some resources are useful:

Augusto Boal: Games for Actors and Non-Actors

Dramaturgy of Forum Theatre (HU)

<http://artemisszio.hu/kiadvanyok/a-forum-szinhaz-dramaturgiaja-2019/39>

Forum Theatre against Early School Leaving - toolkit of Fotel project (HU)

<https://drive.google.com/file/d/1WPHkI6Lut2KEneNNJb1MQKYXZufCN6jg/view>

Some video lessons of Forum Theatre (ENG) for the Youth 4 Youth project

http://y4yproject.eu/en/video_lessons