

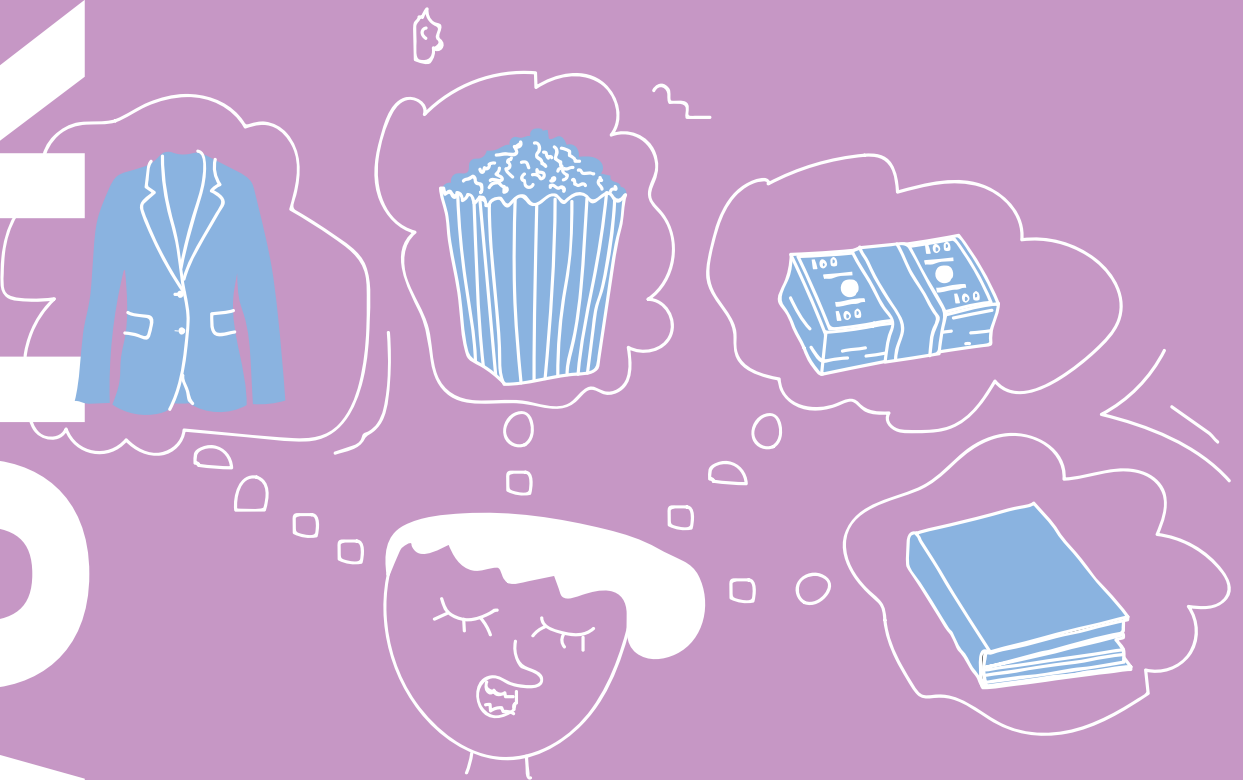
WORKSHOPS



**Dialogue
Works**

Facilitator notes skill training workshop

Theatre



April 2023

With support from



Federal Ministry
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Terre des Hommes
International Federation

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Kindernothilfe is a German children's rights organisation that supports vulnerable and marginalized children and youth to develop their full potential. We partner with local non-governmental organisations in 33 countries and empower children to lead independent, self-fulfilled lives.

Terre des hommes International Federation is a network of ten national organisations committed to realizing children's rights and to promote equitable development without racial, religious, political, cultural or gender-based discrimination.

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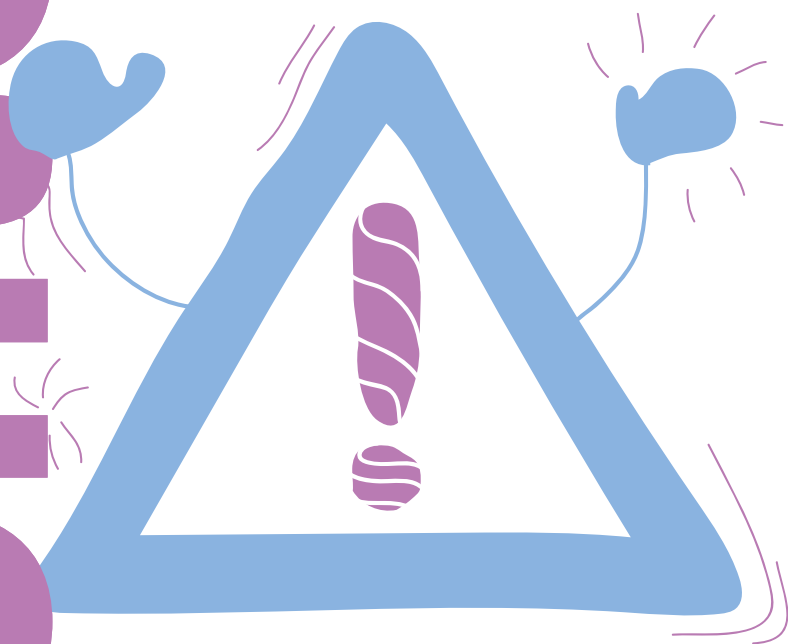
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In January 2023, Dialogue Works hosted its first Global Gathering of working children and youth in Kigali/ Rwanda, a conference for working children and youth to exchange and build capacities on crosscutting issues affecting the lives of working children and youths. Part of this conference was a series of skill training workshops. The facilitator notes for these workshops are published in this series and can be used in a flexible way, adapted by each NGO partner to best suit their context.

Name of workshop

Basic Acting Workshop (Theatre)

Author(s)

Ma. Lina Ganaba (CAJDEN/ Philippines)

Thematic area

Creative Expression

Objectives

- To learn basic acting skills or movement on stage
- To acquire knowledge to demonstrate artistic expressions
- To imbibe the principles of community theatre/ creative expression for advocacy

Duration

3:10 hours

Detailed training notes for facilitators

Activity 1

Getting to know each other and orientation about the basic acting workshop

Objective

- to get to know each other in a creative/ expressive and exaggerated way and remember the names of the participants
- to have an overview of the 3 hours workshop program
- to imbibe the principles of community theatre for advocacy

Time needed

20 minutes

Practical Steps

1. Form one big circle with all participants.
2. One participant starts to say his/her name and his/her likes or talents using creative actions or movements.
3. The next person says first the name and do the action of the starter before saying his/her own name and do his/her own action.
4. Then, again the next person will follow the same procedures (repeating all names and action from the participants before) until the last person.
5. The game ends when everybody knows everyone by name.
6. The facilitator gives an overview of the workshop

7. Orient and explain to the participants the principles of community theatre for advocacy:

- Community Theatre is a tool for expression of such a process. It is for the growth of consciousness, both at the individual and at the community level. It comes from the basic need of people to perceive reality, to know it and to change it. It must be flexible and sensitive to change and to the different levels and situations of the participants.
- Community theatre differs from professional theatre in that the actors and other materials are not paid and the production is usually done as a social and artistic activity.

Activity 2

The body: An instrument of expression (8 basic efforts through dance)

Objective

- to learn the body movements and acquired the 8 basic efforts through dance that propel the body to move.
- to know that all kinds of movements, whether in dance or in drama, can be analysed in terms of efforts. The clarity of expression of ideas can be achieved when the effort is well delineated because the body articulates the idea visually through movements and this can be perceived by the viewer.

Time needed

35 minutes

Practical Steps

1. Let the participants stand in their comfortable space. Give enough space for everybody so that they don't touch other participants. Make them feel relaxed so that they may easily enter into the exercise.
2. Introduce the 8 basic efforts one by one with sample actions/ movements of the respective efforts:
 - a. Wring
 - b. Slash
 - c. Dab
 - d. Glide
 - e. Press
 - f. Punch
 - g. Float
 - h. flick
3. Allow the participants to follow the instructed efforts and let them move freely.
4. Provide music and incorporate the 8 basic efforts in a dance and let them dance while using the 8 basic efforts learned.
5. After the exercise, ask the participants how they are feeling and what they learned.

Activity 3 Tension exercises

Objective

- tension exercises are used to release tension from the body and reduce the level of nervousness and feeling uncomfortable or self-conscious of the participants.
- to learn the 5 elements of tension exercise

Time needed

35 minutes

Practical Steps

1. Let the participants to roam around. Give enough space for everybody so that they don't touch other participants. Make them feel relaxed so that they may easily enter into the exercise.
2. Introduce the tension exercise: the facilitator firmly says the word "TENSE", and right away the participants freeze in the exaggerated position. After a second, the facilitator says the word "RELEASE" so that the body of the participants relaxes.
3. Allow the participants to explore the capability of their body to make different positions.
4. Process the feelings of the participants with this activity: How do they feel and what did they learn?
5. In processing, let the participants express their feelings, emotions, and experience.
6. Be open to some of the ideas, thoughts and learnings of the participants.

7. Incorporate the purpose and objectives of this workshop based on their actual experience and introduce the 5 elements of tension exercise:
 - a. SPEED – the ability to right away change of position of participants in any direction.
 - b. CLEANLINESS – the state or quality of having a smooth and clear position, shape, and appearance.
 - c. VARIETY – the artwork highlights the difference and emphasizes a point.
 - d. LEVEL – executing the higher, middle, lower and floor part of movements.
 - e. FOCUS – the ability to find your focal point in order to establish the balance of artwork.

Activity 4 Mirroring exercise

Objective

- to develop participants ability to communicate visually through the exploration, sequencing, interaction, and composition of shape within an acting area.
- to develop the participants ability to translate the images through body movement.

Time needed

10 minutes

Practical Steps

1. Divide the participant by pairs.
2. One participant will be the mirror who will follow the action of the person facing the mirror. They will decide among themselves who will be the mirror and the person facing the mirror doing something.
3. After a while, change places or role

Activity 5
Static scene or a live picture making

Objective

- to develop the participants ability to concretize abstract images into actual shapes in a realistic setting.
- to be able to show visually the elements of art and explain how they are organized to create a picture.

Time needed

40 minutes

Practical Steps

1. Divide the participant into groups. Secretly, give instruction to each group to move in a composition according to specific space environment: Child labour in industry, farm, market, ...
2. Give each group ample time to improvise their chosen environment/ workplace.
3. Ask the group to take turns in presenting their respective composition.
4. Evaluate together with the group the presentation based on the elements of art and the organization of artistic elements:
 - a. The **elements of art** are the visual tools that an artist uses to create an effect. These are:
 - COLOR – refers to feelings
 - TEXTURE – tactile quality of surfaces
 - MOVEMENT – refers to the energy impulses that the art form carries
 - RHYTHM – it provides the pulse of life of the art work
 - SPACE – refers to the field in which the art exists
 - LINE – refers to the direction since motion leads toward something
 - SHAPE – as the line moves, it creates shapes that varies in form

b. Organization of artistic elements:

- SELECTIVITY – selection of the elements of art to be used
- VARIATION & CONTRAST – the artform has an over-all theme and the parts carries variation of the same theme which may be in contrast to one another
- FOCUS & SUBORDINATION – a good art-form focuses on a point
- PROPORTION & BALANCE – refers to the distribution of weights in the artform
- MOVEMENT & DYNAMISM – refers to the excitement created by the interaction of the elements
- LOGIC – there should be a reason for the elements to exist
- UNITY & HARMONY – the main objective creating a form is to achieve unity and harmony
- CLARITY – to be expressive, the forms need to be clear in its conception and creation

Activity 6
Creative drama with conflict & dialogue
(struggles and difficulties of a child labourer)

Objective

- to develop the participants ability to **communicate through creative drama with conflict and dialogues** using the exploration, sequencing, interaction and composition of shape within an acting area.
- to develop the participants ability to create a conflict in the situation.
- to show the quality of a good performance

Time needed

50 minutes

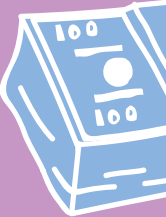
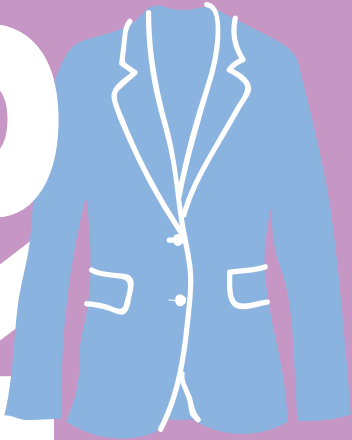
Practical Steps

1. Go back to the same groups as in activity 4 (tableau making). Instruct the group that this time they will turn their tableau into a short creative drama with dialogues and movements.
2. Instruct the participants to apply all the learnings in their short drama and let them think of a conflict situation in a particular setting that could add up to the climax of their story.
3. Allow the participants to end their presentation by giving a resolution to the conflict or problem of the story or an open-end/ambiguous Ending of the story.
4. Ask the group to showcase their presentation and give each group enough time for their presentation.

5. Feedback and evaluate their presentation using the quality of a good performance:
 - a. RELAXATION – even the actors are tense waiting for their cue to go on stage, it is necessary for them to know how to relax
 - b. SINCERITY & CONVICTION – necessary for a qualitative performance. The actors must be convinced of their role and sincere in the portrayal of the role.
 - c. SENSITIVITY & TEAMWORK – one does not work alone in a theatre: there are more than one person in the creation of a performance
 - d. PRECISION & MASTERY – performance refer to right timing or the characteristic rhythm of the play: to the contribution of each member of the team to achieve this end.

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