

# Movement/Task

## Different dynamics: Breaking away

Using group flocking as a basis, you could encourage participants to break away from the group and develop their own movements, which contrast with the dynamics of the group.



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## Different dynamics: Counterpoint

Tasks can explore a counterpoint by using two or more contrasting dynamics as a stimulus for generating movement.



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## Self-Expression: Autobiography

Participants might use their experiences to produce movement. There are many ways they can tell their story through movement.



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## Self-Expression: Emotions

Participants might be asked to respond physically to particular emotions.

The named emotions could be provided by a facilitator or developed by the participants themselves.



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## Performing

Public performances can be powerful tools for making statements about physical capabilities, interpersonal relationships and human rights.



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## Composition: Magnets

Tasks where participants work in pairs, but do not have to stand close to each other also encourage compositional decision-making.

For example: you might work with the idea of duos as magnets which can attract or repel one another.



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## Composition: Still Scenes

Still scenes can be created by participants entering the space one at a time and positioning themselves in relation to others.



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## Working with Objects: Obstacle Course

Objects can represent physical and social barriers. Try working with obstacles in the space, using movement tasks to negotiate the objects.





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## Working with Objects: Storytelling

Objects in performance can help tell stories. Participants can be asked to find objects that represent barriers they have encountered in their daily lives and use these to generate movement material.



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## Contact: Leaning

People can lean on one another in various ways. They can use different body parts. Try going as far as possible whilst leaning.



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## Looking & Copying: Mirroring

Participants might reflect the movement of another person - as if looking into a mirror.

This exercise requires participants to pay close attention to their own and another's body. It gives participants the experience of inhabiting different physicalities.



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## Looking & Copying: Follow the Leader

As with mirroring, this exercise encourages close looking. Participants follow the movement exactly from behind the leader (rather than reversing it as in a mirror).



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## Looking & Copying: Learning Phrases

A movement phrase can be taught by a workshop facilitator or come from another participant. Participants can be asked to develop their own movement phrases and then teach them to a partner or a small group.

