SESSION NOTES: AND Workshop June 29th 2016

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The session is really focussed on playing, observing, experimenting, feeling – working with the whole body to explore words, images and sound.

**WARM UP**

**Basic physical warm up**

As it says on the tin – make sure each part of the body has had some attention – you can use:

Shoulder rolls, head rolls, stretches, ankle knee and foot rolls, elbow and wrist rolls, drop forwards and touch toes, make yourself small, make yourself large, shake it all out

**Basic vocal warm up**

* Vocal elevators - slide up and down a scale – try different registers / times
* Build in the body – as you slide up and down the scale, move and shake as is appropriate with the pitch of the note – encourage exploration of the sound using the whole body

**Physical exploration of words – intro**

We used verbs from Puck’s speech – roar, howl, glide, sweep etc. exploring them in the mouth, taking them into the whole body, playing with their size, direction – exploring them as sounds & actions

**GAMES & EXERCISES**

**123**

* Pair up
* Count to 3 in turn – keep going (so If I begin, I say 1,3,2,1,3,2,1,3,2,and my partner says 2,1,3,2,1,3,2,1,3)
* Then replace 3 with a clap
* Then replace 1 with a stamp (so – I might be stamp,clap,2…)

**Musical sticks (source music was Apocalyptica: Fade to Black)**

* Get a bunch of sticks a couple of feet long – green garden canes are good
* Pair the class off
* Play some music – classical music with changes in rhythm and melody is helpful
* The pairs stand face to face and hold the stick between them with just their index fingers
* Ask them to respond to the music together, they can move wherever they want at whatever speed they want but the aim is not to drop the stick
* You can vary – so at a point ask them to close their eyes / stay glued to the spot. If you have limited space you can do this at a desk
* Give them enough time to get into it – 5 minutes is a good amount

**Exercise 1:**

Puck’s speech – *Now the hungry lion roars –* from A Midsummer Night’s Dream

* Split the group into pairs
* Feed a line to each pair
* Work the line – get it into the mind and the body – i.e.
	+ Stand opposite one other and repeat the line taking one word at a time – saying each word slowly and adding physicality to really explore the whole shape of each word
	+ Take it in turns to say the whole line to one another with different attitudes and emotions
	+ Stand far apart and take it in turns to whisper the line – really listen
	+ Take it in turns / at the same time mime the line to one another / mirror each other’s mime
	+ Run around the whole space together – as fast as possible – repeating the line over and over in a whisper / high pitch
* Half of each pair lies on the floor, eyes closed; the other half of the group performs the speech for them. Swap over.

**Exercise 2:**

**Warm up – elements**

sun / sea / wind / rain – vocal and physical exploration – both embodying the elements themselves and how it feels physically, to be acted upon by them acted upon by them. i.e. a calm sea – a stormy sea – a piece of driftwood – the rising sun – a person in the baking heat of midday…

Background music was The Path (Show of Hands)

**Exploring a painting – sound and movement**

* Split into groups – give each a painting to look at
* Individually, find a gesture that sums the painting up
* share the gestures / discuss similarities / differences
* find 3 actions in the painting - as a group
* sequence them
* find a start point and an end point
* find a soundscape
* rehearse
* perform

N.B. if this kind of physical work interests you it is worth taking a look at The Moving Body by Jacques Lecoq

**Exercise 3:**

Sight read of Sea Fever by John Masefield

* Give everyone a numbered piece of paper with a line / a few words of a poem
* Sit / stand in a circle facing out, eyes closed – in number order
* Instructions: they can only open their eyes and read what is on their paper when the person next to them has finished speaking (you give a signal to the first person / tell them to start when the music has faded down)
* Play music to set the tone (session music was Land’s End – Show of Hands)