

What is it for?

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A story warm-up activity that helps get people out of their heads and into their bodies, moving from factual to emotional storytelling.

Time & People

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10 minutes
Any number, in pairs, ideally up to 30 people depending on the space available

Materials

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Pairs need room to physically move in the space

Source

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Johanna De Ruyter

And also...

.....

Can use this as a warm-up to Colour/Advance, or The Story Spine

Description

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In pairs, they choose who will go first and second.

There will be four rounds, you will give instructions at the start of each round.

Round 1: Each person takes it in turn to tell their partner the story of their morning, from waking up to arriving at the workshop/event. It is a factual account.

Round 2: Each person takes it in turn to retell their own story to their partner, but this time using words and lots of gestures.

Round 3: Each person takes it in turn to retell their own story to their partner, but this time using words and BIG, OVERSIZED gestures.

Round 4: Each person takes it in turn to retell their own story to their partner, but this time using GESTURES ONLY, NO WORDS.

Debrief

In what ways did your story change through the four rounds?

As a storyteller, what approach did you enjoy? As a listener, what approach did you enjoy? Why?

In what ways did focusing on gestures bring more emotion to your story?

Why is emotion important to a story?