

Workshop Name: The organism

Team members: Tamta Max Julita Olya Palina Alex

Goal: create one organism

Objective: sense of unity, connection with body, cooperation, self expression.

Summary of activity: Express your feeling of the objects with different parts of body.

Materials needed: Stone, stick, leaf, knife, box, paper numbers.

Step by Step of energizer: *The group stands in a circle. One person leaves the room. They choose the leader , who will change the dance moves to the music that everyone repeats. Then the person comes into the room and tries to guess who is the leader. When they get it, the previous leader is the one guessing and so on. (Time planned for the energizer: 5-10min)*

Step by step of main activity:

1. Introduction led by 1-2 facilitators: We divide people in 4 groups of 7. They're going to pick up the paper from the box, which will have a number of a group and the name of the body part on it, that they will use later.
2. We give each group one object (stone, leaf, knife or stick)
3. Firstly, they have to share their associations and feelings about the objects within the groups
4. Then they have to decide how to express their object with different body parts. Each part of the body has to do one movement repeatedly, so that in total they will get one picture of the whole "organism"
(8 minutes for preparation)
5. Each group will have 1-2 mins to present the result, others watch
6. Afterwards we move to the reflection questions
7. Summary - one facilitator shares the goal and objectives of the activity.

Reflection questions:

- How do you feel while expressing yourself with only one part of your body?
- From 1 to 10 how difficult it was and why? (1 being the easiest)
- Did you feel like a whole organism?