



Good Practice

The sound that moves

Description of the Good Practice

This exercise contributes in helping participants exploring freely their movements and voice together.

Target group

Younger participants or adults.

Number of participants

Min number of participants: 6
Max number of participants: 12
Number of facilitators: 1

Environment

Empty big room (without objects on the floor, tables, chairs etc.) with a friendly floor to lie down and explore on a floor level

Time needed

1 -1,5 hours

Materials

No materials needed

Objective/aim of the Good Practice

Exploring the capacity to improvise and to find creative ways to move the body and the voice

Step by step instructions

Step 1:

1. Participants are guided to activities to warm up their body and voice.
2. They are asked to explore the space individually and to move while making any sounds freely.
3. The facilitator invites participants to split into pairs: one person will be in charge of exploring different sounds through her voice, while the other one will react to the sound she hears through her body.
4. The pair repeat the exercise switching their roles

Step 2:

The pairs repeat the exercise but this time one person will start moving freely and the other one reacts through her voice. Then they split roles.

Step 3:

All the group will be divided into two smaller groups. The members of the first group will use freely and simultaneously their voice. The members of the second group will react to the sounds through their bodies. It can happen that the members of each group will spontaneously move or make sounds creating a harmony among them.

Step 4:

The two groups switch roles.

Step 5:

This time the group that moves will start and the group that make sound will react.

Afterwards, the two groups switch roles.

The duration of each step depends on the number of participants and time the group needs to experience the activity.

Tips for the trainer

