

# “SCULPTURE OF AN IRRITATING PERSON”

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## OVERVIEW

This is a warm-up theatre activity that raises awareness about how body movements, postures, gestures can be used to express emotions, intentions. It also helps participants to regulate negative emotions by making fun of a situation.

### TIME



About 20 minutes

### PARTICIPANTS



Adaptable for 10+ participants

### MATERIALS



None

## OBJECTIVES



- To prepare participants to take part in theatre activities
- To help to regulate negative emotions by making fun of a situation
- To connect participants by offering them a fun activity
- This exercise is an introduction to the image theatre

## STEP BY STEP INSTRUCTIONS



1. Ask the participants to work in pairs.
2. Ask them to think about someone who irritates them.
3. Ask them to decide who will be “A” and who will be “B”.
4. First, person “A” will need to create the sculpture of the person that irritates them by using person “B” (“B” will be the sculpture of the irritating person). “A” can instruct “B” how to stand, what body posture to take on, what to do with their hands, what face to pull, etc... “A” does not share any story about the irritating person with “B” and does not reveal the identity of that person either.
5. When the sculptures are ready, people in the role of “A” leave their sculpture and start to walk around and look at the sculptures of others (as if they were in a museum).
6. Next, the sculptures can start to move as well (keeping their postures, faces) and they can make sounds as well (whatever they feel fitting). It will look as if robotic zombies came alive.
7. Next, they change roles.

## DISCUSSIONS



Questions for debriefing:

- How did you like the exercise?
- Do you feel relieved after this exercise? Did the use of humour help you to decrease your irritation?
- Did you feel comfortable acting?


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## HINTS



Tell participants that the sculptures do not need to be realistic, they can be grotesque, surrealist or deformed. There are no expectations.



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