

“YES-NO”

Activity developed by: Associació La Xixa Teatre and Képes Alapítvány



OVERVIEW

Participants form pairs and explore how they can communicate with each other by using only the words “YES” and “NO” and nothing else.

TIME



About 20 minutes

PARTICIPANTS



Adaptable for 6+ participants

MATERIALS



None

OBJECTIVES



- To prepare participants to take part in theatre activities
- To develop participants' nonverbal communication skills

STEP BY STEP INSTRUCTIONS



1. Ask participants to create pairs
2. Ask them to decide who will be “A” and who will be “B”.
3. First, “A” can only use the word “YES”, while person “B” can only say the word “NO”. Ask the pairs to work on a scene just with these 2 words (pairs work simultaneously). They can use their words in many different ways, they can use body language to emphasise what a specific “YES” or “NO” means in the moment. YES can mean agreement, a wish, a question, etc... while NO can mean rejection, keeping one's boundary, a sign of tiredness, etc. The meaning of words can be constantly modified, participants can give them many different meanings. The task of person “A” is to get person “B” to say YES in the end. “A” might or might not succeed in his/her mission (both outcomes are interesting and could be discussed in the debriefing session).
4. After 5 minutes, the roles are changed.

DISCUSSIONS



Questions for debriefing:

- How did you like the exercise?
- How could you use gestures, body language, your voice to add further meaning to the one word you could use?
- Was it easier to say YES or NO? Why?
- Could you get your partner to change their mind and switch to YES by the end? If you could, how did you do it? What helped?
- Was your partner able to persuade you to say YES in the end (when your role was to say NO)? If so, how did he or she manage to do it? Why did you switch to YES in the end?

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THEORY



Based on an exercise proposed by Senegalese expert Mamadou Diol.



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