

# CLOSING TOGETHER

Activity developed by La Xixa Teatre based on Augusto Boal's Theatre of the Oppressed



## OVERVIEW

Participants share their thoughts, feelings and lessons learnt in a circle of trust.

## LEARNING CONTEXT

This activity can be done online, offline with social distancing, and offline with physical contact.

## DURATION



30'

## PARTICIPANTS



Minimum number of participants: 6

Maximum number of participants: 30

Recommended number of participants: 16

## MATERIALS



For the offline version: an object of significance for the facilitator and/or the group of participants.

For the online version: an object of significance for the participant.

## OBJECTIVES



- Share with each other feelings, changes and lessons learnt in an atmosphere of safety and trust.
- Provide closure to the process that were open during the workshop.

## INSTRUCTIONS STEP BY STEP



### Offline version:

1. Sit in a circle (online: ask participants to put their screens in gallery view).
2. Ask all participants to close their eyes and take three deep breaths together.
3. Choose an object of significance to you and/or the group, and explain to the group why that object is important and why you have chosen it to close the workshop (online: ask each participant to choose an object that is significant to him/her). Indicate to the group that you will pass the object to the person on the left (online: indicate to the group that you will name a person to go next, and that person will name the next person, and so on).
4. The person with the object will have the power to speak (online: the person who has been named has the power to speak). They can express how they feel, anything relevant they wish to say about the lived process and say something they take with them (online: if time, you can also ask participants to explain why they have chosen their object). Everyone should talk from a personal stance. No responding is allowed. Everyone must be attentive. There will be no discussion after any person speaks nor at the end of the exercise. Whatever is spoken is confidential. Speaking is not mandatory. Whomever does not wish to speak can simply pass the object to the person on their left once they are ready to do so (online: can simply name someone else).
5. Repeat until the object has been passed around the entire circle (online: repeat until everyone has been named).

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## DISCUSSIONS AND DEBRIEFING



Not applicable.

## TIPS AND HINTS



- Depending on the size of the group, and if there is time, this activity can be preceded by a group evaluation. For example, in a large paper piece of paper draw a vertical and a horizontal line in the middle to make four quadrants. Write one of the following in each quadrant: “the best”, “the most difficult”, “something to change”, and “something learnt”. Guide participants through the different exercises to brainstorm key moments and write them down on the paper to get a “photo” of the workshop processes.
- It is important that there is no talking back, no discussion, and no advice giving during this exercise. Participants should be free to speak their mind, as long as they do so from a personal stance. If there is a lot of tension or emotion in the group, you can remind participants that once the workshop has finished they can still keep in touch to continue discussing the learning process.
- After this exercise, directly proceed to the ritual to close the workshop you have been using at the end of all sessions.

## THEORY



Boal, A. (1995) *The Rainbow of Desire: The Boal Method of Theatre and Therapy*. Routledge: London.



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