

# MAKE IT BIG

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



## OVERVIEW

With this activity, participants will experience using their bodies and their voices theatrically to explain something that is important to them. This exercise will help Youth workers gain awareness of how they relate with others.

## LEARNING CONTEXT

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

## DURATION



30 minutes online  
30 minutes offline

## PARTICIPANTS



Minimum number of participants: 6  
Maximum number of participants: 30  
Recommended number of participants: 16

## MATERIALS



No materials are required.

## OBJECTIVES



- Gain awareness of how we use our body and our voices to communicate.
- Identify limitations and potentialities in the way we use our body and our voices.

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## INSTRUCTIONS STEP BY STEP

1. Divide the participant in 2 groups, and make two lines (line A and line B) facing each other and with as much distance between the two lines as possible, and also between participants in a line. Each participant should be directly in front of another in the opposite line, so that pairs are formed. (If done online, the participants should stand as far as possible from the screen. The facilitator should get the participants in pairs and give the instructions beforehand, so that each pair can work independently.)
2. Every person in line A will tell their partner in line B something important that happened to them in their lives. The participants in line A have to be as loud and clear as possible (there will be a lot of noise if done offline).
3. Once all pairs have finished saying their story, switch roles, so that participants in line B tell participants in line A a story.
4. Delimit a space for the stage, and ask all participants in line A to go up to the stage, and participants in line B can sit in the audience (if done online make sure everyone has a gallery view of the screen to be able to see the whole group at the same time). Participants in line A must make a dance or movement choreography that explains the story of their partners (all participants in line A must do this at the same time). This must be done without speaking. Participants in line B act as the audience and will observe.
5. Once finished, switch, and ask participants in line A to sit in the audience and participants in line B to go up on stage. Participants on stage must now do an opera of the story told by their partners. Participants in the audience will observe. (If done online, depending on the size of the group, instead of an opera you can repeat the movement choreography in silence like with the other group.)
6. Debrief as a group.

## DISCUSSIONS AND DEBRIEFING



Some questions for debriefing:

- What was easy for you? What was difficult?
- How did you feel when you were telling your story very loudly?
- How did you feel when you needed to listen your partner's story?
- What happened to your body during the different stages of the exercise?
- Have you discovered something new? Have we learnt something?
- In what way does this activity relate us to our work with young people?

## TIPS AND HINTS



If participants are not used to theatrical exercises encourage them to get out of their comfort zone. It might be useful to do a warm-up exercise before that helps them relax and focus on using their bodies and voices.

Encourage them to constantly make their movements and their voices bigger and louder.

## THEORY

Boal, A. (1992) *Games For Actors and Non-Actors*. Routledge: London.



INTIMACY,  
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**IRIS** INTERCULTURALITY  
IN YOUTH WORK

<https://intimacycrosscultures.eu/>

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