CRYSTAL DANCE

Metodo Integrato Marchio-Patti©

BY ASS. LA CITTÀ DEL SOLE



N° of pax 5-10

indoors | outdoors

art expression | dance

1 hour

MATERIALS

- music device & music
- projector & computer
- comfortable clothes

PURPOSE

GROUP CONNECTION

- emotional connection
- individual identity within a group
- awareness of the interconnections of the group

PREPARATION

- The space in which the activity takes place should be protective and large enough to allow everyone to move around freely.
- Set the projector and the computer ready to project on a wall.

INTRO

- This is an activity that integrates dance movements and theatre with the use of photography as an expressive channel and as a tool for reflection.
- It's function is to improve the connection between the members of the group through non-verbal communication, the observation of the other, the recognition of their own space and that of others. Through this experience, the members of a group can become aware of the interconnections in the group and recognize recurring patterns of behaviour. In addition, individual members may learn about how they usually connect with their environment.

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STEPS

1. The facilitator asks participants to spread in the space, take up a comfortable position and observe the others, their positions in the space, and the spaces empty. Then they are asked to close their eyes and connect with themselves, through breathing and noticing their own muscular tensions. After that the facilitator brings the participants into a relaxed state, accompanied by background music.

2. Staying connected to the music, everyone starts to dance in the space, crossing paths with the others, experimenting with different modes of movement.



3. When they feel it is appropriate, one of the participants freezes in their position (like a statue). Gradually every other participant, always dancing and remaining connected with the music and with the movements of the others, completes the statue, making sure that at least one part of their body makes contact with the body of another person. The position is kept still until the connection runs through everybody, each in their own position. The end result will be a single statue created by the whole group.

4. Then, one at a time the participants spontaneously „melt away" from the group's position into dancing, until someone else stops and starts a new statue that is then again photographed. The sequence is repeated until the music stops playing.

5. At the end, the facilitator projects the photographs on the wall in progressive order, inviting participants to observe: themselves, the others and the group as a whole. The result will be a collective exchange of observations of the individual images.

6. Finally, the participants share the whole experience in small groups.

REFLECTION

- How did you experience the contact with others?
- What was your experience when looking at the pictures of the statues made by the group?
- How do you think this activity can contribute to resilience building?

COMMENTS

- This kind of experience can have a very strong emotional impact on the individual and/or group, it is therefore important that the facilitator is familiar with the group, its inner workings, its needs.