



FIVE WAYS TO PLAY

Visit bit.ly/fivewaystoplay
M,W, & F at 10:30 am and T,
TH at 3:30 pm for a short live
demonstration!

Choose a room in your home. All but one player chooses one thing from the room to "be" and practices "being" that object (What would you sound like? Move like? Why are you needed in that room?) while the "housekeeper" is left outside of the room.) Once the objects have been identified, the housekeeper comes in to "clean", with each object exclaiming "You can't take me!" while, without mentioning the name of his object, the other players describe and act out their function while trying to get the housekeeper to guess which object they are.



Starting with your hands, pass the energy to different body parts by touching the body part with your hands "Take some energy, put it in your hands. Take it out of your hands, put it in your head. Put it back in your hands. Take it out of your hands, put it in your belly," etc.... To finish, have everyone put the energy back in their hands and throw it into the center on the count of three with a silent (or loud if you like!) scream.



Grab a shoebox (or scarf, or other object). Demonstrate that the box is not a box by giving them an example. "This is not a box, this is my tiny refrigerator..." (or whatever comes to mind. It doesn't matter what you say as long as you make it real). For the refrigerator I might open the "door", reach my hand in and pull out something specific to eat...) Give everyone the opportunity to say "This is not a box, this is ..." Encourage them to really imagine and show us what it is. All ideas are good ideas!



Sit everyone down in the same room to count together as a group. The goal is to get to 20. If two people speak at the same time, start back at 1. Then just let the group start. At first, when 2 people speak over each other, there may be laughter, and then frustration. As this builds, gently remind everyone to breathe, listen, focus on each other. Only by truly being present can they succeed. Once you've conquered 20, see how far you can go!



Give everyone one minute to write down every emotion they have felt in the last week. They can use words and pictures as necessary. After the minute is up, have the everyone act out some of the emotions that they wrote down using a scenario, like a birthday party or rainy day. Guess which emotion is being played.



APR 13 - APR 17