

Activity ideas

Assorted arts

Four activities using different art forms to start discussion.

1 Rhythm Game

Aim: to create by working together.

Process

Get the young people to stand or sit on chairs in a circle. Beat out the rhythm from Queen's 'We Will Rock You' using your hands and feet. The beat goes: stomp-clap-stomp stomp-clap. Get everyone else to join in. Stop beating when everyone has got the hang of it. Then pass the beat round the circle, with each person doing one of the parts of the beat. The first person stomps once, the second claps once, the third stomps twice, the fourth claps once, and so on. Try to make the beat as smooth as possible as it is passed round the circle.

2 Cut-ups

Aim: to try a way of producing creative writing.

You will need old newspapers and magazines.

Process

Experiment with cutting up pages of text (which may include material developed in thought storms, as well other material you can find) and encourage the group to rearrange words and sentences to create unexpected connections. Describe this process as using words like paint, or a computer's cut and paste facility.

Take the process further by using each juggled phrase as a starting point to begin abstract poems or 'word paintings'. Then juggle whole lines and see what happens. Continue reworking words and sentences for as long as it is interesting. This exercise allows you to be flexible and creative.

3 Freeze frame

Aim: to express feelings and ideas through body language.

Process

Divide the young people into groups of three to five. Ask each group to think of a film or television programme without letting the others know. Each group should then create three freeze frames, which they consider sum up the film or programme. These frozen images can be like a photograph taken from the film, or an abstract representation of what those young people think the film was about.

Allow only five to ten minutes for this. When all the groups are ready, gather together and show the freeze frame films to each other. In order to ensure that each group shows all of their freeze frames, encourage them to guess which film or programme it is only after they have seen all three.

Freeze frame is a quick way of portraying feelings and thoughts without having to talk. It can also be a useful means of highlighting different interpretations of the same theme or scenario, as it allows time to reflect on the significance of a portrayal.

The technique can be used as preparation for role play and improvisation, where each character can be 'unfrozen' and asked to vocalise a thought or a word. Following on from this, the 'picture' can be set into action.

4 Jack the Camera

Aim: to experiment with video.

You will need: plenty of video equipment, preferably more than one camera so that everyone can have a go at filming.

Process

Imagine that the camera is a person. In this case it is a small child who has burnt down his play group! (You could choose someone else!) Choose the person you would like to be, who is likely to be involved with this child, e.g. his mother, the psychiatrist.

Talk into the camera as if it was the child. Don't stop the action, go round the group and take turns.

Imagine the camera is an object. In this case you can decide what the object is. Go and look at it and talk about it as you are looking.

Activities taken and adapted from *Accreditation Toolkit*, available from the UK Youth storefront. <http://stores.lulu.com/ukyouth>