

Workshop 3

1. Circle: Process previous day (10 minutes).

2. Trust Falls (10 minutes)

See Workshop #2, Activity #2.

3. Cover the Space (10 minutes)

See Workshop #1, Activity #2

4. Find Your Mother a Penguin (15 minutes)

We substituted “chic” for “penguin” on this activity. Form pairs. One is the mother and the other is the baby chic. The mother makes a sound (not a word) for the chic to find while their eyes are closed. EYES CLOSED NOW AND HOLD HANDS for 15 seconds. Feel the hand. One last time repeat your sound to your baby chic. Now we’ll “mix up” in the room. Eyes closed! Begin! Using your sound: “Find you mother like a little chic.” Listen for the sound of your mother. Try to find her. When you find each other hold hands and stay quiet. But keep your eyes closed until I yell freeze. Repeat activity but now the chic is the mother making the sound and the mother is the chic hunting for the mother.

5. Monologue Work (Using Base Questions) (40)

Form circle. In this activity I’ll ask a question and then we’ll have a discussion. In the discussion you’ll come up with some reasons or explanations that help us understand why girls your age do certain things. After that discussion we’ll create monologues individually for 10 minutes or so to create a fictional character with a name, details, a family, a point of view, etc. and tell a short story to the group about a girl that faced that question. It’s important that you find a POV you might not even have, even an unpopular one. Stay in character. When you are done the audience will ask you questions about yourself (the character, that is!). They will ask your character about their lives, their decisions and choices, about the consequences of their decisions. They will be inquisitive, not judgmental. I’ll ask you and the group if you made it real and if you stayed in character. Before you go a few words about stories: They have a beginning, a middle, and an end. They have details. They have some drama or conflict.

Question/discussion #1: Why do you think some girls your age choose (or not choose) to drink and use drugs?

Question/discussion #2: Why do you think some girls your age get (or not get) sexually involved with older men?

Question/discussion #3: Why do you think some girls your age become (or not become) sexually active even though they are ‘good girls’?

6. Zip, Zap, Zop (10 minutes)

Form a circle. Everyone repeats “zip, zap, zop” all together 3-4 times. Demonstrate the game by starting it. Send the bolt of energy from your hands using your entire body with eye contact saying “zip.” Receiver takes energy and passes it on saying “zap.” And so on. Stress importance, stress eye contact, stress rhythm. Keep moving, stay focuses even if things get messy. BE ENERGETIC.

7. Circle and debrief