

Workshop 1

1. Arrivals/Pick up name tags. Hello's. Circle discussion about project, goals & ground rules: safe space, confidentiality, etc. Discuss use of video. (20 minutes)

2. Cover the space evenly (10 minutes)

Set up a big rectangle in the room using 4 chairs. Everyone starts walking. No talking. No contact. "KEEP MOVING!" "Be aware of your body. Be aware of the space." After a while: "Make sure all the space is covered evenly." "KEEP MOVING!" "Cover the corners, cover the empty space!"

"FREEZE!" Point out uncovered spaces. Repeat.

Variation #1: "Grab a partner's hand. Cover the space!"

Variation #2: "Form a group of 3. Cover the space!"

3. Blind Handshake (10 minutes)

Establish pairs and spread out. They shake hands, freeze and hold that position. Begin instruction now: Close their eyes. SILENT ACTIVITY. NO TALKING. "When I say 'go' let go of your partner's hand but keep your hands in this frozen position. "Now back up until I say 'freeze.'" KEEP YOUR EYES CLOSED. Now: "Find your partner." After a few moments. "Open your eyes." "Did you find your partner?"

Switch partners and repeat.

4. On-Camera Introductions (15 minutes)

Name, Grade level, Age, Father/mother occupation, Biggest fear. Biggest Hope.

5. Storytelling (20 minutes)

Form group. Discuss the nature of stories: "What is a story?" "What does it mean to tell a story?" "What a good story?" "Why do you think humans like to tell stories so much?" Explain: A story is about an event, relationships between people, and circumstances. Stories have details. Share a story with your partner. Pick any of these topics for your story: "The happiest or most memorable day I've ever had" OR "The biggest challenge I've ever faced" OR "The best gift I've ever received." For example, My happiest day. The day I was picked deputy head girl!

Afterwards your partner will briefly summarize your story to the group.

You have 4-5 minutes. "If you finish early. Go back and fill in details."

Switch partners and repeat.

6. Circle and debrief (10 minutes)