

TO POSE PICTURES



photo: Anja Benning

BRIEF DESCRIPTION

This awareness promoting exercise involves loosening up and sensitizing practice and centers on the memorizing of vocabulary, such as for example adjectives. *To Pose Pictures* is not only a great way of experimenting with words and the feelings they provide, experimenting with the physical dimension of learning a language. but is also fun, too.

This exercise, which can be done whenever one has a spare moment, is derived from the exercises in *The Theatre of the Oppressed, Games For Actors and Non Actors*, by the Brazilian Augusto Boal. theatre director, writer and politician.

Materials

Prepare the words or phrases.
No special materials are needed.

Steps

Learners are asked to spread out and to move around the room in silence.
The teacher or group leader then says a word and challenges the learners to assume a pose that matches the word. Everyone then remains in this position for a few seconds to not only look around at the other participants, but also to experience the effects of the word on oneself.

It is important that silence be maintained.

After a given signal, e.g. a hand clap, the learners then move freely around the room again.

Feedback: Don't forget to actively seek feedback on this activity.

Variations:

Instead of single words, phrases such as *I am happy, we say hello to each other, I (don't) like the person next to me, the sun is shining, pleased to meet you*, etc. may also be used.

Contact, both direct and indirect in the form of a hand shaking, eye contact and posture may also be applied in this exercise.

Contact: anja.benning@vhs.at