

Space trip

You can use this workshop to introduce to the audience the idea of usage of the public spaces in the city in the informal way.

This workshop encourages the audience to reflect upon the usage of a public space together as a group of people or citizens.

The workshop also has a strong emphasis on teamwork and setting a trust relationship between the participants. To provide this exercise you need a table. It should be enough space on a table for a person to lie on. You can do it outside or in a classroom.

Amount of participants: 6-12 persons

Average time: 20 min. – 40 min.

STRUCTURE OF THE WORKSHOP

1. Organize the group of six participants. It is possible to create several groups to work at the same time.
2. Ask the group to choose one person who will lie on the table.
3. Ask the chosen participant to lie on the table, close his/her eyes and relax. You can tell that now they are in space, where there is no gravity and they can relax as much as possible.
4. After that offer to the other participants to start to move carefully legs, arms, head of the person on the table. First slowly with the same rhythm and in the same directions and then more intense with different rhythms and in different directions. Ask the participants to speed up only if they feel that the person on the table is completely relaxed.
5. Ask the participants to continue during 2-3 minutes.
6. In 3 minutes, ask the participants to slow down and carefully put the parts of the person's body on the surface of the table.
7. Ask the person on the table to open the eyes and get off the table.

FEEDBACK

Ask for the feedback the participants who moved the body. For example, you can use following questions: Did you like to control the movement of another person? How did you as a group coordinate the movements? Was you afraid to make the person feel uncomfortable?

Ask for the feedback the person who lied on the table. For example, you can use following questions: Did you managed to relax during the exercise? What did you feel? Did you trust other participants? Would you like to repeat?

Offer to the participants to choose another person for the exercise and repeat the steps.



**URBAN SPACE
TOOLKIT**

SPACE THEATER