POETRY RECITAL

Lugar Específico - entre Arte e Educação



Cultural Mediation | Performance

Nº of pax 5-20

1-2 hour

indoors | outdoors

PURPOSE

CULTURAL SHARING (POETRY)

- self challenge/ public speaking out loud
- get to know each other
- self connection

MATERIALS

- Poems
- smartphone/camera
- scenario props

PREPARATION

- Each participant chooses a poem that they like and reads it until it they´re prepared to read it out loud
- The facilitator can propose and prepare a scenario and light that can set the atmosphere for the recital - like a caffé, a bar, a waiting room, a train station or even a recital stage.

INTRO

Choosing a poem that you identify with allows you to find words for what directly or indirectly has been going on inside you, to feel you are not alone and even to inspire you to be who you want to be. To then be the voice of that, is to affirm its importance to you and to be its embodiment: to express its emotions, its magic and its messages.

STEPS

1. The facilitator welcomes everyone, makes an introduction to the moment of reciting poetry, and invites all participants to take their place in the scenario or to sit in the audience (as if it's a poetry recital stage).

2. The performance starts and the participants recite their poems according to the order arranged. The facilitator can, if the participants feel comfortable, record on video or audio so they can watch it later.

3. At the end of each performance, the participants can clap and the performer can share the reason why that poem was chosen. In the end, participants can gather in a circle and share what resonated with them from listening to the other poems.

4. The facilitator asks to form groups of 4-5 and gives a page to each group. Inspired by the "exquisite corpse" the surrealist writers used to do, one by one, the person writes a verse from his/her poem folding the page after and passing it to the next participant to do the same. At the end, the groups, one after another without stopping, unfold and read the new combined poem.



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REFLECTION

- How did you feel during each part of the activity?
- What did you learn about yourself, others and the poems?
- How do you think this activity can contribute to individual/group resilience building?

COMMENTS

- This activity can be linked with another tool: Zoom In/Zoom Out, and recite the poems created in that exercise.
- Poetry allows you to understand others better, cultivate empathy, read into someone else's soul.
- Poetry is emotional, it allows you to get in touch with your feelings, to be touched, to open doors of suppressed feelings and to put some light in the dark/hidden places that are usually closed.
- Poetry is an example and inspiration of how to process experiences, emotions and awe states.