# Show Holistic Processing

**Lugar Específico - entre Arte e Educação**



**2 hour**

**indoors | outdoors**

**N° of pax 5-20**

**Cultural Mediation | Movement | Drawing**

## PURPOSE

COLLECTIVE PROCESSING OF A SHOW EXPERIENCE

- Body Documentation
- Art expression
- Co creation of meaning and collective understanding

## MATERIALS

- A3 paper
- colors (crayons, markers, pastel oils, etc)
- A4 paper & pens for notes

## PREPARATION

- Choose a cultural show: theater, dance, concert, new circus, performance, etc.

## INTRO

Witnessing cultural performances (theater, dance, music, etc.) can bring health and wellbeing benefits.

We can all be in the same show and each one of us will have a different experience. Each experience is unique and when shared can enrich the experience and perspective of all. At the same time, during the show, we can feel united with others by the experience through the universal language of art.

# SHOW HOLISTIC PROCESSING

## STEPS

**1.** Before the show:
The facilitator proposes a guided exercise to bring participants to the here and now. It can be as simple as asking participants to close their eyes and take three deep breaths, or another exercise of the facilitator's choice. **2.** After the show: The facilitator must find a space that is quiet, like a private room inside the show's building or a garden nearby. Body - "What is with you now?" - • Our body registers all the experiences, and therefore its expression is a great source of documentation. First the participants close their eyes and try to express through the body what is with them now as a resonance from the show. • Then the participants form pairs, one will move to express not what was in the show but what is present in his/her body, during 1 min, while the others observe. Afterwards, the observer tries to replicate the movement he/she witnessed. • Then, they switch roles. The mover takes some time with closed eyes to go back to the show experience and the movement he/she did when the show just finished. The observer then tries to replicate the movement he/she saw.
Art expression - "What called your attention?"
The participants draw on a paper the scene/part of the show that they liked the most. Then one by one they present it and explain why it is their favorite.
Nature - "What was the show about?"
the participants form small groups of 3-4 people to dialogue about what they think was the nature of the show, considering: • Fire: What was the strength/light of it? • Water: How did it flow? • Earth: In what principles was it rooted? • Air: What it inspires you to do/be? Then each group shares their ideas with the others in the larger group

## REFLECTION

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

## COMMENTS

- In a show we can project our inner world and experience it through the performers, to enable us to relieve strong emotions by catharsis or even being able to see situations from an outsider perspective.
- The experience in itself is an invitation to the present moment, to connect with something happening outside of us and to engage in it with our inner world, through our own understanding and unique experience of it.
- Through the Greek tragedy, people used to face the darkness of human existence together, fostering compassion and understanding.
- Matthew Hancock, a UK' politician, launched what he calls an "arts diet" for all "They are not just a right of each of us in the search for the truth and the expression of the human condition. It is scientifically proven that access to the arts and social activities improves the physical and mental health of individuals".