

## SHADOW THEATRE FIGURE OF OURSELF

*Playing with shadow theatre allows us to enjoy its magic; it is where light and shadow develop a dialogue. But above all, shadow theatre is a technique that allows us to express ourselves and act without being seen.*

### Objectives

- To recognise, share and learn about one's own experience as an allophone.
- To express and communicate through non-verbal body language and visual arts.
- To help externalise feelings and experiences.

### Activities

1. We ask the participants to move around the space in different rhythms or following the proposed instructions such as imitating a role, following another participant, etc.

2. Multi-purposing (transforming) an object:

We use everyday objects as if they were other things (a broom, an umbrella, a racket etc.).

3. The facilitator creates the right conditions in the room for the participants to experiment by playing with their shadows. There is a stable and powerful light projecting in a wall.

The participants have the opportunity to play with their shadows reflected on the wall. It is interesting to discover what happens if they get closer or if they move away from the spotlight, if they look in front or in profile, what the hands can express, etc.

(See Appendix "Shadow Theatre").

4. Using the same lighting, and putting cardboards on the wall, we ask the participants to draw on it the outline of each other. The participants have to adopt a posture that they like or try with gestures to express something. Then the outlines are cut out creating figures that have to be mounted on wooden strips.



introductory  
sessions



Working



in-depth  
sessions

5. In small groups of 2-3 persons, the participants are asked to play an exploratory game in which they hold their own figure. They have to bring the figure into life, as if it is themselves, through manipulation and selected voices.

6. Each participant is given a small torch and is encouraged to play with more controlled shadows, individually or in pairs. While playing with the figures, it is interesting to discover some effects projecting on the wall, such as to experiment the light on specific parts of it.

7. At this point the facilitator presents the screen of the traditional shadow theatre. Each participant is encouraged to project his/her figure on that surface while the rest of the group constitutes the audience who watches from the back side of the screen.

8. In small groups we ask the participants to create a small story with themselves as the main characters. If is necessary for the devised story, they can create new extra figures or some characters or even objects. Apart from the image, if they wish, they can add words in any language they feel more comfortable.

9. All the stories are presented in plenary.

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