Theatre Activities that Inspire

The Warehouse Project & Gallery delivers positive social change through the arts. The following activities were created by TWPG and are used to inspire audiences to explore issues and positively impact their own worlds and the world at large!

**Activity: Let’s Break it Down?**

**Purpose:** Explore your own life on stage from a variety of perspectives; prepare to confront challenging personal decisions by first practicing in a safe, brave environment; understand the perspective of others by experiencing it on stage.

**How To:** Break performers into pairs. Have them share with each other a current challenge and decision they are experiencing in their life. Make sure they know to explain to their partner who is involved and what decision they are currently facing. Ask the pair to simulate a conversation with some of the parties involved, exploring the different ways they could go about solving the problem.

Bring the pairs up to the stage and allow them to share their scene with the audience. Once you have seen the scene, ask the pair and the audience to brainstorm different people or ways to handle the decision presented. Try these different combinations to see what develops. Allow the actors or audience members participate in the scene, changing roles, to explore all the possible perspectives.

**Debrief:** Ask actors and audience members to participate in the following discussion:
1. How do you feel about the decision now that you have explored some possible ways to confront it?
2. What have you learned about the perspective of others involved?
3. What have you learned about your own perspective?
4. Will this exercise help you confront the situation you are facing in the real world? How?
5. How can you connect this exercise to the world at large? What are the bigger, systemic and societal issues, that you are connected to this personal issue?
Activity: Trigger Lines

**Purpose:** Explore the things make us tick; learn how to appropriately respond when we are triggered; connect personal challenges with bigger, systemic issues and begin to exam how to make positive social change

**How To:** Collect a list of words or phrases that trigger a response from your actors/audience. Have participants break into pairs and have each partner say the trigger word or phrase to their other partner. Encourage pairs to have very honest responses. Once the pairs have done this once, ask them to add a relationship into the exchange. (Example: a mother saying the trigger word/phrase to a child, etc.) Have them do the same activity with the added relationship. Have the pairs do this a few times, changing the relationships or triggers as they see fit.

Once each person in the pair has had the opportunity to explore their trigger in a variety of ways, ask if there is any pair willing to share their exchange on stage. Use their exchange as a way to talk about the different ways that you can confront things that trigger you. Ask the pair to share their initial responses and then help them explore positive ways to handle the trigger. Finally, work with the pair to discover how the trigger is impacted by relationships and how it is connected to other, more worldly issues.

**Debrief:**
1. How did this exercise help you understand things that trigger you?
2. How are your triggers impacted by relationships?
3. How do you handle triggers in an appropriate way?
4. How does your trigger connect to a bigger, societal or systemic issue?
5. How can use the skills learned today to confront triggers in the real world?