

Creativity

To create something along with other people using your imagination and creativity requires trust, courage and collaboration.

In the context of drama, the use of affirmation and assurance that all the participants are important and that nothing is wrong, are crucial elements.

To learn how to create out of nothing is different from re-creating from a form or template.

Therefore the first steps to create must focus on building trust, free dramatic creativity and collaboration. The three are closely connected and make the foundation of future work.

Before starting with the limitations in re-creating the focus will be on the joy of creating.

Creativity starts with an impulse or gift to our senses.

By introducing the two words Accept and Block or Bloké that represents approaches to our self, others and the surrounding, drama prove how to accept is the base of creativity as well as the thought that you can not be wrong. Everything is OK!

Accept or block

Pairs

Understanding creativity

This is a series of exercises to make the group understand from where creativity stems from and how it grows as well as what can create creative blocks or “black outs”. This is also the base of all improvisation techniques. When the group fully understands these exercises they can go on to the next step. Let it take some time!

a The handshake

Two lines are formed opposite each other: There is a gap of 2-3 m between the two lines.

One of the lines approaches the person opposite them from the other line with anticipation and reaches them out for a handshake. They accept and the handshake takes place. Line one returns back.

Now the person from the other line does the same, with the same positive attitude. In the second step the first line will try to do the same again, however, the second line is instructed not to respond at all. After the “disappointment” the first line goes back to their initial spot.

Repeat the action with the second line.

This is to show the meaning of accept and block.

You give something of yourself and someone can respond or just ignore.

b) The invisible gift

The same set up as above is maintained but now the “gift” is not the hand but an invisible gift that you just hold in your hands and give to the other person. And this gift is a very positive surprise to the receiver. He/she starts to use it instantly. The giver goes back and watches the receiver handling the gift. Repeat with the other line up.

In this exercise the group not only has to accept the gift but they must also use their imagination. This can create confusion and you will find many who start to block themselves. That is why this must be repeated over and over again until everyone gets the idea that they don’t have to decide anything in advance. Just to be present and take any impulse to act. Everything is right: they don’t have to be original, funny or outstanding.

c) The verbal suggestion

The same set up of two lines of people facing each other.

The first line approaches their partner with a suggestion of something to do together. The other one says “No!” The first one must come up with new suggestions all the time and will always be met by another NO. The exercise continues until there are less suggestions and the energy start to be low.

Repeat with the other line up.
This is blocking of suggestions.

The first line will now approach the second with suggestions to do something together: Let us... They will now be accepted by a “Yes” and the pair starts to do the activity suggested together: building a house, sit down, laugh, fly to the moon, play drums or whatever. After a while the other one is making a suggestion and will be accepted by a new “Yes”.

d) The pose

The previous exercises focused on handshake, invisible gifts and verbal suggestions, now it is time for physical poses. In this case the two can choose any spot in the room.

One makes a pose of some kind (anything is good) and the other one relates to this pose with a different pose (you don't even have to understand the first pose). The first one confirms by saying “Thank you”.

Now it is the second one's turn to start a pose and the first one relates, and so on. Don't forget the “Thank you” besides being a confirmation, this is also a way to break up the posing and go to the next step.

You will see a lot of creative block in the beginning. Some will try to think instead of acting. The action is the important, to create a flow and a certain speed. If you want you can, in the end, show the group one pair that has found out how to do it.

Yes, Let's

The whole group

Creativity in action

The whole group moves around. One person starts with a suggested action – “Let's play the piano”, for example. Everyone else shouts, “Yes, Let's!” and the whole group carries out the action with as much enthusiasm as possible. After a while someone else suggests a new action: “Let's be spies!” The aim is for the whole group to fully commit to the activity.

Side coaching: Try not to rush too quickly from one activity to the next.

Explore each activity for a while.