

## Knife and Fork Explained

An introductory game for using the body to make pictures on stage.

### INSTRUCTIONS:

Form groups of 3-6

I will ask you to form a shape or object and I want you to work together, using your bodies, to make the image. BUT YOU MUST NOT TALK - you must also not try to push, pull, control, point others or turn them into puppets and manipulate them.

All you do is make a physical offer. i.e. You begin by making a part of the image and others see your offer and build on and around it.

You aren't stuck in that position - if the image builds and you think 'I'd be better off changing my offer.' you are welcome to do so.

If you talk you will slow your group down and I am looking to see which group is fastest, and which group has the best images.

Circle - the easiest of all

Triangle

the letter A

the number 8

\*Now we move into 3 dimensional objects\*

A car

An helicopter

A bicycle

An elephant

\*Now we move into scenes\*

A wedding

\*LEVELS: Do you notice how almost everyone's head is on the same level? I want everyone to be on a different level. You can be lying down, crouching, kneeling, sitting, bending, standing, reaching etc But everyone must be on a different level - this will give your image more variety and make it more interesting. Adjust your image so that everyone is on a different level.\*

A rock concert

\*Are you all on a different level? Don't talk, look around your image and adjust yourself if you're not. Now I want the image to have a single point of focus. What is the important story that you're telling? Use your body and your eyes to have both different levels and a single point of focus.\*

A murder

\*Are you all on a different level and with a single point of focus? Now I want everyone to have a clear emotion, boldly physicalised. How clear and strong can your choice be?\*

A funeral

\*Now that you have different levels, a single point of focus and bold physicality can you have contrasting emotional responses? Can you make it so that everyone is different, no one is feeling the same as someone else? What are all the different possible reactions at a funeral? Let's catch the whole array.

Now let's make a few more that connect with the play we're working on...

Ghost at a banquet, chastised by parents, a sword fight, a shipwreck, betrayal by a friend, unrequited love, leaving home.....