

Theatre-Forum at school



OBJECTIVES:

- Overcoming passivity and reinforcing assertiveness.
- Build solidarity within the group.
- Enhancing strategic thinking.



AXES:

Identification and active resolution of problems/ challenges



AGE GROUPS:

Adults

- The size of the group creating the Forum can be from 5-6 to 20, but ideally at least 12 people to have more options for taking on characters and more plot ideas.



STEP BY STEP DESCRIPTION OF THE ACTIVITY

»» Introduction to the activity : Presentation of the methodology

Present the activity as follows:

Forum Theatre is one of the most widely used and famous techniques of the Theatre of the Oppressed, used all over the world and also sometimes misunderstood.

Forum Theatre means concretely showing an oppression/problem/conflict the first time and then, the second time, asking the audience to stop the scene whenever they want, to stand in for the person who is experiencing the oppression in order to bring about change.

At the same time, anyone who wants to can intervene on stage.

The facilitator helps to deepen the search for alternatives, without judging the interventions.

The idea of this path is to create a fictional scene based on real life situations, to analyze the possibilities for action from the point of view of the person who suffers but wants to change the situation, or from the point of view of possible allies.

»» 1st part of the activity: finding and preparing a story of conflict

Create groups of 3 to 5 people

To propose to the participants to share stories linked to education where they have experienced oppression, conflict.

Each group chooses a story to perform and prepares it.

»» 2nd part of the activity: staging the story

Show the history of each group and use the Forum-Theatre technique,

Propose to the audience to stop the scene when they have an idea of change, replacing the person who is experiencing oppression.

>> Closing of the activity

Close the session with some ritual or commentary on the experience, the results, the emotions that emerged. The discussion triggered by the Forum Theatre session can then be continued around strategies for dealing with the problem.

Questions that can be asked at the end of the Forum Theatre session:

- How did it feel to replace the character on stage?
- What prevents you from applying these strategies in your daily life?
- What are your feelings about the conflict?
- Do you see an effective strategy in the Forum?

To the public:

- What have we learned today?
- What can be applied to real life?
- What personal commitment can we make the next time we find ourselves in such a situation?
- Do you feel more sympathetic to the oppressed protagonist?
- How can we better manage such situations when they occur in our lives?



MATERIALS:

- Some objects, clothes, materials for the scenes can help.

METHODOLOGY:

Theatre of the Oppressed

The Forum-Theatre must come to the end of a process in which first the group is created, then the so-called "de-mechanisation" is explored, then the individual problem is sought, and they come together as long as possible to create collective embryos.

It is important not to force people if they do not form a group or are not prepared to deal with a problem/pressure.

PREPARATION

Prior knowledge

It is not necessary to prepare the audience; as for the actors, we can make a Forum with non-actors, of course, but for the play to be better we need to improve their skills through exercises and techniques, mainly in the field of role-playing, body language and improvisation.



TIPS FOR THE PERSON DOING IT

There are many traps the Joker can fall into and only practice can train people to play this difficult role. Nevertheless, we encourage people to give it a try, as the basic attitude, maieutics, is the strong point of conducting a good Forum and the rest will come step by step.

Being a maieutic means being curious about people's opinions and strategies, not being willing to impose our solutions, being able to listen carefully, helping people to deepen their analysis and, above all, being able to use "questioning" as a basic tool.

Preparing the Forum can take 5-6 hours or more days, depending on the precision of the scene you want to get to, the ease of the topic, good or bad group dynamics, problems in the process, etc. The Forum-Theatre session itself can last from 1 hour to 3-4 hours.



WHEN:
At any time



DURATION:
between 1h and 3h