

Forum Theatre and Collective Resilience



OBJECTIVES:

- Encouraging participation and collective strategy-building
- Acquire tools for conflict resolution through forum theatre.



AXES:

Identification and active problem solving



STEP BY STEP OF THE ACTIVITY

>> Introduction to the activity:

Briefly introduce the concept of collective resilience.
Invite participants to watch the Corecoles video explaining the methodology (forum theatre technique)
[THEATRE-FORUM AT SCHOOL](#)

>> 1st part of the activity: Problematic situation:

Explain to the group that they will work in separate Zoom rooms in subgroups where they will choose a problematic situation from their school and act it out in a scene. Also, if conflicts have been detected during the training (for example: *lack of participation due to sexism in the community, parents' complaints about violence around the school, discriminatory behaviour and teasing*) they can be addressed. Once the group work is finished, everyone returns to the common room and each group presents their scene.

>> 2nd part of the activity: Analysis and mise-en-scene of alternatives (forum theatre)

Back to the main room, each group presents their scenes. It is recommended that participants who are not acting turn off their cameras and microphones so that the scene can be visualised more easily.

After the staging, people from other groups (audience):

- 1.- will describe the situation and identify the oppression/problem.
- 2.- will propose alternative solutions
- 3.- will take on the role of the character they choose to reverse or improve the problem. The scene will be re-enacted with the modifications as many times as there are suggestions to be incorporated.

This process is repeated for each group.

Last, encourage a collective reflection on what each of the solutions contributes, and other possible solutions.

>> Closing the activity: Learning points

Emphasise the diversity of approaches to solving problems and empathy with others in different situations. The need to distance oneself from conflict situations in order to gain new perspectives should be pointed out.

What does this tool offer for collective conflict resolution?

In what other situations can it be used?

What do you take away from the experience?



METHODOLOGY:

Forum theatre



DIGITAL TOOLS INVOLVED:

Online meeting platform, computers or mobile phones with video camera, sound and microphone for all participants.

PLATFORM USED:

Zoom/Meet/Jitsi Zoom



THEORETICAL FRAMEWORK

PREPARATION:

- Prior knowledge

1. Knowledge of tools (e.g. Zoom - meet)
2. Video of the initial trigger scene (if it is to be used)

Forum Theatre is an instrument of the theatrical method developed by the Brazilian director Augusto Boal and known as Theatre of the Oppressed (TdO).

In Forum Theatre, an oppressive and/or conflictive situation is staged in which actors and actresses, through their characters, represent the world as it is. The audience has the an active role, going on stage to replace the actor playing the character it considers oppressed/helper in order to try to change things, interrupting the dynamics of oppression and exploring strategies that can lead to an improvement of the situation.

The objectives of TO are to know, analyse and transform reality.

The tool is also useful for discovering, in action, to "feel" the emotions one feels in concrete situations and in interactions with antagonistic characters.

In this way, the ideas experienced can be evaluated considering the globality of the human being composed of mind, body and emotions, being able to reflect on which of them can be extrapolated from the theatrical scene and put into action more effectively in reality.



DURATION:

1H 30min



TIPS FOR THE PERSON DOING IT

The time for the activity can be longer than 1h30. This will depend on the number of participants.

The number of groups will depend on the number of participants.

Once divided in sub-groups, facilitators will move from room to room to resolve questions.

Ensure that at least one person per subgroup is relatively in control of the digital tools to be used.

Boal A. Il poliziotto e la maschera, ed. La Meridiana 2009.

Idem, L' Arcobaleno del Desiderio, ed. La Meridiana 2011.

Idem, L' Estetica dell' Oppresso, ed.La Meridiana 2011

Idem, Il Teatro degli Oppressi, ed. La Meridiana 2011.

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