Theater: Massaging the Tight Spots

*[Specialty Track 3]*

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| **AUTHOR(S):** | Jon Adam Ross |
| **SUMMARY:** | 2017 is a year filled with difficult conversations. The time is NOW to work together to hear each other, to question each other, and to work through the tight spots. You will play with actor/playwright Jon Adam Ross, founding artist of [The In[heir]itance Project](http://postandcourier.com/20160507/160509537/the-rebecca-play-innovative-theater-project-uses-book-of-genesis-as-its-genesis), to explore difficult conversations through a theater process inspired by his work in Charleston, SC. |
| **TOPIC(S):** | Theater, Communication Skills |
| **LEARNING OBJECTIVE:** | Participants will learn tools for devising theater, exercises for generating material, and strategies for lowering the barrier of entry for personal, deep, and complex conversations. |
| **AUDIENCE:** | Any audience |
| **TIMING:** | 60 minutes |
| **APPENDICES:** | none |
| **MATERIALS NEEDED:** | Papers, pens, smartphones |
| **SET-UP DETAILS:** | Any open space with room to move around  No furniture is ideal - just wide open. |

**Session Timeline & Outline:**

* Warming Up - exercises to prep for the session
  + Physical warmup
    - Group massage exercise
  + Vocal warmup
    - P-funk
  + Character warmup
    - 10 to 1 status walk
* Putting it all together
  + Revisit the pairs from the day before.
  + Put people in groups and assign each group a paired scenario from the day before.
  + Rehearse difficult conversations for the purpose of generating material.
  + We will create a theater piece from the conversations by:
    - Designing an arc for the overall narrative themed on the title “Massage the Tight Spots”
    - Adding elements of physical and verbal expression
    - Determining characters
    - Rehearsing in groups and then as a whole
* Engage in a follow-up conversation about when and where these conversations can happen in camp, and with whom. We will also discuss how to adapt the model.

**Additional Notes for Bringing it Back to Camp:**

This is the third session in a process. You could break it down and spread this out over a few sessions, or repeat with multiple texts for the same or different characters.