

Puppet, object theatre : express yourself !



SCHEDULE (4 hours/day)

Objectives

- Discover an original and innovative artistic practice
- Learn simple methods to use the object as a narrative tool
- Use object theater as a space for expression and a pretext to convey a message
- Promote non-verbal communication
- Develop creativity and imagination
- Work in a group and develop cooperation

DAY 1 :

GET TO KNOW EACH OTHER AND START PLAYING

- Welcome time / Presentation of the training
- Exchange on the place of object in everyday life and discussion about puppetry
- Exercises to break the ice and get to know each other
- Collective games with objects

Break

- Exercises to work on manipulation and precision of movement and gesture
- Feedback and discussion on the exercise
- Time for relaxation and self-reflection / Awareness of the work done
- Speaking at the end of the session

DAY 2 :

LET'S PAPER TALK !

- "Weather" of the weather inside us / talk about how we feel today
- Warm-up
- Method to give life to a simple piece of paper
- Exercises to transmit emotion, narration with our "paper character"

Break

- Make a story (by pairs) and perform it
- Time for feedback and reflection
- Relaxation at the end of the session / Final discussion



Speaker

AUDE MARECHAL is a director, actress and puppeteer. She began her training in theater and puppetry in Normandy then in Paris where she joined a school. Back in her region, she created her first show and founded her theatre company : Créa.

She multiplies training courses and travels around the world and thus finds her inspiration.

Committed to sharing her passion, she conducts mediation projects alongside her shows with vulnerable people.

She conducts work that is both very local thanks to the CréaBus, two traveling stages. But also abroad during projects, tours and collaborations.

Contact

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From the stage to the world

OID : E10001216



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DAY 3 :

EVERYTHING IS A PUPPET

- "Weather" of the weather inside us / talk about how we feel today
- Physical and vocal warm-up / Breathing
- Exercises to give importance of object on stage
- The power of object in storytelling

Break

- Create a short performance with actors and objects, based on visual (less words)
- Improvement and evolution of the scenes
- Final relaxation time
- Discussion and feedback

DAY 4 :

OBJECT, STORIES AND ME

- "Weather" of the weather inside us / talk about how we feel today
- Collective warm-up
- Discussion about the place of puppet and/or object in storytelling
- Methods to invite participant of a group to create their own stories
- Put yourself in a situation

Break

- Continue to work on the different scenarios and proposals of each participants
- Presentation and feedback on the work
- Discussion / relaxation time

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DAY 5 : SUMMARY AND BALANCE SHEET

- "Weather" of the weather inside us / talk about how we feel today
- Warm-up
- Resumption of exercises already assimilated during the week in order to see the evolution and the feeling of each one after several days

Break

- Individual and collective assessment time in the form of a game and in a more formal way
- General feedback on the project
- Certificates

This program can be slightly modified by our team.

Cultural visits can be organized on free time, do not hesitate to contact us.

This training can be scheduled on other dates and adapted on request for groups from 6 participants

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