

# Colors in Motion

Colors in motion - is a theatre exercise to promote non-verbal communication, creativity, and self-awareness through a series of movement exercises and exploration of colors.



Self exploration



Body Engagement



12+



10-20 participants



Jar filled with papers of colors



Phone with camera



#1 Warm up - 10 minutes  
#2 Meditation- 10 minutes  
#3 Colors - 30 minutes  
#4 Debriefing and Reflection - 10 minutes



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- 3.2.6 Body language - 3.3  
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A big empty space indoors is ideal

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## Implementation:

### 1. Warm-Up:

- Participants walk around the space without speaking.
- Each participant takes a paper from the jar without revealing its color.
- When making eye contact with others, they say a word in their language.
- Gradually increase the pace, transitioning from walking to running.(tip: "Every step is faster than the previous one")
- Slowly decrease the pace, making each step slower than the previous one.(tip: "Feel the air around you becoming denser, as if you are moving through something thicker than before", "Imagine moving through an underwater world, where each motion is fluid and deliberate. Picture the resistance of water surrounding you.")
- Participants fall down, lie on the ground, and find a comfortable position.(tip: "Allow gravity to guide your movements. Experience the sensation of being gently pulled down.", "the pull of gravity becomes irresistible. When you feel ready, allow yourself to gradually descend to the ground.", "Feel free to find a comfortable position on the ground. If needed, adjust your body to a position that feels natural.")

### 2. Meditation:

- While lying down, guide participants to relax their bodies.
- Encourage deep, slow breathing to help empty their minds.
- Invite them to focus on the sensation of each breath, letting go of thoughts.
- Create a serene atmosphere by introducing calming imagery (e.g., floating on a cloud or drifting underwater).
- Allow a few minutes of silent meditation.

### 3. Colors:

- Ask participants to think about the color they received.
  - Explore the sensations associated with the color (temperature, texture, emotions).
  - Begin unlocking their bodies, starting from the feet, and move in a way that represents their chosen color.
  - As the whole body unlocks, participants can stand up and continue moving with eyes closed.
  - Encourage creative exploration of the space and interaction with others, without forming couples.
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#### 4. Group Formation:

- Gradually, participants open their eyes and continue moving like their color.
- Without speaking or showing their papers, individuals find others with the same color and form a small group that moves cohesively.
- Groups merge together, creating a larger organization that moves as one unit.

#### 5. Individual Reflection:

- Participants leave the group and move alone for a while.
- Reflect on how it feels to be alone again and observe any changes in their movement.
- Consider and express if they miss being in a group or if being alone brings a different experience.

#### 6. Group Reflection:

- Gather participants to discuss their experiences.
- Ask about feelings, observations, and any changes in movement.
- Participants can reveal their colors and see if the groups formed organically based on the same colors.

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## Instructions for debriefing:

Begin by asking participants how the activity made them feel and what thoughts or emotions it brought up. Encourage them to share their initial reactions.

### Key Takeaways:

Ask participants to identify one or two key takeaways from the activity. What lessons or realizations will they carry with them?

### Action Planning:

Encourage participants to consider how they can apply the insights gained from this activity to their future goals and dreams. Are there specific actions they can take to leverage their strengths?

### Sharing Feelings:

Invite participants to share any additional thoughts or feelings that emerged during the activity or as a result of discussing their achievements and strengths.

### Closing Thoughts:

End the debriefing session by summarizing the key points discussed and thanking participants for their contributions.

Remember to foster a supportive and non-judgmental atmosphere during the debriefing, allowing participants to share their thoughts and feelings openly. The goal is to help participants gain deeper self-awareness and insights that they can carry forward in their personal and professional journeys.

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## Tips and notes to the facilitator:

Establish clear guidelines for respectful and inclusive behavior.

Encourage participants to be open-minded and non-judgmental.

Reinforce the importance of non-verbal communication throughout the activity.

Emphasize the use of metaphor and symbolism throughout the activity.

During the reflection stage, the participants can be instructed to take a picture of the surrounding area (preferably outdoors), with the colour that they chose during the previous phases as a protagonist. Using the editing application in their phone, they can create a digital world within their colour, by either painting or pasting other pictures. Afterwards, they present their worlds to the others, in order to reveal their colour.