

Dance and Play: intensive Body Weather, March 2019, with Katerina Bakatsaki

Games:

- In duo's: two persons are connected through a thin thread. One is blindfolded and follows the direction of the thread. There are two constraints: 1) the thread must always be set/rigid and 2) the thread always needs to be parallel to the floor.
- With a mirror: in duo's. Follow the finger of the other person. Constraint: you need to hold the mirror in such a way that it is in touch with your face.
- With a mirror: in duo's. One is holding a pose. The other one is watching the other through the mirror. You explore the different surfaces, textures, materialities. Images might come in. Constraint: you need to hold the mirror in such a way that it is in touch with your face.
- With a mirror: in a group. Do this outside. The players have to find a small object that is hidden somewhere, for example a small red ball. The first one who finds the object, wins. Constraint: you need to hold the mirror in such a way that it is in touch with your face. You can only look through the mirror.
You can also do this game in duo's. One person hides the object, the other person needs to find the object.
- Fight game: we make a circle together. Two players are invited in the circle: both are blindfolded. The one who touches the other first, wins. Constraints: after every round the players need to be turned around so that they lose their sense of direction. Also the observers (in the circle) change position.
- Slap the hand of the other person: in duo's. The fingers of the players touch each other. One has to slap the hand of the other while the other person tries to dodge his hand away. You win when you have slapped the hand of the other person. Then you swab roles.
- Thumb game: in duo's. You lock your hands into each other (fingers except thumb folded in each other). When you succeed in pressing down the thumb of the other person, you win.
- Bring the other one out of balance: in duo's. Stand in front of each other, while you hold your hand up. Push, shove, thrust, bump the hands of the other in such a way that the other person loses his balance. You win the game when you bring the other person out of balance.
- Walking/running with object. In a group. First just walking/running (speeding up). Then you bring in an object: a plush toy for example. The plush toy needs to be thrown over to another person. Make eye contact when you throw the plush toy to another person. You need to get rid of the plush toy as soon as possible. When the group is comfortable with the plush toy, you bring in a second object. A sock for example. The sock needs to be handed over to another person through the legs. A hat for example. The hat needs to be in constant contact with the floor. You can hand it over to another person through the floor.
- You can make this game even more complex. When you catch the plush toy, you have to name a colour. When you get the sock, you have to name an animal. When you receive the hat, you have to name a sport.
- Move through the space in an animal way. First as a fish (with no hands and legs), floating, rolling, taken by the waves. Then as a reptile, close to the ground, several body parts move in isolation to each other. Your body shrinks and you become an insect: perhaps an ant, or a spider. Your body grows again and you transform in a four-legged animal (a dog, a cat, a goat). Now you move and more start to engage with the vertical, you are an ape, a gorilla, chimp or a human. Even more upwards you go, like a bird. Use your wings. Your movements become light and you let go of the floor.
- Nature imagery can be helpful in understanding the qualitative of a specific movement. Your arms are resting on a cloud for example. Or you hip around like a butterfly with broken wings.

- Walking on the floor as if it is made of thin paper (for example rice paper).