

*Title	Hands on stage
*Duration	30-50 mins
*Nr of participants	5-20
*Logistics (space, materials...)	empty room, music, materials to create a doorway theatre (e.g. table, chairs, wire, cloth)
Precautions	this activity can be tiring for hands and arms - give many breaks to relax them
Link to the topic	
*Objectives	boosting self confidence and body awareness, exploring non verbal communication and cooperation
Preparation	prepare different genres of music. create a corner with a kind of doorway theatre, where people can hide behind, sitting, with just their hands visible
*Description	<p>As a warm- up, people can sit in a circle, rubbing hands and stretching fingers and wrists.</p> <p>As a second phase, everybody can propose a meaningful gesture with his/her hands, like something that can be used in non verbal communication (or in a foreign country where you cannot speak the language).</p> <p>As a third step, each one can be behind the doorway theatre and dance with his/her hands on the music. Pretend it to be a real performance, with overture, crescendo and then a proper end.</p>
Variations	If the group feels comfortable they can repeat the hands' dance in pairs, with their hands meeting and dancing together.
Evaluation and reflection	<p>How did you like to perform with your hands? How did you feel not having contact with the audience?</p> <p>How did it work with your partner, when you were performing in pairs? Were you able to listen to his/her movement? Do you feel you have a better connection after this activity together?</p>
Guidelines for the instructor	Music plays an important role in giving inspiration for the movement and the dances of the hands, so be sure to have some variety of genres and rhythms.
Origen	Puppet theatre training for developing new characters.