



open
theatre

ONLINE EXERCISES



OPPOSITES



Things you will need-

- A Mask or Glasses & Hat (these will be placed on the back of your head)
- A hoodie or piece of material (To cover your front, if you like.)

What to expect in the workshop-

What would the world be like backwards?!

Well in this workshop we are going to explore the possibility!

We will play opposite games and have a go at backwards dancing. By placing your mask/glasses & hat on backwards and covering your front with a hoodie or cloth, we will then explore dancing to different types of music.

What else you can do?-

- Replay some of the games in the workshop.
- Yes and No game- you can only answer either 'yes' or 'no' to questions asked. See if you can make the person laugh with silly questions.
- Check Open Theatre's opposites videos and have a go at Hannah's game!

