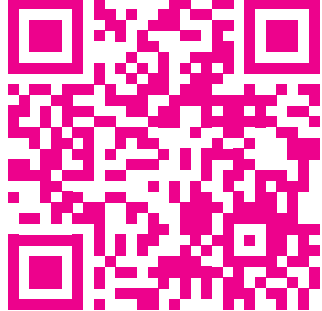


COMPLETE CLOWNFRONTAL TOOLKIT



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CHAPTER 3 REBEL CLOWN EXERCISES



GRAVITY STRIKE CIRCLE

To build your clown's imagination, developing new personal Gravity Strikes can be helpful.

In a supportive clown circle (with noses), one by one:

- △ Go to the center of the circle.
- △ Using your voice or body or both, illustrate an issue that is currently pulling you down. The clowns in the circle support you by following your movements and tuning in to your physical and emotional state.
- △ Experiment together to find a suitable Gravity Strike that would counter this pressure.

Some specific Gravity Strikes we have developed:

- △ Shaking off the pressure of stress.
- △ To deal with overwhelm and lack of focus, do the octopus-dance in honey.
- △ To fight back against "rechts(d)ruck" (right-wing pressure), go to the left.
- △ To overcome the fear of death, do the worm dance. ... make up your own!

WELCOME TO N.A.T.O.

Prepare enough noses for all participants.

"Here are my treasures, my noses! Grab a nose. Don't think too much. Just grab the first nose that attracts you. Fit the noses to your noses and ears. You make sure your nose stays and doesn't scratch. You can make the string shorter or longer. Welcome to the Nose assembly for tomorrow: N.A.T.O.'i N.A.T.o' is an international assembly of clowns. When wearing this nose, you can feel more free to let out any emotions, you seek more eye contact and your curiosity is bigger. This is civil with the nose off. And when the nose rests on your forehead, it is the unicorn. To empower yourself. To feel more confident."

ORCHESTRA

Everyone stands in line two by two. The first two clowns in line start playing an imaginary instrument (for instance, a trumpet) while marching. The rest of the line follows and becomes an orchestra of trumpets. After a couple of minutes, the clowns in the front move to the back and the next people in line decide on a new instrument that the orchestra plays while marching. In the advanced variation, each of the two clowns in the front play a different instrument, for example all the clowns on the left play the violin while all the clowns on the right play the drums.

This exercise works well with bigger groups of clowns on the street because their synchronized movements and sounds draw bypassers' attention.

SWARM

In this exercise, a group of clowns band closely together like a swarm of bees, moving as one organism. A clown imitated by all the other clowns. The clown in the front can introduce several movements (always paying attention not to be abrupt so that the other clowns can follow). When the clown turns around (90°/180°/360°), the initiative is passed to the clown who is now in front, who then directs the next group movement. This exercise works well with bigger groups of clowns on the street because their synchronized movements draw bypassers' attention.

REISSVERSCHLUSS/ZIPPER

In this exercise, a group of clowns slowly approach a police officer or line of police, visibly falling in love with the police (or another positive emotion of choice) with every step. They may bring a flower or another gift. The group waits for the police reaction. It is important to sustain the romantic tension between the clowns and police.

Variant: Standing in a line, they move like a zipper, one clown in the back moving to the front without ever losing touch with the other clowns. They embody a desire for an emotional reaction from the officer. They have an intensive focus on one specific police officer, maintaining eye contact.

Normally, if a police officer reacts, it is a negative reaction or denial. At that moment, the whole group switches to crying and leaves in sadness (or other negative emotions), moving again like a zipper. After a moment, they can repeat and try to approach another police officer. It is important to keep big emotions in these exercises and sharp switches between them.

The exercise brings unexpected emotion to the demonstration – love and admiration. It underlies the contrast between the force of the police and the fragility of human beings.

SHERIFF

The Sheriff exercise is used when a row of police officers stands or blocks a space at a demonstration. The best and safest is when cops are bored and have nothing to do. One clown takes on the role of a police officer – the Sheriff. The Sheriff gives orders to the actual police unit such as "Smile!", "Be serious!", or "Cry!". The Sheriff's goal is to elicit an emotional reaction from the police, who are mandated to maintain their poker faces. The Sheriff may overpraise the police reactions. The exercise works best when a row of clowns can join the police and follow the Sheriff's instructions. The exercise can ease tension and bring a human feeling to the interaction between policemen and demonstrators.