

Voices through Water

The Creative and Activist Methodologies Toolkit

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Stick Dance

Artistic



The activity involves using sticks as a creative and relational tool among the participants.



Target group

Young people and adults

Maximum 30, the group should consist of an even number of people as the activity requires working in pairs.



Environment

A room or space large enough to accommodate all participants



Time needed

60 min



Materials

Wooden sticks about 1.5 meters in length, speakers and music

Objective/aim

The aim of the activity is to create a relationship among the participants based on listening and harmony. The stick becomes a tool for mutual connection.

Step by step instructions

Step 1

Participants are divided into pairs, and each pair is given a stick.

Step 2

Participants place the stick on the palm of one hand, and the stick must be supported by the pressure both participants apply to it.

Step 3

Participants are invited to move around the space following the rhythm of the music, continuing to hold the stick by applying pressure with both hands. This activity lasts 7-10 minutes.

Step 4

Participants are arranged in a circle. Each participant is connected to the person beside them via a stick, which is held through the pressure of the palms of each hand. In this way, each participant will be connected on both the right and left through a stick held by the pressure of the hands.

Step 5

The whole group is invited to move, trying not to let the sticks fall. If any stick falls, the entire group must stop and wait until the stick is picked up and repositioned. This activity lasts 7-10 minutes.

Step 6

A debriefing session is held where all participants reflect on the activity, discussing the dynamics observed during the work in pairs and as a group. Participants are encouraged to share their impressions and feelings without judging others' work. Duration of this activity: 10-15 minutes depending on the group size.



Tips for the trainer

Be careful that the sticks are held through the pressure of the palms and not with the fingers.



Alternative

An alternative, if the number of participants allows, is to create groups of three people, where one person in the center holds two sticks with both hands in relation to the other two participants.



Comment

During the feedback session, it is interesting to focus on the dynamics that emerged and relate them to relationship dynamics within the groups.



Source

Adapted by Emilio Ajovalasit from theatre education workshops.