



**Exercise: Short theatre exercise:**  
**“Going through Wind and Rain”**  
(about 10 minutes)



**Introduction:** “Now at the end I’d like to do a little theatre exercise with you.”

**Instructions:** “I’d like everyone to walk through the room without running into or stopping each other. Go all around, this way and that, and pay attention to each other. You shouldn’t touch or run into each other. Now when you see each other, nod in a friendly way and smile.”

“Now go walking again. It’s a beautiful day and you’re walking in the warm sunshine, and you’re very happy. How do you walk when you’re very happy?”

“It’s starting to rain, you’re holding your arms over your head, crouching down, you’re getting cold, really cold, your teeth are chattering, you’re rubbing your arms, so cold. And you’re getting sad, walk very sadly, you’ve lost all hope, it’s raining, everything is awful, you’re cold... but then you remember: you have an umbrella. Put it up and now the rain isn’t coming down on your head anymore. Now you’re feeling in a better mood! You’ve got your hope and courage back. With your umbrella you’re dancing through the streets. And then the rain stops and the sun comes out. You close your umbrella. Put it in your bag. You’re still a little cold (*rub your arms to get warm*) but the sun is shining, and you’re getting warmer again, and you’re happy (*how do you walk when you’re happy, what does your face look like?*). Now a storm is coming and your steps are getting heavier, it’s really hard to walk with the wind blowing against you. You’re leaning into the wind... it’s getting stronger and stronger. You squeeze in between two houses and stand with your back to the wall. Whew, now the wind stopped. Happily, you keep walking, you’ve already experienced so much. You’re very proud and happy. Imagine that here [*point to your chest / breastbone*] you have an invisible string pulling you and making you walk very tall and proud. Oh, and there you see friends. You can shake their hand (*or however you greet each other in your culture*), say a friendly ‘Hello!’ and keep going - oh, even more friends. ‘How are you doing?’ and keep walking. Oh and even more friends (*greeting*). Now you’re already at your house. You open the door, go inside, and close it again. How nice it is to be home. You lie down in your bed, ah, that’s so comfortable, and you close your eyes. You feel yourself getting quieter and tired. You feel the floor on your back (*pause*). You feel your head on the floor, you notice how your feet are touching the floor - it’s nice to lie like this. But it’s also not really comfortable. Hm. You open your eyes again, sit up, wiggle your feet, and slowly stand up. It’s much too early to sleep, you jump up and down, wake yourself up by lightly slapping your thighs, arms, stomach, you yaaaawn, say ‘ooohhh’ and hit your chest with your open hand. I’m awake! I’m strong! And pat yourself on the shoulders because you did such a good job. Pat, pat...”