

**SPIRIT-RITUAL WORKSHOP PLAN 2024 – 3.5 HOURS MAXIMUM – THIS VERSION SHOULD BE FACILITATED BY A YELLOW KING**

<b>Time</b>	<b>Name</b>	<b>Exercise</b>	<b>Objective</b>	<b>Notes</b>
10 mins	Blowing Balloons	The group stands in a circle. Everyone takes an imaginary party balloon and blows it up. Working on breath we imagine it as a helium balloon and watch it float away.	To engage the breath and encourage deep breathing. At this point the deep breathing technique can be explained, and the group can blow up imaginary balloons at appropriate times throughout the event if they want. Remind people to look after themselves, and whatever is being asked of them to do, it's not asking them to hurt themselves or put themselves at risk.	Ask people what colour balloons they have.
5 mins	Hand Holding Pass the Pulse	In a circle again we hold hands and pass a pulse around the circle. The pulse can be double tripled or even given a pattern.	To connect everyone and create a sense of community. To accomplish something as a team and reinforce teamwork skills. To elevate the atmosphere and create a sense of positivity.	Encourage holding of hands, or connection somehow, whatever works.
20 mins	Conductor - Tribal	In this game we are still in a circle but with one person standing in the centre becoming the conductor. They will give each member a number between 1 and 3 to represent different sounds. 1 being bass sounds, 2 being melody sounds and 3 being percussion sounds. The theme will be tribal, and we will make a soundscape to represent that with different people getting the opportunity to be the conductor.	This encourages participation and creativity. Soundscapes can be gripping, therapeutic or musical, however the intention is to create positive vibrations and to create happy memories. Here we can discuss the importance of listening to each other to create something contributive to the overall aims.	Maybe squeeze in a bit of a vocal/physical warmup before we start.
10 mins	Human Knot	Again, we are in a circle holding hands, but the aim is to create a complex knot, still holding hands. The members will have to untangle the knot themselves without the help of the facilitator or letting go of each other's hands.	This quick exercise demonstrates teamwork skills but also coordination, timing and awareness. This is an opportunity to have a laugh and a giggle as a group.	Be mindful of claustrophobia and personal space issues.
10 mins	Animal Sounds - Magic	The group now takes the time to associate an animal as their magic animal or spirit animal with themselves. This will come in handy in the	To have an animal noise and gesture for the next exercise but also to channel creative	If someone is struggling you could suggest an

		next game. We create a sound and gesture associated with the animals and as a group we repeat them back.	juices and develop confidence in sharing ideas and creative expression.	animal that starts with the same letter of their name or if they have an imaginary patronus from Harry Potter, that might work also.
20 mins	Chomp Chomp	This is a simple game of hierarchy. We choose five animals to represent a hierarchy. They sit in a line facing the audience. The aim of the game is to move up the hierarchy and try to get the other players out. The method is by using your own sound and gesture first, then immediately someone else's second you pass the turn to them. They then must make their sound first then pass it on to another until someone messes up and then they're out.	To have energy and fun together. At this point we can deconstruct hierarchy as a concept and advocate for those lower in the hierarchy to achieve well. The game could introduce new players when the others are out. Introducing new sounds and gestures into the hierarchy might need some reminding.	Could introduce chairs for this or sitting on floor if that's accessible for everyone.
10 mins	BREAK	BREAK	BREAK	BREAK
10 mins	Clap Game	This is a simple focus game counting to 4 in claps around the circle. We clap once round the circle then each time we go around introduce another clap till we reach 4. Explain that once we reach 4 we can only start at 1 again. This time anyone can go up by one number when they choose. Then start again.	To refocus the group after a break and to have positive ritual. The clap game is King Teare's invention from a rehearsal room floor working with participants. It's about teamwork but also energy and focus.	It can happen on the floor, sitting or standing.
30 mins	The Audience Game	We create an audience and choose 1 person to leave and stand out of ear shot. We decide some ritual they must do; it can be simple or elaborate but it's something they might work out what to do when they come back. As we will only indicate that they are doing it correctly by giving applause. We will watch eagerly until they choose the right thing then we give positive reinforcement.	This game works best when there are random props scattered about. But essentially, it's to support positive ritual for feeling good moments.	Props? This game can be cut short or skipped.

30 mins	1 Minute Ritual	Based on the game 1 minute murder we instead create a ritual rather than a murder. The aim is to have 4 participants, each one playing a part in some communal ritual that only lasts a minute. But after the first go, we do it again but remove 1 person, and the others must fill that role. We continue to remove 1 person each time until there is only 1 person left doing all the parts by themselves.	To create a sense of ritual and human expression. We do this so everyone has a go and feels satisfied. Each time suggesting slight changes to make it visually, audibly different and better. Remind people to look after themselves and not to overexert.	Offer themes: tribal, robotic, exotic, religious, emotive, old times. Might need a timer.
5 mins	Floor Hands	Laying, or being close to the floor we place our hands in a circle and tap the ground in sequence. We aim to get it seamless.	To break up the flow of work and offer a distraction to distress or mentally unwind.	Remind people this is a quick one.
20 mins	Imagination Play	We create basic characters (or taken from suggestions) and do individual improv that leads into small groups and then as one large group. Start quiet, small, getting bigger and louder.	This is 'imagination play' meaning that it's a chance to play and have fun with a character.	Some suggestions can be prepared in a bag.
20 mins	Golden Yellow Ball	Everyone can lay down on the floor. This is a relaxing meditation exercise. The idea is to relax everyone and detail a story of a ball of sunlight bright and yellow but somehow golden shining above you, then entering your body. Moving through all your body parts and then back into the sky again.	To close the session the King will share this meditative story. Remind people that if they see each other outside of the workshop they can still send on their animal sounds. Or even blow balloons.	Ideally your facilitator would be wearing a yellow robe and crown this whole time.