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<http://www.ella-ella.eu/>

# New Leaders

## Manual to theatre workshops

**This manual contains three theatre workshops**

Very easy to follow!

Feel free to improvise and add new stuff!



# Commedia dell'Arte

## Introduction to the workshop

### Taste & Feeling



**Purpose:** In these workshops we work with masks. Working with masks is a way of making Your expressions more distinct. Skills useful for any actor.

- During 16th century in Italy a new form of theatre started, Commedia dell'Arte.

The actors in Commedia dell'Arte are professionals. Commedia dell'Arte is a visual and physical form of theatre with improvisation and masks.

The actors express more with the body than with words.

Many has been inspired by Commedia dell'Arte, like Goethe. Molière. Picasso, The Marx Brothers och Charlie Chaplin.  
And now The Teater Surra.

There are some fixed characters in Commedia dell'Arte. Like Harlequin.

*Erik shows a mask of Harlequin.*

- Harlequin is inspired by a cat or a monkey.  
He is always hungry.  
And he is always looking for food.

*Erik is in character. Plays with the audience.  
Looks for food behind their ears, in the hair.  
Finds something interesting. Puts it in his mouth.*

*Erik finishes the performance as the Harlequin.  
He lands, breathes and takes off the mask.  
Gives it to Rolf who puts it back on the table and puts on the mask of Il Capitano.  
Meanwhile, Erik tells the participants about Il Capitano.*

- Il Capitano is a military who brags och shows off about his great deeds.  
But the bottom line is that he is a real coward.  
Everything is just fantasies and bragging.  
His body language is inspired by the crocodile.

*Rolf shows the participants, while bragging about all great deeds of his. All the fights and medals he has won.*

*Erik sneaks up behind Il Capitano and scares Il Capitano.*

*Il Capitano gets very, very scared.*

*He crawls up on the floor.*

*Rolf finishes the performance. Gets himself together.*

*Breathes. He takes off his mask and hand it to Erik.*

*Erik puts the mask back and puts the mask of Pantalone on his face. Meanwhile Rolf describes Pantalone.*

- Pantalone is a rich, old man. With a very big manhood.

*Erik has a rolled-up towel in his pants (as a prop).*

- Pantalone tries to attract young women with his money and manhood.

*Erik shows the participants by pulling money out of his pants and flirt with the participants with pathetic pickup lines.*

- His body language is inspired by a turkey.

*Erik finishes the performance.*

*He lands, breathes, takes off his mask and hand it to Rolf.*

*Rolf puts it back on the table and put on the mask of Il Dottore.*

*Meanwhile Erik tells the participants about Il Dottore.*

- Il Dottore is an old doctor who believes he knows everything.  
He talks and talks and talks in a very fiddly way,  
and it is impossible to make him stop.

*Rolf shows the participants Il Dottore.  
He plunges into endless descriptions about anything that  
comes to his mind;  
architecture, kings and what not...  
Most often he is more or less wrong.*

- Il Dottore is inspired by a big, fat, heavy pig.

*Erik interrupts Il Dottore.  
And Rolf finishes his performance, breathes, takes off  
the mask and gives it to Erik.*

- There is one character left, Colombina.  
She is inspired by a dove.  
She moves in a coquette way, tells the truth and  
sees through everyone.

*Ulrika enters and moves like Colombina.*





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## One thing at the time

**The manual relates a bit freely to the film.  
This is because every workshop includes a lot of  
room for improvisation  
and will look a bit different every time you do it.**

**Our recommendation is that You handle this manual  
with a freely approach and lots of improvisation.**

**Purpose:** To train exactness in movements and  
expressions. To learn the importance of saving energy  
and not waste the expressions.

A good actor makes the mask alive.  
It is a play with light and movements.  
Exact movements and the shadows of the light put life to  
the mask.

The most important thing when you work with masks is  
to do  
“One thing at the time”.  
And.  
To be very clear with the movements of the body and the  
look.  
And.  
To surprise Yourself.

## **Let's go**

- Ok, please step forward.

Rolf, is going to show you how to train with masks.  
We start without mask.

- Rolf, can you turn around?

Please, take a deep breath in.

And out.

Shoulders down.

Rest in your feet.

Now, slowly start turning your head, then your body follows.

Look at a point on the wall.

Mark it.

And back.

Look at the bottle over there.

Mark it.

And back.

Back to the point on the wall.

Mark it.

And back.

Point at the cup.

Tell us what you see.

Rolf:

- A cup!

Take down your arm.

Slowly turn.

Relax.

Breath.

Good, a big applaud

Thank you, Please sit.

And now someone else can come.





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# Taste & Feeling 1

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**Purpose:** To express a feeling can be very abstract.  
This is a guide for the actors to get a hands-on tool to a  
fuller expression. A given taste gives you a facial  
expression and a feeling for the emotion.

## **Tastes**

Sweet  
Sour  
Bitter  
Salt

## **Feelings**

Happiness  
Anger  
Fear  
Sorrow

- Now we are going to show the different tastes.

We start to show the taste of "sweet".

Erik shows "sweet". He opens up the face and show us a big smile.

- Think of something sweet, like candy, strawberries. Enjoy the flavour.
  
- And now you are going to do the same thing. And then you add the feeling of "happiness".
  
- Laugh!
  
- Next flavour is "sour". Rolf will show you "sour". Now you will do the same. Wrinkle your face. Think of lemons. Add the feeling of "anger".
  
- More anger! Stamp your feet. Very good!
  
- Now Erik will show you the flavour "Bitter". Pull your face back. And down. Think of something bitter, like old coffee or tea.
  
- Your turn.
  
- And add the feeling of "Fear". Good! Pull back your entire body.
  
- And now the last taste and feeling. The taste is "Salt". Push your under lip forward. Spit the salt. Get rid of the salt. And add the feeling of "Sorrow".

- Look at Rolf and do the same thing.
- It looks really good!





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## Taste & Feeling 2

**The manual relates a bit freely to the film.  
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room for improvisation  
and will look a bit different every time you do it.**

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You handle this manual  
with a freely approach and a lot of improvisation.**

**Purpose:** In Taste & Feeling 1, You learned different facial expressions. These effect the body expression. In Taste & Feeling 2, You will get tools to find Your body expression.

The taste gives you a facial expression.  
The animal helps you to find your body.

In this workshop you will:

1. Get a taste
2. Get a feeling
3. Get an animal

Number 1. Sweet

Happiness

Hyena

Number 2. Sour  
Number 3. Bitter  
Number 4. Salt

Anger  
Fear  
Sorrow

Bull  
Rabbit  
Dog

### **First**

You do your moves in a very mechanical way.

### **Then**

When the movements has reached your body, the will grow more and more organic.  
Look at Eric!

### **Warm Up!**

It is important to warm up your body, your voice and the room before you start working or meeting the audience. (Every actor has his/her own warm up-programme in order to find her/his body and expressions)

### **If you are working with masks**

By using shadows and light you can investigate the four feelings of the mask, happiness, anger, fear and sorrow,





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## The improvisation "I'm Hungry!" Where Taste and Feeling 1 & 2 come together

- Now it's time for the improvisation.
- Can four people step down here, please.
- This is a table with the masks we showed you.
- Take one of the cups on the table.
- Pick a mask and move like the animal that the mask is inspired from.
- We will give you a feeling.
- Walk towards Ulrika, showing that feeling and walk like the animal the mask has been inspired from.  
When You reach Ulrika, she says:
- Stop!

- You turn to the audience, full of your feelings, and say:

-I'm hungry!

Ulrika says:

- Do you want some food?
- You (the participant) get food in a cup.
- You say:
- Thank you!
- You walk towards Erik.

Erik shouts:

- Stop!

Erik asks:

- What food did you get? Was it good?
- You turn to the audience and tells them if it was good or not. Please tell the audience a little bit about the taste. And don't forget the feeling you have got in the beginning of the workshop and the moves of the animal your mask is inspired of.

Erik shouts:

- Come!

He shouts with the same feeling as the participant has got.

You walk towards Erik.

When the You come to Erik, You get some more food in the cup.

You continue to walk and place Yourself last in the line at the table with the masks.

Every participant gets to try all feelings and tastes.



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# Manual to the workshop

## ”Homo Ludens”

This is a bonus workshop with no film attached

### Warm up

#### 1. “Hello”

Using “The Four Basic Feelings” 10 minutes  
(Joy, anger, fear & sorrow)

### The workshop

#### 2. Imitating animals

10 minutes

- a. horse
- b. cat
- c. mouse
- d. rabbit
- e. elephant

Every participant chooses an animal and shows how it moves and sounds.

#### 3. Make four groups.

- a. In a bag there are notes with the name of four

different animals, one animal/note.

b. Every participant picks a note and read it. Do not show the note to anyone.

c. When you got your note do “your” animal.

d. Every participant looks for other participants doing the same animal.

#### **4. Improvisation**

a. Choose a group of animals.

b. Everyone sleeps. On a chair, on the floor, in a tree or something else.

c. Everyone wakes up.

d. They are hungry. They are looking for food.

e. The leaders place some food on the floor. The animals discover it.

f. The animals fight about the food. Fight like the animal you are (cat, dog etc.)

g. The leader stop the improvisation.

h. Give every single participants, one at the time, good reviews. Not to everyone at the same time.

Choose a new group of animals. Every improvisation shall last approximately 20 minutes.



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## "The ABC of Leadership How to Become a Good Leader"

Don't forget to watch the one and only film about leadership. This film do not need any manual. This film is all You need if You want to become a good leader.

**"The ABC of Leadership  
How to Become a Good Leader"**

<https://www.youtube.com/watch?v=v-bCEy2gb0k>



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