



NAME OF EXERCISE	STEPPING STONES EXERCISE TO CREATE THE FRAMEWORK FOR THE STAGING		
SOURCE	Briant Rokyta, inspired by Marika Alhonen		
USE IN GAME-PHASE	Getting into the game	After Role Embodiment and Roots and Wings	
DURATION	20 - 25 minutes without reflexion		
PARTICIPANTS	8 - 26 persons		
PURPOSE	The exercise is intended to give the participants some pointers for finding the format of the production in a playful way.		
SHORT SUMMARY	The trainer guides the participants in actively shaping the staging.		
LIFECOMP - COMPETENCES	P1 – Self-regulation P2 - Flexibility	S1 - Empathy	L1 – Growth Mindset
USES & OUTCOMES	● Arriving in the role ● Getting to know the Action- and Principle Cards ● Creative cooperation		
ROOM REQUIREMENTS	Sufficient space to ensure that everyone can move around freely.		
PREPARATION / MATERIALS	Prepare the room for sufficient freedom of movement. The participants stand in a circle so that they can touch each other.		
INTRODUCTION	Now that we have familiarised ourselves with our roles on an individual basis, it's time to find the common action. Principles ● No judgements. There is no right or wrong. ● Trust your impulses. ● Trust the moment-to-moment experience. ● Follow the traces of interest and joy.		



SEQUENCE OF STEPS – DESCRIPTION	
STEP 1 (10-15 min)	After the roles have been found, embodied and given a story, the participants gather in a circle and announce their roles to each other. One person enters the circle, announces his/her role and adopts a suitable posture. Another person joins them, also announces his/her role and adopts a suitable posture. A third person joins the circle, says who or what he or she represents and assumes a posture. The three leave the circle and the next group of three introduce themselves. This can continue until all participants have had a turn.
STEP 2 (5-10 min)	Each participant then draws a Principle Card and each group of three agrees on a principle, which they pantomime together in the centre of the circle. When all groups of three have had their turn, the participants draw or choose one Action Card and begin to develop playful mini-sequences together using the Role Cards, Principle Cards and Action Cards. For example, a drunk (role) can meet an alien (role), but the two must be silent (principle: silence) and must not judge the situation (principle: don't judge), then a historical figure joins in (role) and makes sure that boundaries are observed (action: boundaries), and so on. After a few mini-sequences have been developed, the group begins to find a format for the staging, establish the connection to the common theme, assign tasks, choose the location for the performance and consider which medium to choose (video, theatre, dance, building a sculpture, writing a story that is then performed, writing a song and performing a piece of music, etc.).
REFLEXION (5-10 min)	Participants can use their journals to answer these questions: What were my aha-experiences? What were my Oje experiences? What were my Juhu experiences?
TIPPS	It is advisable to instruct quickly and spontaneously so that there are not too long pauses, during which too much thinking usually takes place.