



MY STORY OF ENERGY! Still Images

2

With still images you can decide to depict anything you want. You can make use of the examples from the places or the grounds out of the warming up or you can chose entirely new images. You are invited to use your imagination and creativity. The goal with this exercise is to be unplanned and relate to one's own peers. There are different ways how to approach this exercise.

Stop Dance

Put on music (You can also alternatively sing or make a rhythm and use "Freeze" as a signal to stop). When the music stops, the instructor names Places/situations/Devices/... and the participants build one big still image together at the same time. When they find their positions, they freeze until the instructor says "Unfreeze" or "Continue".

Completing the Still image

The instructor names a place/situation/... and the participants enter the space building one part of the still image and freezes. If the still image were to be at a kitchen, maybe one participant would depict a pot. Another participant would complete the picture by depicting the ingredients that are about to enter the pot, and another participant would be the stove, etc. Until all participants are part of the still image.

Story Still images

A) Still images can also be used to depict a series of events or a story forward and backward. We can use a blender as an example.

Creating a story forward could be like this: A couple of people could build out a blender as a still image. The next couple depict the food that is entering the blender. The following couple depicts the use of the shredded food. Etc.

Story Still Images

B) Creating a story backwards could be like this:

A couple of people depicts a blender as a still image. The next couple depicts the blender in the store. The following couple depicts the blender during the production process. The next couple depicts the original materials the blender is made of. Etc.

The living image

Generally, any still image can be brought alive. You can add sounds/ gestures/ movements/ words/ sentences/ etc to the image as soon as its completed. You can choose to only bring certain parts of the image alive, whereas the other parts remain still. You can also choose to bring the whole image alive.

FIVE COWRIES ARTS EDUCATION INITIATIVE



<https://fivecowries.org/>
<https://fivecowries.online/>



info@fivecowries.org



+234 908 567 2721