

Engage! InterAct offers...

The Power of Play

An interactive and dynamic fusion of experiential games, theatre impro and body movement exercises for everyone.

The **Power of Play** is a high-energy, upbeat sequence of games and exercises that integrates body, mind, heart and soul engagement. The Power of Play doesn't require any previous experience with theatre or alike, but invites the participants to step into the process as themselves.

The **Purpose** of a typical Power of Play session is to start building community with a group of people, colleagues, partners, etc in a fun, playful and informal manner. The Power of Play enables participants to take home with them some of the simple and short exercises and apply these themselves in their own context.

The **Games and Exercises** in a Power of Play sequence are inspired by and built on the thirteen maxims of Improv Wisdom, as discovered and described by Patricia Ryan Madson:

Say Yes, Don't Prepare, Just Show Up,
Start Anywhere,
Be Average, Pay Attention, Face the Facts, Stay on Course,
Wake Up to the Gifts, Make Mistakes Please,
Act Now, Take Care of Each Other and
Enjoy the Ride!

Recurring elements of the Power of Play process are:

- 1) A variety of theatre improvisation games that require participants to think and act out of the box. Games that activate all of our senses.
- 2) Experiential exercises that in a playful manner explore participants' relationship to each other and to themes such as trust, communication leadership and community.
- 3) Body movement and music exercises that are inspired by the rich history, philosophy and practice of Capoeira, the beautiful martial art from Brazil.

As an opening session for a longer conference or training course, the Power of Play enables participants to carry some of their personal insights and ideas from the session into the remainders of the conference: a playful and meaningful shift of mind- and heart-set.

On behalf of Engage!, Arjen Bos offers the Power of Play sessions. Arjen attended the Theatre School, Directors Course, for 1,5 years in Amsterdam. He is an experienced Theatre of the Oppressed facilitator and 'joker', and a practising Capoeirista, training with Grupo Capoeira Brasil in Utrecht. Arjen has been working with many international groups in the context of the Council of Europe, Youth Directorate; the European Union, DG for Education; and the European Youth Forum.

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