

# ICE BREAKERS & ENERGIZERS TO GET READY TO TELL A STORY



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To create a podcast, participants may be required to do writing work (radio dramas, voiceovers, etc.). Writing can be a source of stress: fear of not having ideas, of writing badly, of not being original enough, etc. Here we offer some activities to ease the transition to in-game writing and levity so that all participants feel comfortable and relaxed. These activities (writing and storytelling) can be useful before writing radio drama or podcast narrative writing. You can propose them at the beginning of the workshop before starting the radio activities and/or creative activities.



# GET TO KNOW EACH OTHER



## THE STORY OF MY KEYS

- 1 Sit down in a circle.
- 2 Start by introducing your set of keys. For each key, give detailed personal information. For example : « This is the key to my house. I live in the middle of the fields in a small pink house. I have been living there since I was fourteen years old... This is the key to my electric bike. It is brand new and bright green. When the weather is good outside, I go to work by bike. It takes me 30 minutes. »
- 3 Invite people to take turns talking about their keys, addressing the entire group or after forming two-person teams.



## AN INTIMATE OBJECT

- 1 Ask each participant to bring an object they associate with love, sexuality or intimacy.
- 2 Ask participants to sit in a circle and show their object.
- 3 One after another, they tell the memory linked to this goal or to the story of this object.



## LEARN NAMES

- 1 Make a circle.
- 2 Start by stating something you are good at. For example : « Hello, my name is Damien and I'm good at baking. »
- 3 Ask the person on your right to repeat what you've said. Then, they have to introduce themselves by highlighting one of their skills too. For example : « This is Damien, he is good at baking. My name is Aïssa and I'm good at debating. »
- 4 Then, the person on their right repeats and adds something they are good at, and so on. This creates a chain of sentences. « This is Damien, he's good at debating. This is Aïssa, she's good at debating. My name is Dechen, I'm good at learning languages. »
- 5 Repeat until everyone has spoken



# WRITING ACTIVITIES



## THE EXQUISITE CORPSE

(ORIGINAL)

- 1 Create mini groups (from 5 to 6 persons for each group).
- 2 Give five containers to each groups, with a tag on each container
  - One container with a tag saying « names », which will be filled with words such as « grandmother », « he/she », « a squash »
  - One container with a tag saying « adjectives », which will be filled with words such as « purple »
  - One container with a tag saying « action verbs » which will be filled with 3rd person verbs , such as « sleeps »
  - a container with a tag saying “names 2” which will be filled with names too
  - Finally, one last container with a tag saying “adjectives 2”

⚠ containers must stay in the right order through the entire activity.
- 3 Ask participants to write on a piece of paper a word that matches the tags on each container and then to put the paper inside.
- 4 Then, ask participants to draw a word in each container and create a sentence out of it.

Usually this sentence doesn't make sense, like “the hairy fish sleeps on a pink cake”. Next, ask the different groups to draw all the words to make sentences and create a short story.
- 5 Ask each group to read their story in front of the others.



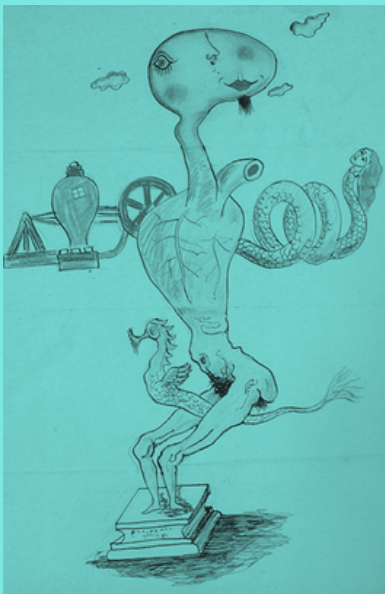


## THE EXQUISITE CORPSE

(MOVING VERSION)

- BEFOREHAND, PREPARE BY PLACING WORDS WRITTEN ON PAPER AND CUT INTO STRIPS IN A BOWL. USE RANDOM WORDS (ANY WORDS, ONE WORD FOR EACH PIECE OF PAPER)

- 1 Ask each person to write a random word on a piece of paper.
- 2 Tell participants to walk around the space, with their paper in their hand. When they catch somebody's eye, they have to stop in front of this person to create pairs.
- 3 Ask pairs to share their words and to write a sentence out of them on a piece of paper.
- 4 Then, ask participants to start walking together again. When they cross paths with another duo, all four of them have to share their sentences and write a story out of these.
- 5 Walk around the group and ask them to draw 4 random words out of a bowl that you will have prepared beforehand.
- 6 Give the groups 10 minutes to finish writing their story by adding the words you gave them.
- 7 Each group reads their story in front of the others

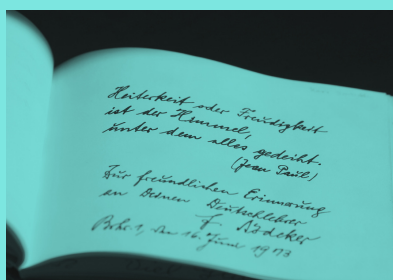
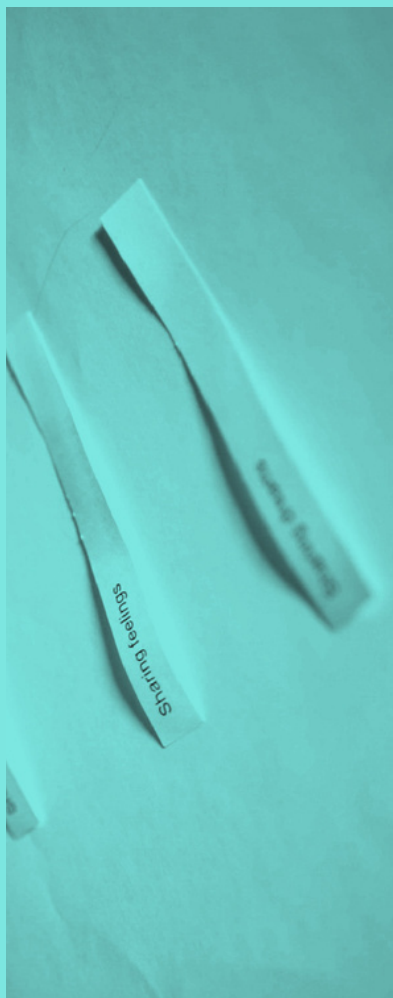


**CADAVRE EXQUIS,**  
André Breton 1927



## CUT OUT POEMS

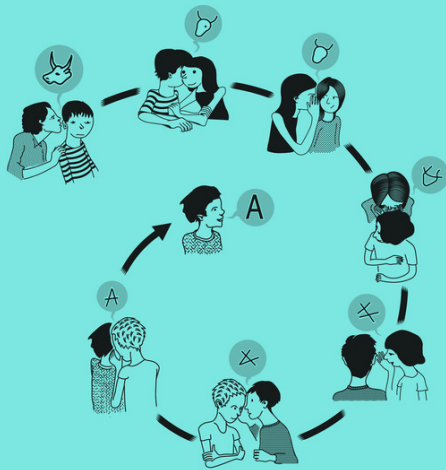
- 1 Leave participants a pile of magazines with texts ( you can also pre-cut out words beforehand ).
- 2 Present your own poem so that participants understand the aim of the activity : they have to cut words out of magazines in order to create their own poem.
- 3 Give participants some time to compose their text.
- 4 Gather together again, each person presents their poem to the others.
- 5 Revenez en grand groupe, chaque personne présente son poème aux autres.
- 6 Pin the poems to the wall.



# STORYTELLING



## LA RUMEUR



- 1** Think of a short story related to gender, sexuality or love. Take time to make it complex enough and add details.
- 2** Sit down in a circle.
- 3** Tell the story by whispering it in a participant's ear.
- 4** Ask them to pass on the story by whispering it to the person to their right.
- 5** The story has been passed on when it has been told to everybody.
- 6** At the end of the exercise, the last person tells the story.
- 7** Discuss the parts of the story that changed and those that stayed intact.



## MOVING STORY



- 1** Tell participants they are going to collectively create a story. Each person invents a sentence that will enrich the story.
- 2** Invite one person to stand first to propose a sentence that will mark the beginning of the story. They have to stand on one side of the room.
- 3** A second person stands up to propose the sentence that ends the story. They have to stand on the other side of the room.
- 4** The others stand up one after another to tell their sentence and position themselves in the room whether the sentence is close to the end or the beginning of the story.
- 5** Everytime a participant joins the story, people have to move again and repeat the sentences.
- 6** Once everyone has joined the story and chose a spot in the room, the latter is considered completed.







## FAIRYTALE

Beforehand, prepare a bowl with words to draw from, related to gender, love and sexuality. Mix them with words related to completely different themes. This activity can be done in mini groups in writing, or in a circle orally.

### 1 In writing :

Make groups of 3 or 4 people. Give each group a sheet of paper with a written sentence that is a cliché about fairy tales. : “ (Disney Princess’s name) is walking through the enchanted forest...”. Tell them they’ll have to write a short story from this sentence. Then, ask each group to randomly draw words in the bowl that you prepared beforehand. Ask them to add these words to their story. Next, take 10 minutes to read your stories to the others.



### 2 Orally :

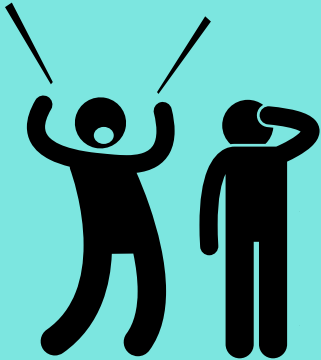
Gather in a circle. Tell the group that you’re going to tell a collective story and that each person will have to say a sentence. Start with “ (Disney Princess’s name) is walking through the enchanted forest...”. The next person draws a word in the bowl prepared beforehand and completes the story. And so on.







## IMAGINARY LANGUAGE



- 1 As an introduction to this exercise, start speaking in an incomprehensive way , by using non verbal communication to highlight your message ( body language, intonations, facial expressions).
- 2 Ask participants what it looks like you're saying.
- 3 Split the group in pairs.
- 4 Tell them that each duo will have to do a short presentation in front of the rest of the group. One will be a foreign senior official who came to give a speech, and the other will be their translator. The senior official speaks in a language that they invented, combined with gestures. Their translator invents a translation as they go along in front of the rest of the group.
- 5 If the participants aren't comfortable yet, they can train in pairs before doing it in front of the rest of the group
- 6 Wrap up the activity by asking a few questions: "How do you feel ?" ; "What are the difficulties ?" ; "Which role suits you better ?".



### Variation :

Instead of suggesting playing a senior official and their translator, propose improvising a dialogue between two people. One of them speaks in an imaginary language but the other one answers in french. You can specify the scene's context : "a break up scene", "an awkward first date", etc.



## THE HIDDEN OBJECT

FOR THIS ACTIVITY, YOU WILL NEED A NON SEE-THROUGH BAG WITH A SMALL OPENING AND OBJECTS ( FOR EXAMPLE: AN ORANGE, A SPOON, A PEPPER GRINDER, BROCCOLI...)

- 1 Beforehand, fill the bag with a dozen objects.
- 2 Sit down in a circle around a table.
- 3 The first step of the exercises is to touch the object in the bag and guess what it is without telling the rest of the group. Then the person must describe this object or tell a story that includes this object (without saying its name !). The rest of the group has to guess what the object is.
- 4 Set an example: Take the bag, close your eyes and dive your hand in it, choose an object without looking. Then start telling a story (for example, if it's broccoli): "Once upon a time, there was a little boy who wanted to surprise his parents. So he went to the supermarket to do groceries : he wanted to cook a meal. He arrived at the vegetable seller and bought a pepper, an onion and a vegetable : it is green, you can cook it, and most of the time children don't like it." Do not mention the name of the object !
- 5 Participants have to guess the object.
- 6 Take the object out of the bag and pass it to another person. They'll dive their hand into the bag and do the same. And so on, until the bag is emptied





# THE FIVE MEANINGS STORY

## Materials

- 4 non see through bag per team
- Different ingredients
- 4 small pieces of paper per person
- Paper sheets and pens

## Préparation



- Split the bags in 4 categories. Note their number on each bag. Bag n°1, Bag n°2, etc.
- For each category, invent a recipe. Be creative. Mix all sorts of ingredients. Here's a few examples :  
Bag n°1: coffee, pepper and curry  
Bag n°2: toothpaste and soap  
Bag n°3: scented candle and mint  
Bag n°4: shampoo and vinegar

## Instructions

- Split the group in teams of four.
- Place a bag of each category, 4 papers per person and pens on each table.
- Tell them to take bag n°1.
- Give them the instructions: close your eyes, open the bag without looking inside, don't speak, just feel. Think of a character : a person, an animal, real or imaginary.
- Close the bag and go on to the next person.
- After feeling the first bag, everyone writes the character they thought about through the smell, without telling the other participants.
- And so on with the other bags.  
Bag n°2 : Think about a place.  
Bag n°3 : Think of an action, a verb.  
Bag n°4 : Think of an emotion;





## Instructions



-After 4 turns, give the teams time to share their characters, places, actions and emotions.

-Take back the papers per category. You now have 4 piles of folded papers.

-For each team, let a person choose a paper of the “characters pile”, another one from the “places pile”, a third one from “actions pile” and a last one from the “emotions pile”. Each group now has a character, a place, an action, and an emotion.

-Each team now has to write a story that is based on these 4 elements.

-Then this story can lead to a radio recording.