

## CASSANDRA MASTERCLASS PLANNING TEMPLATE

### SESSION TITLE: NATURE CONNECTION

LED BY: ADAM MARKUSZEWSKI (PL)

SESSION OVERVIEW: This session led outdoors focuses on strengthening different kinds of bonds – with yourself, others and nature using the power of senses. Immersion in the landscape, being more present, relaxed can influence the way you tell the story. This session also brings few examples how to work with sense of imagination.

#### SESSION AIMS:

- strengthening different kinds of bonds – with yourself, others and nature to help you be more present and aware on the stage,
- working with sense of imagination, what can influence images that are in the story,
- feeling better and supported.

REQUIRED MATERIALS: something to sit on the ground, repellent if you need.

REFERENCES: FOREST BATHING / FOREST THERAPY



**CASSANDRA**  
SOCIALLY ENGAGED STORYTELLING

EXERCISE	DESCRIPTION (Step by Step)	PURPOSE/DESIRED OUTCOME	TIME (90 mins total)
Frame of the workshop Warm-ups Grounding Breathing excersises	<p>This scenario refers to forest bathing/forest therapy practices, which is immersing experience in the forest, park or garden. Participants are invited to use wider scale of senses (imagination, feeling the body, mirroring sense) They walk slowly, work individually, in pairs or in groups.</p> <p>Rules:</p> <ol style="list-style-type: none"><li>1. Respect that the forest is a home for animals. When you walk through and see them, sometimes you may have to change the route.</li><li>2. What I suggest it invitation. You can adjust it to your needs / understanding or skip it.</li><li>3. Beware of loose branches above you (especially when the wind is strong) or slippery roots of the trees.</li><li>4. Check yourself after the walk, if you have any ticks on you.</li></ol>	Storytellers feel more relaxed and focused. They also know a frame of the workshop, which gives them comfort.	15

	<p>In the beginning feel your feet on the ground. Change a balance (right and left foot, front and back). When you feel a weight of your body – start to drag out (focus on the parts of your body that needs that the most).</p> <p>Focus on your inhale and exhale. Feel the wave that moves through your body. You can put your hands on your belly and upper chest to feel that.</p>		
Introductory exercises	<p>Slowly start to walk. Be mindful of your body parts' movement in the space (arms and feet).</p> <p>You are still walking – when you see people around, look into their eyes and welcome them here only using your eyes.</p> <p>Then when you walk look around and try to find something interesting, that you didn't notice before.</p> <p>Start to point object in the space and say their names aloud. The second round - try to give random names to the objects when you are pointing them. That can help you think in abstract way. The third round – give a name of the object when pointing, then point yourself and say the name of the body part. That could help you on the stage be mindful of your current state.</p> <p>Choose your pair. Stand arm to arm but in opposite directions. Person who will start describe what can see in the front for 3 minutes. The listener just listens and tries to build that image in mind. Then the storyteller adds some action to the description (something starts to happen). It lasts 1 minute. Then there is change in pairs. After that pair can talk how it was to tell and listen to the story. Was there a change in tempo of the story?</p> <p>Listen to the nature sounds that comes to you – separately from the right, left, front, back and with a sound of your inhale and exhale. In the next step try to</p>	<p>Storytellers are more aware of what they see, hear and smell. Their imagination works better with the help of nature. They are mindful of their body parts even if they are telling the story.</p>	30

	<p>interpret intention behind the sounds of the birds (if not from birds – then from wind or river). Try to find words to express that and say that whispering. Then talk about your discoveries in the group of four.</p> <p>Now is time to develop sense of smell. Walk nearby in groups of three. When you smell something try to recall the memory, the situation or the place, where you smell similar thing. Try to talk more about it to your group members.</p>		
Main exercise	<p>Form pairs again. Walk nearby and try to name symbols (this stick/grass/tree is a symbol of... for me).</p> <p>Then look around and try to find symbols from your story, that your prepared for the workshop or your favorite (if you don't have a story for the workshop). Find other elements that are in common – smells, sights, sounds. What could your protagonist / antagonist feel in exact moment of the story?</p> <p>Exchange your findings with your pair.</p>	<p>Storytellers recognize the natural symbols. They can find them in their story and interpret their meaning easier. They feel the world from their story better with using senses.</p>	20
Reflection / Closing	<p>The group stands/sits in the circles of 5. The question for reflection is: how the atmosphere of the place or the landscape could influence the way you tell the story?</p> <p>Closing question for the one, big circle: Finish the sentence – Now I feel... and discovered.... Everyone is saying one sentence or skip the queue.</p>	<p>Storytellers are more aware how the atmosphere of the place or the landscape influence how they tell their story.</p>	25

