

NAME of activity	Slow motion
duration	30 mn
audience	From 10 years old
Pedagogical goal	Relation to the other, in the time and space. Body awareness.
Description	<p>We start to walk normally, on a delimited ground. When the trainer claps his hand, we start to slow down our walk, until we go slow motion. Every gesture, even face, eyes, mouth movement must go slow. We can get in touch with others, and say hello, slowly.</p> <p>Evolution : each time we meet someone, we play joy to recognize a friend : hug, laugh... After several meetings, we also recognize enemies, traitors. Then we start a slowmotion fight. We can mime the use of weapons, pain, kicks... The kicks must be done for true (until the impact). We have to wait for impact before reacting. Each kick must get a faster start and then immediately go slower.</p>
Material	none
Space	Big enough
Comments	
Restitution	Possibility to create an act in a play, with slow motion