

# Performing the Home

Staying home has never been more fun...

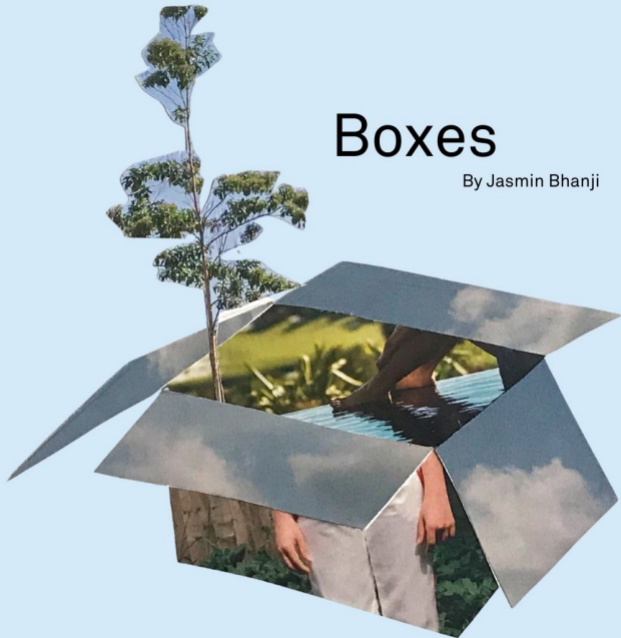
'Performing the Home' is all about working together as a family or in a group to find new and playful ways to explore your home and your surroundings.


The activities have been devised and designed by artists working in Live Art and Performance. They offer ways to be creative by using everyday objects, our bodies and our imagination.

Please abide by Covid-19 guidelines in your area and ensure children are supervised by an adult when undertaking these activities.

# Boxes

By Jasmin Bhanji





A lot of things get delivered to our homes in boxes.

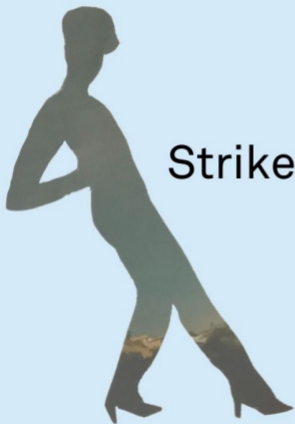
With a little imagination boxes can become somewhere else like a castle, a den, or a forest.

Can you fit your whole body inside a box?

Or just your hands or feet?

How many different ways can you fit inside a cardboard box?

Where would you post yourself if you could?



# Strike a Pose

By Harold Offeh



A pose is created when you hold still and don't move for some time so you can be photographed, drawn or painted.



Working together in a group.  
Write or draw about something you really care about.  
It might be a place, a person, an animal, an object, a problem you would like to solve, or something you would like to change.

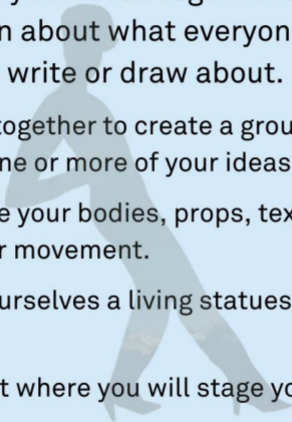
Collect all your ideas together and have a discussion about what everyone has chosen to write or draw about.

Now work together to create a group pose based on one or more of your ideas.

You can use your bodies, props, text, but no speaking or movement.

Think of yourselves a living statues or sculpture.

Think about where you will stage your poses.





When you're ready please present your poses.

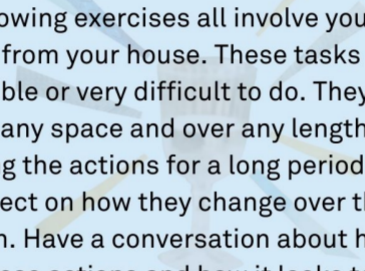
You can document your poses by taking photos.

Have a look at the photos, are there connections to the writing and drawing you started with?



# Object Actions

By Martin O'Brien



The following exercises all involve you using objects from your house. These tasks are either impossible or very difficult to do. They can be done in any space and over any length of time. Try doing the actions for a long period of time and reflect on how they change over the duration. Have a conversation about how it feels to do these actions and how it looks to others as you do them.

# Object Obliteration

Find an object in your house.

Choose something that is not precious or important.

Obliterate the object.

Destroy it until there is nothing left.



# Object Balance

Work with another person.

Find an object in your house.

Choose something which is awkward  
or difficult to hold.

Balance the object between  
your bodies.

Hold the position for as long  
as you can.



# Object Moving

Find an object in your house.

Choose something which you often touch or move.

Move it around the room using a part of your body not ordinarily used to touch it.



# Object Shatter

Find an object in your house.  
Choose something made of glass.  
Using only your voice, try to  
shatter the glass object.



# Object Levitation

Find an object in your house.

Choose something heavy.

Using only your eyes, try to make it float.





# These are the things I can do without

By Jasmin Bhanji



# What are the things you could do without?

There are material things we might think we could do without, like too much plastic packaging, or old DVDs no one watches anymore.

There are also many worries and pressures we could just do without in our lives.

Life can be frustrating and confusing sometimes it's good just to let it all out, and make lots of noise.

Stomping about and making a rumpus can make us feel a bit better.

(Max makes a wild rumpus with his wild thing friends in Maurice Sendak's book 'Where the Wild Things Are', if you have a copy why don't you start this activity by reading it together.)

# Become someone or something else for a moment.

Sometimes it's easier to be honest about your feelings and emotions when you are pretending to be something or someone else.

See if you can find materials to dress up in and as a group form a parade or procession.

Your parade outfits don't need to take long to make, paper bags make great masks and crowns.

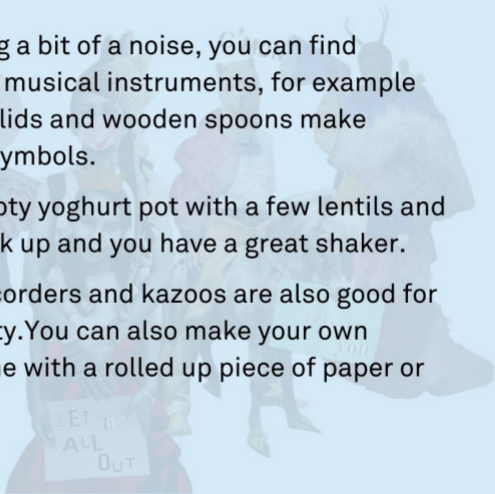
Other people's clothes are good for an outlandish outfit swap as they always look a bit funny, too big or too small. Drape yourselves in a tablecloth, or wear everybody's scarves at once!

# Make some noise.

For making a bit of a noise, you can find makeshift musical instruments, for example saucepan lids and wooden spoons make splendid symbols.

Fill an empty yoghurt pot with a few lentils and seal it back up and you have a great shaker.

School recorders and kazoos are also good for this activity. You can also make your own megaphone with a rolled up piece of paper or card.



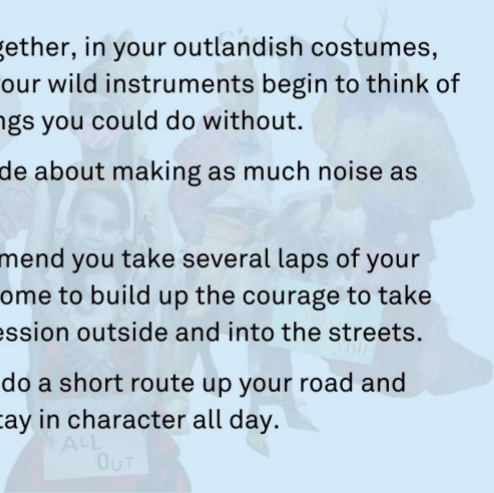
# 'Now let the wild rumpus start!'

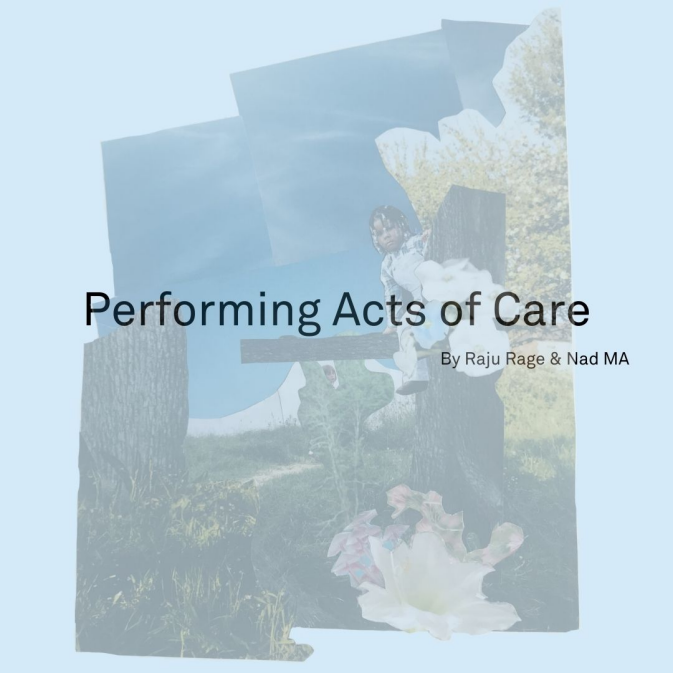
Gather together, in your outlandish costumes, and with your wild instruments begin to think of all the things you could do without.

Then parade about making as much noise as possible.

We recommend you take several laps of your room, or home to build up the courage to take your procession outside and into the streets.

You could do a short route up your road and back, or stay in character all day.





# Performing Acts of Care

By Raju Rage & Nad MA

Let your body guide you...

Stop what you're doing/ take a break.

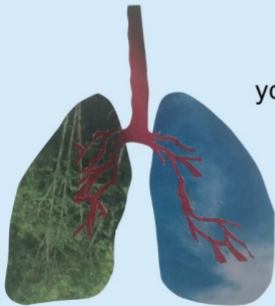
Sit in a comfortable place.

Close your eyes.



Take a deep breath and repeat 3 times, each time going slower and deeper.

Release the tension or anything you feel doesn't belong in your body.



Listen to the sounds of your own breath or another person breathing.



Open your eyes.

Rub your hands together vigorously and place on opposite shoulders.



Find an object in the room using sight or touch.

Think about the story of this object.

What is it made from?

What does it feel like?

Who made it?



Tell yourself or someone else the story of this object, describing as many details or possibilities, real or imagined as you can.




Make the story as believable or unbelievable as you want.



Shake your body and change your position.

Move towards a window or somewhere with more lighting. Let your body guide you.

Notice the difference in your environment, the colours, shapes and textures as you tap and squeeze your arms.



Go to various rooms or places.

Bathroom - turn on the tap and feel the water running over your skin. Imagine a place in nature with water.

Kitchen - put a handful of rice/beans/lentils/grains/spices in your hand and sprinkle them from palm to palm. Imagine a recipe while you feel the sensation.

Garden - take your shoes and socks off, feel the ground underneath you feet and think about how deep it goes down.

How does it feel? What can you smell?  
Are you alone or are there other living beings?  
What else do you notice?

Lay down where you are.

What kind of memories come to you?

Picture the memories step by step as you rub  
your belly in circles.



Get up slowly... find a mirror, a window, someone else... Now find a pen and paper.

Look at yourself in the reflection or at someone else in front of you.

Hold the pencil to paper and without looking down or lifting the pencil off and keeping the gaze, draw what you see or imagine.



Reflect on your drawing.  
Is it what you expected?

What is the same, different,  
new, changed, or  
exaggerated.

What does the drawing  
tell you about yourself  
or the other person?

Lay back on the floor.

Squeeze or move the bottom part of your body.

Rock from side to side  
or up and down.



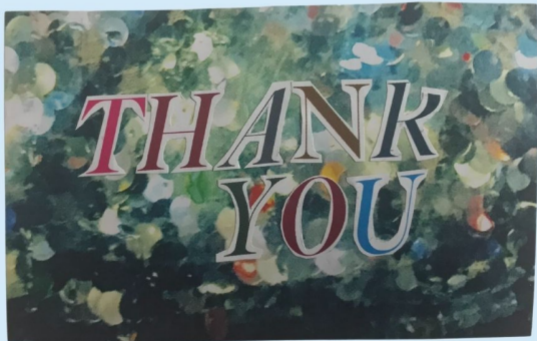
Sit up carefully.

Rub your hands together  
until warm and place  
them on your heart.

What emotions do you feel?

Say thanks to your body, other persons  
and beings for sharing energy.

Do this with a gesture.





# Touching from a Distance

By Helen Davison

Find a sunny or a well lit spot where you and at least one other person can cast a shadow.

How many different ways can you make your shadows touch?



# Oracular Practice

By SERAFINE1369



Pick a book that you are drawn to...

Find the page that corresponds with the age of the youngest person in your group.

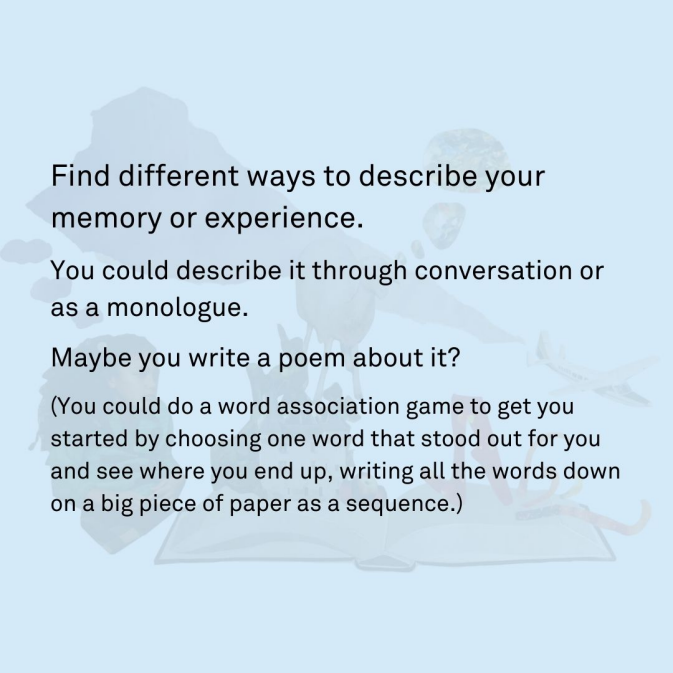
Read the words on the page out loud and look at the images (if there are any) describing what you see aloud to one another.

Which words, phrases, images and ideas stand out?

Use these to guide your action or activity.

Perhaps on the page is an action you can perform of or activity you can do?

Maybe you are reminded of a sensation, a place or a scent?



Find different ways to describe your memory or experience.

You could describe it through conversation or as a monologue.

Maybe you write a poem about it?

(You could do a word association game to get you started by choosing one word that stood out for you and see where you end up, writing all the words down on a big piece of paper as a sequence.)

Maybe you try to recreate the moment as best you can?

Move the furniture and objects in your space around to support this recreation, invite the people you are with to be the players in this scene (give them their lines and actions to perform).

To set the scene think about the colours, the objects, the textures, the smells?

What happened, what was said?

What was good about that feeling - or what would have helped to change that feeling if it wasn't a good one?

Maybe you perform the experience with your body without using words at all.

For example if it's a memory of feeling very warm and you might dance until you feel hot, or wrap yourself in multiple layers of clothing or fabric, or even take a bath or a hot shower.

Perhaps you are reminded of a song and you play the song and dance to it on repeat three times.

Maybe the things that stood out for you are answers to questions or problems you have been trying to solve, think about whether this could be the case...

Maybe the page guides you to do something completely different - follow your intuition!

# The Space between Us

By Harold Offeh





You will need at least two people for this task...

Standing side by side...

Make your knees touch.

Then make your shoulders touch.

Hold this position.



Have a look at the spaces created  
between the points where your  
bodies are touching.

Now find other points of  
connections, using different  
parts of your body.

See if you do a t least 5 versions.



Look for interesting shapes created by your points of connection.

If you have a camera you can start to photograph the different shapes you make.

Talk about the shapes and the results you get.

Tip. If there are only two people you can stand in front of a mirror, this makes it easier to see the shapes you have created.



Share your performances and see how other families have been Performing the Home by using:

#performingthehome  
@whitechapelgallery