

*Title	Dancing with shadows
*Duration	30 - 40 mins
*Nr of participants	5-20
*Logistics (space, materials...)	If possible, a room that can be quite dark. A white wall and two lights. Pencils, cardboard, scissors, tape and sticks .
Precautions	Consider that some of the participants may feel uncomfortable with the darkness. Ask about it and keep some illuminated corners in the room. If some participants can't use scissors, shapes can be cut out from the cardboard also by hands; shapes needn't to be precise.
*Objectives	Self confidence, trust building, non verbal communication, boosting creativity and imagination.
Preparation	Create a kind of projecting screen on a white wall, with two lights pointing towards it, a 2/3 mt distance
*Description	After a warm up of hands and wrists in circle, play with the music using rhythm and melody as an inspiration. Then each one can explore how the shadows of her/his hands and possibly body look like by using the lights pointing on the wall. Give each participant a piece of cardboard from which they can cut out a shape. Fix a stick with the tape on the back of the shade. Now the participants can explore how the shadows of the shades look like. Shades can dance with music, meet, play short scenes...
Evaluation and reflection	Have a chat together commenting on the various phases of the activity.
Origin	Puppet and shadow theatre.