

Friendship

Session 6

TIME

90 min.
including
break



Art of learning

THEME

3



WARM UP: NUMBER GROUPS

This will happen:	The group will get used to listening to instructions as they move. In number groups, students talk and make pictures about the text in the song 'Who can sail'.
Materials needed:	
Preparations in advance:	
Preparations:	
The space looks like this:	Open space.

GUIDANCE:

1. The class walks in the space. Use the whole room. Everyone walks on their own without touching anyone else. Adjust pace, gaze direction, relaxing the shoulders, keeping hands out of pockets, using friendly instructions. Focus on using the whole space, not bumping into each other, not walking in circles. Increase the difficulty: Go quicker but without colliding and introduce eye contact, smiles and saying hello with the others in the room, moving silently
Advancement: Say a word, and then 3-2-1 freeze! On "freeze", everyone should stand as statues in a pose associated with the word that was just said. Feel free to choose words from the whole Theme 3, for example, Lena, Anne-Marthe, Hege Susan, safety, trust, mind reading, falling and so on.
2. Then put on the song 'Who can sail'. Ask everyone to walk and listen to the song. Ask them to think by themselves: what is the song about?
3. Then say a number, and students form a group with that number of participants, quickly. (Stress the speed to get everyone to find people close to them, avoiding people from 'choosing' group members.)
4. When a number is spoken, students go into groups. In their groups they should:
 - a) Discuss: What is the song about? Discuss as a group and ensure everyone contributes to the discussion.
 - b) Repeat bullet point no. 4, to form a new group. In the new group they will discuss select a stanza from the song and create an image from that stanza.
 - c) Repeat bullet point no. 4, to form a new group. In the new group they will select a stanza from the song and create an image from that stanza.
5. Transition to the main activity.

REFLECTION: MIND READERS

This will happen:	By reading each other's thoughts, in pairs students reflect on the theme of friendship.
Materials needed:	
Preparations in advance:	
Preparations:	
The space looks like this:	Open space.

GUIDANCE:

1. Students work in pairs, working with a partner who should be someone they haven't worked with recently. Help those who need support.
2. Pairs find a place in the room they want to start from. Help those who find this difficult.
3. Ask students to choose a position: stand/sit/lie down or walk. Either way, they should have a body part in contact or close.
4. Ask if everyone is okay. If everyone is okay then they can start.
5. Tell them to transfer thoughts to each other. It's not easy and it can take a long time to get it right. It can help to be close and have body contact.
6. Let's start. One person in the pair (they decide) starts by thinking about what they're going to remember/take with them from the friendship theme. Remind them it's important that they just choose one thing, and that they think about that one thing as hard as they can. They should try to push the thoughts out of their head into the head of their partner. When the 'thinker' is ready/has finished thinking, they give a clear sign with their hand or nod their head to their partner. Then it's the other person's turn.
7. Ask the pairs to discuss and guess what the other was thinking. Did they find out?
8. Group reflection: What was it like to have to make so many choices for themselves? Reflect on any challenges identified about having a free choice to find a partner – how to do that and make sure it is okay for everyone? Is it possible to transfer thoughts? What do they remember/take with them from this topic of friendship?

NOTES

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MAIN ACTIVITY: WHO CAN SAIL – FILM

This will happen:	The students will learn 'Who can sail' and interpret the text. Then they bring together content from the entire Friendship Theme, which is filmed and possibly shown.
Materials needed:	Something to play music on. Something to film with and to screen the film on – a screen/projector.
Preparations in advance:	Test that the technical equipment works.
Preparations:	Test that the technical equipment works.
The space looks like this:	Open space – preferably a large room.

GUIDANCE:

1. Imitate the stanzas from the song, with tune, (either while still in the set-up from the warm-up, or everyone gathered in a circle):

*Who can sail without wind
Who can row without oars
Who can be separated from his friend
without shedding tears?*

*I can sail without wind
I can row without oars
but not separated from my friend
without shedding tears*

2. Discussion: What is the song about? Who could have written the song? Why? What kind of feelings might the song writer have had when writing?

3. Everyone sings together, singing it in different ways (with different emotions, pace, in unison). What version fits the content best?

4. Conclusion: What have they been doing these last two weeks? (focus on content, but also on the various exercises). Repeat what the song is about.

5. Divide the students into groups. Explain that they're going to use the song and what it's about and make something new out of it. Start with the song and one or two of the activities they've done in the Friendship Theme and make something together as a group.

6. Let the groups work on their own with their task. If someone is stuck or finished early, help them with suggestions of how to improve.
Give time for the groups to practise so they can remember it well.

7. Connect everything into a common 'piece' where all the groups perform at the same time, in different places in the room. If needed, use a clap to start and end. Feel free to create a frame, for example, everyone singing 'Who can sail' together, or keeping the music on as a backdrop. Remember that this is a work-in-progress, in which the process is in focus (not the result).

8. Try it once without filming. If necessary, allow time for adjustments/practice if necessary.

9. Viewing/filming: Use clap as a start. Everyone does their part at the same time and this is filmed.

10. The film can be shown immediately afterwards or saved for another time.

NOTES