

1. First Walk 'n Talk walking and poetry reciting meeting 24.3.2018

- Reading and discussion of selected texts
- Warm-up- body, mind and voice-opening exercises
- Taking control of your surroundings and creating a friendly atmosphere
Walking in your surroundings: when one person stops, everybody stops
when one person moves, everybody moves
- Each student chooses one of his/her poems

A.Experiments in pairs:

Walk taking small steps towards your partner and recite the poem (slowly), change places..

Walk towards your partner taking long steps and recite the poem (slowly), change places.

Questions: What understanding, feelings, impressions did the walking style create? (did it affect the tone of voice, maybe the interpretation?)

B.Same with new walking styles:

Walk very briskly and recite the poem to your partner, change places

Walk very slowly and recite the poem to your partner, change places

Questions: What sensations did the text give you, how did it affect your perception, interpretation, voice.?

- Changes of pace: slow moving, normal, brisk, hurried, under threat.
- Same poems again, one partner acts, the others observe:

Walk waveringly and recklessly and recite the text to your partner, who walks straightforwardly and calmly. Change places. Impressions?

NOTE: You don't need to know anything as it is all play and experimentation, so called poetry-gymnastics.

2. Second Walk and Talk walking and poetry reciting meeting 28.4.2018

- All the poems are read/recited followed by a short discussion on feeling
- Warm ups- body, mind, voice
- Taking possession of the surrounding space
 - Ex.Walk in straight lines, curved lines, zigzagging. SYHERÖÄ
 - Walk like a hurried bureaucrat, a pickpocket, a 5 year old, a 95 year old, the owner of the world.

One partner acts as the rest watch:

In the exercise at all times one is either walking and reciting the poem or walking and listening to it.

Don't use your own words, everything is expressed in gestures, tones of voice, and the lines of the poem in the same order as it is written.

- 1.a. You are walking in a summery meadow and discussing in the words of your poem.
 - b. You arrive to a roaring rapid and walk along the rocky edge
 - c. You get on to a path in a park and try to overtake a cranky mother who is trying to put her baby asleep in the pram.
- 2.a. You are walking along train tracks with your partner and speaking in the words of your poem.
 - b. A train is arriving, fear and terror, you try to get off the track on time.
 - c. You are safe from the train but are walking in the middle of nettles.
- 3.a. You're walking on a frozen lakes' slippery ice, and speaking in the words of your poem.
 - b. You slip through the ice and slosh about in the cold deep sludge.
 - c. The sludge melts to water which begins surging
- 4.a. You're walking in a May Day parade speaking in the words of your poem.

- b. You escape to a bar, where the walk continues along Elvis's beat.
- c. You end up walking the bar owners cranky dog soothing it with the words of your poem.

Wrap-up

For e.g. someone in the circle says a positive word that comes to mind from the meeting/activity

3. Third Walk and Talk walking and poetry reciting meeting

Warm-up:

- Everyone walks around the space, when the eyes meet, both freeze in place, then continue when hey, somebody else has touched them and melted them.
- Walk up and down the space in pairs: fast/slow, feeling big/feeling small, proudly/laggardly, happily/sadly, shy/open, calm/ alert, sullen/gentle, Voice warm-ups in Maire's way

The following is done always in groups of three, where everyone walks around all the time and one person speaks at a time.

1. They cautiously approach a hibernating bear, a 1st person recites his/her poem, when the bear wakes up the second one starts reciting his/her poem and everyone backs off quietly in terror. They get to a village main street where a third person announces the bear trek using the poem's words to the whole village, whilst the other two brag along.
2. They walk around as a group in the space and study everything with a magnifying glass and one person recites his/her poem. Something is found, the second person grabs it and recites his/her poem whilst explaining that something. The third person grabs it and victoriously walks around bragging about his find to everyone as the other two try to be noticed (the group decides who is who).

3. Everyone moves and walks around the square as hawkers, the first person recites his/her poem, goods are sold and the second person enthusiastically recites his/her poem, business is good and an even more enthusiastic third person sells in his/her poem's words. The excitement grows all the time.
4. A mannequin show that a first person describes with his/her poem. It shifts to a youth fashion show, and everyone walks sloppily and in a bad posture as the second person speaks in a Helsinki accent stretching the words and hissing the "s" letters. Changes to a presentation of the Finnish national teams' uniform, with a weightlifter and a shot-putter as models and narrating with his/her poem as Antero Mertaranta.

If there is time left, then we'll look at the poems done at the beginning of the exercise with the walking styles (rakish-shy, alert-slow etc.)

Wrap-up: give a word to the others in the group to take home

4. Fourth Walk and Talk walking and poetry reciting meeting

Warm-up:

- If possible walking is done outside- during the walk the participants in talk in turn about the achievements, difficulties and tips on memorizing. (Same can be done indoors).
- Walking across the space in pairs: feet facing inward- outward, hips in front- butt on the ground, chest open- chest pressed in, chin up- chin pressed down to the chest (sensations, remarks)

Voice warm-ups in Maire's way

The following will be done in clusters of poems:

1. First cluster (Maire, Leena, Mari, Hannu, Kalevi)

Door-Maire in the centre, 4 behind- at each call someone always steps curiously forward "to open the door". At least there's a draft - laughter and all five of them walk away in contact with each other.

Poems like paintings in a glass - always stop walking when Leena starts speaking and then continue (you may also try adjusting the body language of the warm-up walks).

Fanatical orchestra- Maria on the left, the rest on the right in a cluster, Maria shrieks loudly and the others march in unison stressing the words with their steps. One may also pat one's thighs etc. Finally, they slump over each other.

Whistling- Hannu alone in the middle, the rest are still in a cluster to the right, Hannu speaking lively, the others gather curiously around him.

On the verge of disappearing- Kalevi remains alone at the front speaking, the others plod along slowly in different directions looking over their shoulders at Kalevi. "Nothing is permanent." After which all six on their backs. You will listen to Kalevi whilst looking down.

2. Second cluster: (the previous ones remain + Tuula and Airi)



Co-funded by the
Erasmus+ Programme
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Spring- Tuula goes to the middle in a lively manner, the poem begins as they are already walking and everyone rushes and turns into a stream behind Tuula (as in the picture of our publicity). The stream winds around with bending knees throughout the poem.

Summers we remember- Airi moves as she wishes, the rest listen as they read books, biting on blades of glass, following ants. Gazes often towards Airi.

Berliz- Everyone slings their rucksacks to their backs and start the walk. Maria takes contact according to the text. She often gets everybody's attention at the same time, and off and on everyone stops and then starts moving again.

Harried by a bee- everyone takes their shoes off and starts taking shots at the bee, quickly everybody to the front of the stage with their rucksacks, Airi in the middle. Everyone full of zeal and gusto during the entire poem and looking at the audience.

3. Third cluster (everyone remains + Heikki)

Elephant (walks in the same way you did them the last time)

4th.-6th-cluster will be rehearsed at a later date.

7. Seventh cluster (jump here, so that everyone arrives, meaning Inkeri and Risto)

I love a wide range of men - Inkeri performs alone in the way she desires.

Oh, dementia that is? As a continuation of the previous poem.

Lingered in the waterway- Risto begins by speaking to Inkeri, Risto has the whole stage to move on. Slowly more listeners begin to gather on the stage, with different styles of walking they sort of crowd around Risto (about a metre away).

If you get ideas, you can make changes.

Wrap-up: Thoughts, words. Finally everyone in a circle with their hands on each other raised from down up like football players and power cry together..

