

## WHO/WHAT ARE PEOPLE?

### WE ARE

Shaped by our environment

Tool users...

Adapters to culture...

Members of identity and geographical communities

We behave

We are who we are...

### AND, WE ARE ALSO

Shapers of our environments

Tool makers

Creators of culture

Builders of new communities

We perform

We are other than who we are/We are who we are becoming

# The Basics of Improvisation

Improvisation is the ability to say “yes, and” – to actively listen, accept “offers” and build with them.

Yes, and... helps teach active listening, which is crucial to being present in the moment, rather than thinking of what to say next.

Improvisation creates a “level playing field” where participants can go beyond the scripted roles and attitudes that prevent us from growing as adults. It’s not about “knowing what to do”, it’s about building the ensemble and making the group look good.

Improvisation is created collectively. One person is neither solely responsible for, nor credited with, the development of the performance.



## WHEN SEEN AS AN OFFER AND NOT AS TRAGEDY

Dementia is an opportunity, if we so choose, to be improvisational, to be silly, to play, to free ourselves from the constraints of truth and knowing and assumptions.

It invites us to go outside our comfort zones and create environments in which “non-knowing growing” is possible for everyone.



# PLAY AND PRETENDING



We learn and develop by performing with others who we are becoming.

# WHY PLAY?

The opposite of play is not work. It's depression.

*Brian Sutton-Smith, anthropologist and play theorist*

Our world needs to develop. By development, we mean creating new responses to existing situations. These new responses can be feelings, ways of thinking and understanding, ways of seeing and talking and doing your relationships, and more. If we only do what we know how to do, we remain trapped and continue to suffer. **And that's why we play.**

