

Why bodystorming will
change your life forever,
for free, right now.

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[http://vimeo.com/](http://vimeo.com/5968946)
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1st rule of bodystorming:
Don't talk ideas.

Computeritis is a
growing problem
and bodystorming
the answer.

The essence of
bodystorming is group
sketching/acting out
ideas with our bodies
and props.

The energy of
Bodystorming is from
the way people
are people.

**Bodystorming is a quick
way to generate & see &
communicate ideas.**

Bodystorming is people
working together in tight
generate, do, learn cycles.

Rules for Successful Bodystorming

Use your body to ACT OUT your ideas Don't talk about your ideas, act them out

This is poetry slam meets hacking Participation - no "trees" in the background

RULES - Guidelines

No "Trees"

Use your body to ACT OUT your ideas Don't talk about your ideas, act them out.

Ok to narrate, but no reading

Not a prototype, but a sketch. So use call outs/labels/shortcuts

Some Suggestions

Use large cards that label who the different people are playing

Use thought-bubble cards to show what an actor is thinking versus what they are saying. “Good morning to you, How can I help you?” while someone holds a thought-bubble card above their head that shows they are really thinking “A-hole.”

Have a narrator, or color commentator that explains things to the crowd. That keeps the meta-talk to a minimum.

The narrator can pretend it is like watching TV and use a TV controller, to stop action, rewind, or fast forward.

Your props can have feelings, thoughts, and they can talk.

When your group is working through its presentation, try to approach it with the spirit of improv’s “Yes, and . . .” rather than “No, but . . .”

Our Expectations

You will be tired, exhausted, excited, and happy.

You will have experienced a bodystorm and be able to talk about it

Some of you will want to try it again with variations

You will both be able to experience it as actors and audience