

TEATRO  TELAIO



HUGS



# «HUGS»

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Two pandas are building each their own house. They meet. They look at each other. They like each other. And then? How can they express their affection? How can each one let the other feel their heartbeat? How can they share the most precious gift of all? They have to go to school, a special one in this case: a school of hugs. Yes, because through hugs we can express many things: we can find courage when we're afraid, we can celebrate a victory, the joy of a meeting or the hope of meeting again when we take leave of one another. In this way our two pandas learn to show their feelings until they're able to share the greatest of all, that makes the world colorful and even makes bamboo grow.

Our starting point was a reflection on the communicative power of a simple gesture such as a hug: we are born from a hug, a hug is what we most often seek when we feel upset, when we meet someone again after a long time, when we want to express an uncontainable joy. As a gesture, it's the perfect depiction of sharing, of union, of tenderness. It's a gesture which children seek and feel as natural within their scope of affection but which must be learnt again and again with each new meeting. HUGS represents, then, a new step on the part of 'Teatro Telaio' towards a phenomenological exploration of the emotions. After having witnessed the birth of a friendship in 'The story of a child and a penguin', in this new chapter we explore emotions and just how difficult it is sometimes to express them. We feel certain that this is an area which can be both amusing and touching, able to help everyone - adults and children - reflect.

# Why a hug?

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«**hug**: *noun* The act of squeezing someone tightly in one's arms, typically to express affection.»

*(English Oxford Dictionary)*

**Debate with classmates:** A hug is a kind gesture: it's not easy. Is mocking easier? Is being aggressive easier? Of course not. We need a kind gestures' school!

**Suggested exercise - "Kindness training":** have children sitted in a circle and then, in turns, one stays in the middle with his/her eyes closed. Other children will approach him/her silently, one at a time, and will perform a kind gesture to him (a caress, a pat on a shoulder, a hug...)





# Do pandas hug?

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Pandas are mammals from the *Ursidae* (bears) family and mainly live in China. Pandas are quite clumsy and their survival as a species is put at risk by their scarce inclination to socialization and reproduction: in the world there are less and less pandas and, at this rate, soon there will be no more.

**Debate:** how difficult is it to let other people know that we love them? How hard is it to approach friends and relatives when we're tired and just don't feel like?

**Suggested exercise** - "Contact game": standing in a circle, kids will make eye-contact with their classmates. Afterwards, while moving through the room, they will have to keep eye-contact, exchanging silent signals. Guided by the trainer, they will gradually experience further types of contact (handshake, kiss, ... till they get to a hug)



# Who's hugging in «Hugs»?

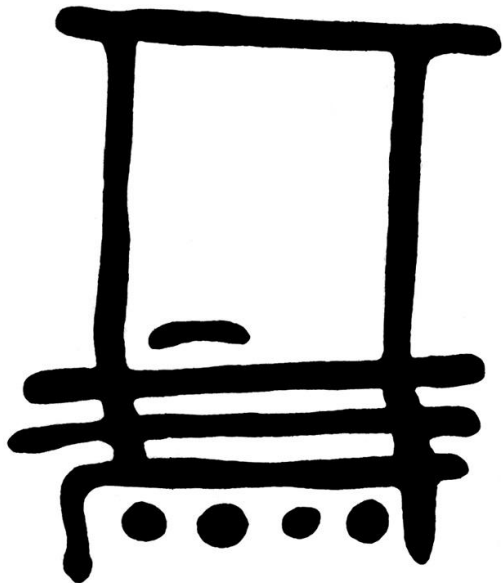
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Two panda-actors move in front of a bamboo stage-design, wearing costumes that recall silent films. They court each other like you used to in the old times, with old-times music... but after a while they seem to struggle, because understanding each other is not easy at all. Luckily then Hugs-school arrives, to teach them not to give up as soon as difficulties pop up. They'll learn that our bodies and gestures communicate and convey much more than our voice and words. So... it's about time to hug!

**Suggested exercise - "Invent your own hugs":** kids now know how to hug and they can be creative: they can start from basic hugs, guided by the conductor and then they'll go free, inventing different types of hugs for any occasion.

# «HUGS»

with Michele Beltrami and Paola Cannizzaro  
Directed by Angelo Facchetti



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