

(This is an exercise which works in the same way that a cookery recipe would work, and is therefore open to be interpreted and adapted as seen fit. It guides participants through the basic steps to create a solo action/performance piece in their own time, asking them to consider its documentation to later share it with their peers.)

## **RECIPE FOR ACTION**

Start by selecting a location. As your action should be witnessed by others, make sure that there is an audience (it could be a public space with passers, or perhaps even an online platform). Familiarise yourself with your chosen location by visiting it at least twice, at different times. Then select a starting time and an ending time for your action. The duration could be as little as 10 minutes or as long as 24 hours, it could be dawn or dusk, night or day. Now select one of the following instructions as your stimulus (if you dare, select it at random by rolling a die or using some other chance procedure):

Exhaust yourself – exhausting all possibilities

Transform the space into its negative

Create a world within this world

Erase yourself

Go from the minuscule to the enormous and back again

Fight against a limitation

It is recommended that you plan out your action (though that does not necessarily mean you need to rehearse it as such). You may want to start out with the following materials: post-its, sketch pad, pens, etc. Don't be afraid to change your mind; let ideas develop, collapse upon themselves, and re-emerge transformed from the wreckage. You may want to design your action by setting yourself formalist rules (i.e. never come into contact with the floor; repeat the action forwards, then backwards; only move in diagonals). You should also be aware of any health and safety implications of what you do (don't do anything illegal or anything that would put you or others in danger). Finally, before you carry out your action, you should plan how it will be documented. Be as creative as when devising the action itself and don't be afraid to go beyond the use of photography or video. Consider the relationship between form and content, asking yourself: how and through which means would this action be best documented? In order to document your action you may want to enlist the help of another person. Now, enjoy!

You should bring the documentation of your action to the next session to share it with your colleagues.