



3.1

MODULE 3. Performance for Futures  
Act 1 – Image Theatre and Rainbow of Desire

# Performance for Futures

Act 1 – Image Theatre and Rainbow of Desire



# Contents

Welcome to Performance for Futures

## **Act 1: Image Theatre and Rainbow of Desire**

Key concepts from theatre and performance

Key concepts from futures studies

Inspiration for this Act

Before the act

During the act

After the act

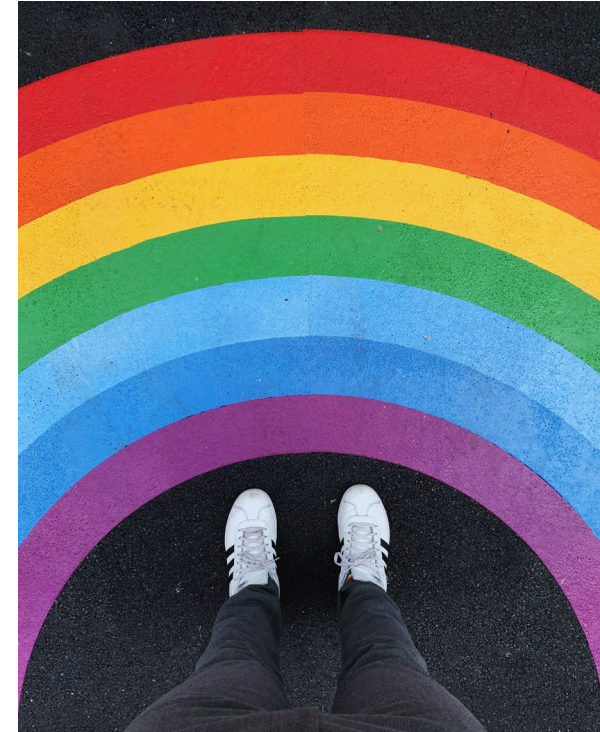


Photo by Carlos de Toro on Unsplash

# Welcome to Performance for Futures!

In this module, we aim:

- to acquaint you with some concepts and ideas from the world of theatre and performance;
- to give you a broad overview of some concepts from Futures Studies;
- to apply these to thinking about your futures in ways that will help your personal and professional development;
- to have fun together!

# Act 1: Image Theatre and Rainbow of Desire

‘Image Theatre and Rainbow of Desire’ deals with the images you have of the future, and starts to look into what you think may happen (probable futures), what you want to happen (desirable futures), and how you position yourself in relation to those.

# Act 1: Image Theatre and Rainbow of Desire

In this act, you will:

- be introduced to some techniques developed by Brazilian theatre director Augusto Boal;
- materialise and embody the Images of the Future you may have;
- give actual, physical shape to your emotions and feelings in relation to those images;
- consider personal choices and career paths, and the hopes, fears and desires that drive them.

# Concepts from theatre and performance

## **Image Theatre:**

a way of establishing narratives and communicating ideas or feelings in performance which bypasses the verbal and allows images to speak for themselves.

## **Rainbow of Desire:**

a set of techniques developed by Augusto Boal to help participants overcome internalised oppressions, and allow them to reclaim agency and creativity.

“In the affective dimension, people can project their memories and experiences onto the aesthetic space.”

(McLaverty Robinson, 2017)

# Concepts from futures studies

## **Probable futures:**

The images of the future we hold that are based on current trends, things we believe are likely to happen in the time after now.

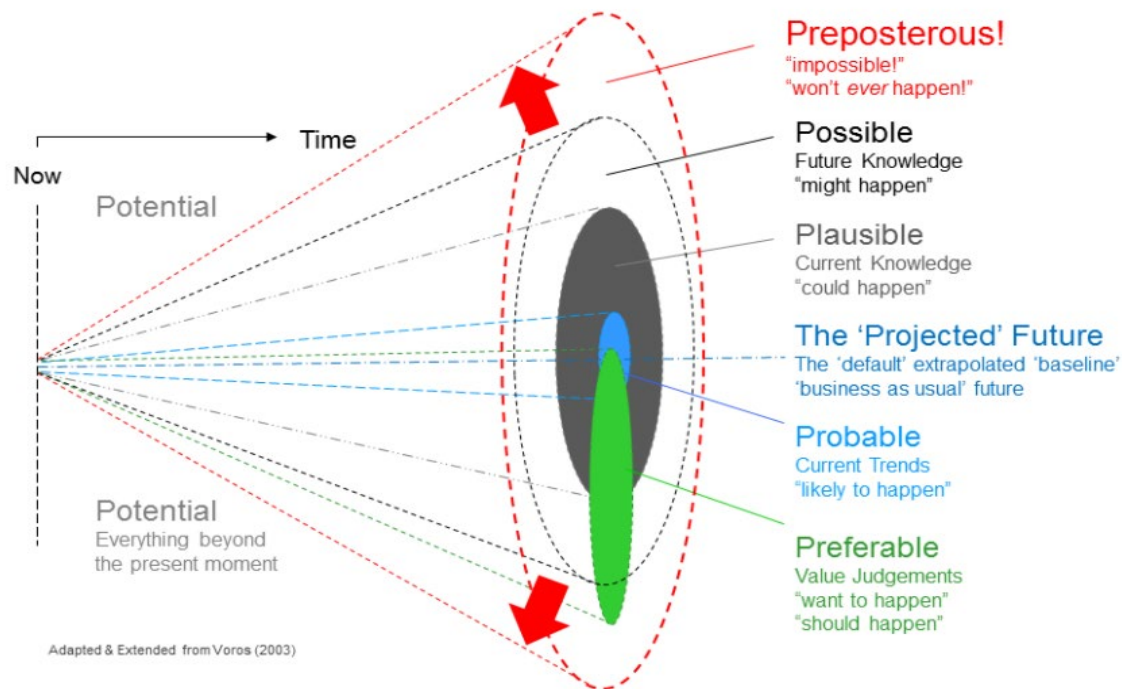
## **Preferable futures:**

The images of the future we hold that are informed by what we want to happen, what we wish would happen, or what we think should happen in the time after now.



# Inspiration

- Augusto Boal – [https://en.wikipedia.org/wiki/Augusto\\_Boal](https://en.wikipedia.org/wiki/Augusto_Boal)
- Joseph Voros – [The Futures Cone](#)



# Before the act

Select a piece of music (song or instrumental) that somehow makes you think about the future.

It could be something in the words (in any language)

It could be something about its structure, its tempo

It could be something associated with future-oriented feelings:

a piece of music that fills you with hope, or expectation...

*Let your facilitators know in advance what that piece of music is.*

# During the act

This is a performance-led workshop, so there will likely be physical contact between participants.

There will also likely be some movement, so wear comfortable clothes.

Be prepared to be playful, relax and have fun!

*Let the facilitators know if you are uncomfortable with any of this, or if you have any access requirements.*

# After the act

The next day, write continuously for 5 minutes about your experience.

This is an automatic writing exercise, a ‘stream of consciousness’.

No editing, no stopping, just writing about your experience

– even if you start by writing:

“I don’t know how I feel about this right now”.

Revisit this text a week later. *Now you can redraft and edit*

– but keep the original, too!

# Questions, doubts, hopes, fears...

Please get in touch if you have any questions or comments, or if you need any support with the materials of this act.

Drop us a line at [p.desenna@mdx.ac.uk](mailto:p.desenna@mdx.ac.uk) and/or [t.bacon@mdx.ac.uk](mailto:t.bacon@mdx.ac.uk).

thank you for **your** attention

join us at [futuresproject.eu](https://futuresproject.eu)