

OTHERWISE EXERCISE

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OTHERWISE EXERCISE is a pocket book with prompts to play with groups of people in pursuit of an *Otherwise*. An *Otherwise* is outside of oppressive social dynamics, and that which focuses on embodiment and play as collective sources of knowledge. Inspirations for this are bell hooks & Paulo Freire amidst many generous & brilliant others.

Becoming Network

For around 10 min. everyone who wishes, becomes an element of the network and interacts with each other.

1. A group of people agree to do the Becoming Network activity, deciding not to participate is always an option.
2. When agreed, spend a few minutes deciding by yourself what sort of: router, wire, cable, cellphone, software, hardware, algorithmic system, electricity or component of the network you would be: don't tell the group.
3. An alarm is set for 10 minutes and the network goes online & interactions begin.
4. When the alarm goes off, reconvene the group and can see if there is desire to discuss.

Intimate Micro Lecture

This is a proposition for considering orientations, what knowledge is shared, what folds of bodies are normalized, and what kinds of play are easily available.

1. Find a buddy and introduce your name and pronouns, deciding not to participate is always an option.
2. After you have found your buddy, choose a topic and spend 5 minutes writing up the major topics of your mini - lecture. :: whichever topic (community, playing, scheduling, nail design, hair, recipes, care, codes of conducts.... Etc.) jumps out to you, is the right thing to do.
3. Consider what part of the body this lecture should be delivered to: ears, liver, eyelids, wrists, toes, etc.
4. Ask for consent from your buddy if it is okay if your lecture is delivered to their toe, or their stomach, etc.
5. When you have consent from your buddy, begin lecturing. Your lecture should be 3 - 5 minutes long.
6. At the end, switch & be lectured to.

Blank Paper Abstractions

This is an abstract language game to play with how to name things, develop situated languages and keep the body in the naming.

1. Take a piece of paper and tear it into 8 sections. More may be needed over time.
2. Think of a word to start with & separate it into syllables. "Shoe" becomes "Sh"- "oo" or "Car" --"Ca" - "rr"
3. Work with these words, using blank pieces of paper to represent the syllables, but don't write them down on the blank paper. Let the amount of syllables create the amount of pieces of paper needed.
4. As a group pronounce different words out loud, with different amount of syllables, showing the blank pieces of paper, as indicators of the syllables. First playing with the different sounds from different words, consider remixing sounds from different words together: what words or sound combinations come up?
5. Over time, consider introducing movements instead of syllables "oo", "rr", "wave with hand". "Ca", "Ca", "Sh" "drag foot across floor", "Sh".
6. Play with the different blank pieces of paper as indicators of sounds & movements, and see if the group wants to develop their own alphabet, or wishes to stay in the space of playing with abstraction, and signifiers.
7. Decide how to document your sound/movement/language combinations. Should there be drawings in the end? Recording? Translation into another form? Come up with some sort of documentation for your alphabet & consider giving it a name.