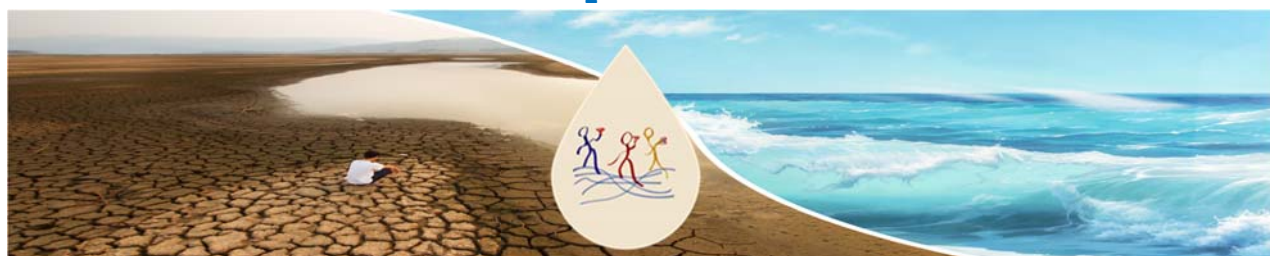


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## Step by step guide for a #HumanWave @ School

### How we work

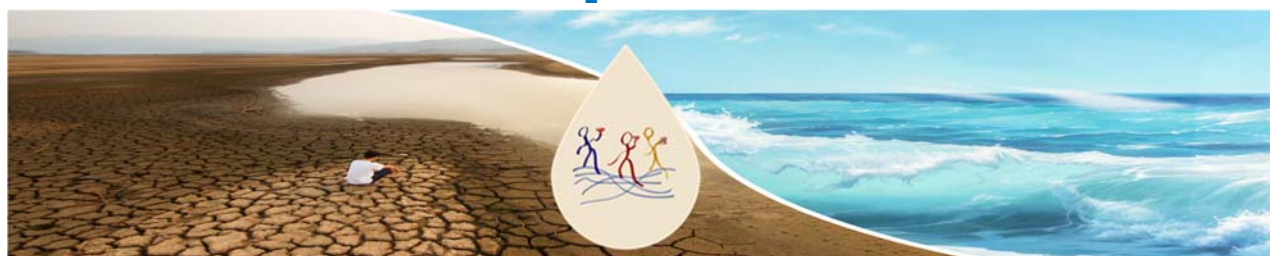
#### Part One - Introduction

This starts with a speedy introduction to the project and “micromovements” – using materials from our website pages “Design of the Artwork” and “Choreography”. You can also see other examples of “waves” by other groups on our [Youtube channel](https://www.youtube.com/@lifeish2o) (<https://www.youtube.com/@lifeish2o>)

#### 1. Preparation:

- Ideally, form a **project team**  
The participants can work with their teacher to explore together to define the when / where / how / why. You might define roles like an experience director, videographer (if not yourself), a scribe to take notes and a safety officer/risk assessor
- Select a **location**, do a bit of research, and visit it to ensure it’s appropriate for the shoot (e.g. little likelihood of interference, easy access to the water).
- Define **Technical settings**, choose a camera, **phone**, two hand-held **cameras or drone**.  
Who will take care of the video (cut, alignment final version)?
- Pick a **date and time** to convene the participants at the chosen location (check the weather forecast). Define a meeting point and a WhatsApp or other channel to communicate, if needed.
- **Organization / Logistics**  
What to bring along? Shoes, vessels  
How to get there?
- **Research**  
Why is water important – students research the importance of water, either on their own, or by using the resources that are available to them during the project.

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### 2. Send out formal invitations/instructions and get written consent, where necessary

- Enlist 5-10-15 or a whole class (**participants**). Consider the outcome of the preparation work/research. Talk to them beforehand to explain the nature of the project and briefly the **choreography** ([link](#)). It needs to be clear that they will be standing in water perhaps for quite a while (depending on the number of participants).
- Make sure they feel comfortable being filmed and how they should show up (attire, type of vessel, food & drink, social distancing, masking, etc.).
- Ask each participant to bring a small container that can hold water (which can be held by one hand when full)
- Wear waterproof footwear or have bare feet as appropriate.
- ***Ensure participants or their parents, where relevant, agree to being filmed, that their image can be used by the organizer and that local privacy and safeguarding rules are complied with. If relevant, ask for a signed consent form.***

### 3. On Site Performance:

- Check equipment works
- Gather the players and explain if relevant social distancing requirements. Once again, [explain the project](#), now in more detail and ask for questions.
- Explain the **basic choreography** and check the vessels for fit (someone is bound to show up with, for example, a giant drum or container ... won't work). As part of the ritualistic process, emphasize that silence is required and that the sounds of the water and wind are essential for the recording.
- Do a couple of **trial runs** without recording. Give the participants feedback during and after each run. Maybe rehearse the movement – pick up water – hold it in front of the body – return the water to the source??
- Then do a couple of **recorded runs**. Look at the videos and decide if you want to experiment by changing the choreography. By experience – it can be fun

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See some shoots on Youtube <https://www.youtube.com/@lifeish2o>

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### 4. Immediate Post Performance:

- Before they leave the site, you might choose to gather the participants for a **feedback session**. Mainly, if you want to explore how they felt during the Human Wave performance:  
*did you feel Comfortable? Awkward? Silly? Engaged? Up lifted?  
What helped or hindered? How did you experience the Relationships and collaboration in the group? What happened to you, how did you feel about being heard, not heard, leading, having a voice. How did you share or manage your reactions – and how did that affect other people? What are the take aways?*
- Show the participants the **video clips**.  
What do they see? What works for them? What doesn't? What comes up?
- Now that they've gone through the process, are there any **surprises** vs their expectations? Do they have any recommendations?
- What are the take aways? Will they do something different in day-to-day life after this experience?

### 5. Post Performance

- Meet with the project team and **compare notes**.
  - What should you continue to do or do more of?
  - What should you do less of?
  - What should you do differently or stop doing?
- Decide **what to incorporate** into the Art Work and whether another shoot is an option...
- Discuss **next steps** and time frame

Share your experience and the shoot on social media using #lifeisH2O

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