

# Morning Party

A short, energetic warm-up designed to awaken the body, boost confidence and create a positive group dynamic. Participants begin by dancing individually in an imaginary private space before gradually opening up to the rest of the group, turning the activity into a shared celebration.

## Objectives

- Build group connection.
- Awaken energy at the beginning of the day.
- Increase confidence in moving and expressing oneself in front of others.
- Encourage freedom of movement and playfulness.

**Context of use :** Morning warm-up at the beginning of a working day, artistic residency or collective creation process.

**Target group / Age range :** 8 years and over.

**Number of participants :** 5 participants or more.

**Duration :** Approximately 5 minutes.

**Materials needed :** An open space, a good speaker, an upbeat playlist with energetic songs.

## Step-by-step process

1. Invite everyone to spread out across the space.
2. Ask participants to imagine they are alone in their own bathroom, dancing in front of a mirror.
3. Encourage them to become the superstar of their own private dance party. You can suggest famous singers or performers to help spark their imagination.
4. Start the music and invite everyone to dance freely for themselves, without paying attention to the others.
5. When you feel the group becoming more relaxed, announce that all the bathrooms have suddenly become one giant disco, and invite everyone to dance together.
6. Let the collective energy grow naturally before bringing the activity to an end.

## Key points / Things to pay attention to

- Choose energetic, uplifting music.
- Repeat the exercise over several days to observe the group's evolution.
- Make sure everyone is included. If someone seems shy, gently invite them into the movement by dancing alongside them or encouraging interactions with others.
- The activity should remain short but highly energetic.

## What it creates / Why it works

As the days go by, participants usually become more comfortable with their bodies and with the presence of others. The exercise creates a joyful atmosphere, helps everyone wake up both physically and mentally, and often becomes a shared ritual. It is not unusual for the group to adopt a favourite song that becomes part of their collective identity.

**Keywords / Themes :** Group building, Movement, Self-confidence, Freedom of expression, Energy

**Reference person / Credits :** Developed and tested during the Places Publiques programme 2026 by Chloé Kintzler and Simon Moreau.