

Cops in the Head

A Theater of the Oppressed Exercise

Let's Play!

Developed by Augusto Boal as a part of the Image Theatre

Cops in the Head refers to disempowering voices in our head that prevent us from taking action in critical moments in spite of our strong desire to act.

The session is an attempt to identify the voices, work with them, and hopefully weaken the power they hold on us.

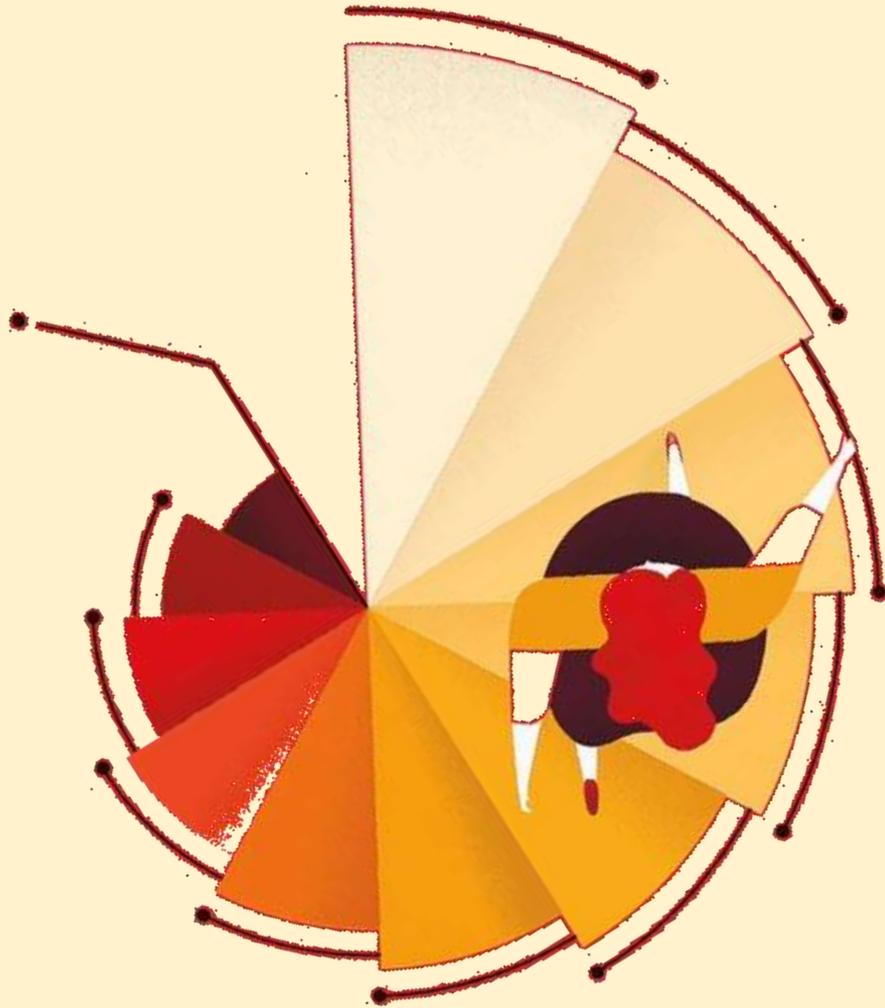
"While they seem generic, it gets super personal and intense"

"These messages are lodged so deep inside that it felt like my own voice and opinions"



Lesson Plan

Activity	Action	Time (mins)
Icebreaker - Image Theatre	Context setting and agreements. Breaking the ice with Image formation to awaken the body and mind to the present.	20
Cops in the Head	Stories are collected from the participants, and a protagonist is chosen. The protagonist with the help of 'images' performs the cops in their head. The Spect-actors are encouraged to rewrite/ change scene and silence the cop.	40
Debrief	Share feelings and emotions that were activated by the exercise. Exchange experiences of success against the 'cops in the head' and Explore strategies to listen to the voice that says, "do-something!"	20
Unwind - Circle of giving	A fun, light-hearted cooldown exercise, so the audience can shake-it-off after the intense experience. Sharing further resources.	15



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