

是十四年  
春全行  
下  
的时





猎户座

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诗始

与星俱毕

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52





概念  
Concept

P 7

属性  
Property

P 19

规则  
Rule

P 21

成果  
Achievement

P 30

延展  
Extension after class

P 39



概

念

Concept





# 1.1 现代的星空 / The modern sky

马路上的行人熙熙攘攘, 人群攒动着人群, 脚步声、人与人擦肩而过的声音、车辆疾驰而过的声音, 像一首急促的、催人前进的上课铃, 仿佛又回到了那个时间紧促而又短暂的高中, 每个人只顾着自己的脚步, 看着时间, 像被一只强有力且不可抗拒的大手所掌控, 机械地去往一个地方, 对周围的一切都漠不关心, 明明身处在闹市中, 却只能听见自己心中的秒表在滴答作响, 低着头走着自己的路。



我们多久没有抬头好好看看头顶的这片星空了?从什么时候开始我们便不再抬头看星星了, 我们总习惯于低头看着自己的脚, 看着自己要走的路, 甚至于当我们突然抬起头来看向星空的时候竟然一时手足无措, 这是我认识的星空吗, 原来星空也可以这么美吗。我们习惯于在手机电脑上看到别人拍的照片, 但是却常常忽视掉原本星空的美丽。我们从小就熟知的关于星空的神话和故事, 盘古开辟了天地, 身体变成了日月山河、嫦娥奔月、牛郎织女、吴刚砍桂树, 当时的我们对于星空的畅想是怎样的, 我们充满期待, 月亮上真的有玉兔吗, 天狗真的会吃掉月亮吗, 牛郎织女在每年的七夕节相遇会说什么, 鹊桥是怎么搭建的, 如此种种。



现代人的尺度的流失  
The loss of scale of modern man

那时的我们心里有着一片星空, 装着一条银河。

现在的我们似乎忘记了星空的模样, 偶尔看看夜晚的星空也觉得感概, 有些话想说, 却又不知知道该从何说起, 夜空是不变的, 只是我们在时间中的流逝中, 慢慢地丢失了属于我们自己的星空。

The pedestrians on the road are bustling, the crowd is full of people, the sound of footsteps, people passing by, the sound of vehicles rushing past, like a rapid, urging people forward of the class bell, as if back to the time is tight and short high school, everyone is only concerned about their own footsteps, looking at the time, like a powerful and



irresistible hand control, To go to a place mechanically, indifferent to everything around, clearly in the busy city, but can only hear the stopwatch in their mind ticking, head down to walk on their own way. How often do we not looked up and have a good look at the top of the head of this piece of the sky? Since when do we no longer look up at the stars, we are always used to looking down at their feet, looking at their own way to go, even when we suddenly raised our heads to look at the sky when unexpectedly at a moment of confusion, is this the sky I know, the original sky can also be so beautiful? We are used to seeing photos taken by others on our mobile phones and computers, but we often ignore the beauty of the original stars. We have been familiar with myths and stories about the stars since childhood, Pangu opened up the heaven and earth, the body into the sun moon mountain river, Chang 'e moon, the Cowhand and the Weaver, Wu Gang cut the laurel tree, at that time we for the stars of the imagination is what, we are full of expectations,

the moon really have the Yutu, the dog really will eat the moon, the Cowhand and the weaver in the annual Tanata Festival meet what will say, Magpie bridge is how to build, so much. Then we have a piece of the sky in my heart, filled with a Milky Way now we seem to forget that the star appearance, occasionally look at the night sky also feel kindness, only some words want to say, but I do not know know where to start, the sky is the same, we just in the passage of time, gradually lost our own sky.



# 1.2 星图 / Star map

## ·河图洛书

河图洛书是远古时代人民按照星象排布出时间、方向和季节的辨别系统。

《易经·系辞上》说：“河出图，洛出书，圣人则之。”，河图、洛书最有名的出处就来源于此，并据此认为八卦就是根据这二幅图推演而来的。第一次给这两幅图命名

的是北宋易学家刘牧，他精研陈抟所传《龙图易》，著书《易数钩隐图》，于是，河图洛书才为世人所知。

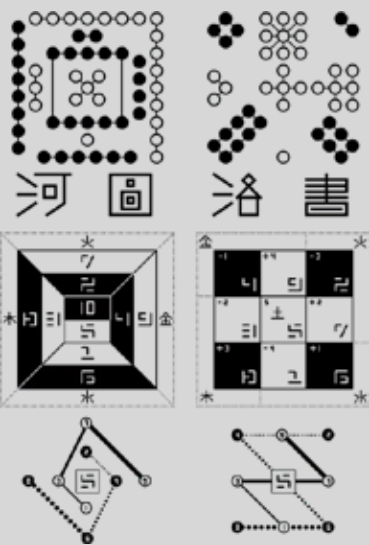
古人看星星不光是为了浪漫，更重要的是为了活着，因为星象的变化跟天气的变化是息息相关的。平民百姓看星星，是因为它们会影响到自己什么时候要下地、什么时候要播种。他们看星星更多是为了把握住自己吃饭的家伙什儿。

同时古人相信“天人感应”的理念。《周易》中有记载，天象可以预测人的吉凶祸福和事件的进展。就像火星，古人称之为“荧惑”，“荧惑守心”，火星在心宿附近

转悠就是不太吉利的征兆。

为了趋利避害，在古代，人们看星星不仅琢磨出了占星术，宫廷里还专门设立“钦天监”这样的职务，向皇帝传递“天意”，还会影响着皇帝的活动，河图洛书在古时候也是帝王之术的代表。

Shu shu ancient times the people according to astrology is arranged out of the time and season, direction recognition system. " Book of changes on the copulative" said: "river figure, a book, the saints." The most famous sources of Hetu and Luoshu come from this, and it is believed that Eight diagrams are derived from these two pictures. It was Liu Mu, a Yi scholar in the Northern Song Dynasty, who named the two pictures for the



河图洛书  
The river maps the book



《针灸避忌之图》  
An illustration of acupuncture and moxibustion avoidance

first time. He studied Chen Tuan's Longtu Yi carefully and wrote the book Yi Shuan, which made the Hetu Luoshu known to the world. Ancient people watching the stars is not only to romantic, more important is to live, because the stars change is closely linked with the change in the weather. Ordinary people look at the stars because they affect when they will go to the ground and when they will plant seeds. They look at the stars more to get a grip on what they're eating. The ancients believed that the idea of "heaven induction" at the same time. It is recorded in Zhouyi that the celestial phenomena can predict the good fortune of people and the progress of events. Just like Mars, which the ancients called "confusion" and "confusion guarding the heart", Mars circling around the heart is a bad omen. In order to avoid disadvantages, in ancient times, people see stars not only figure out the astrology, also of the court to set up "qin day prison", delivered to the emperor "fate", will also affect the emperor's activities, shu is representative of the art of emperors in ancient times.

·图像里的星空

二十八宿原为星宿的名称, 古代的天文学家把太阳和月亮经过的天区称作黄道。并把黄道中的星宿分为二十八个星座, 叫做二十八宿。

二十八星宿又分为四宫, 即四象, 四个星区分别为东方青龙、西方白虎、南方朱雀、北方玄武, 分别主春夏秋冬。古代人民用这四象和二十八星宿中每象每宿的出没和到达中天的时刻来判定季节。

和河图洛书一样, 二十八星宿也是由其中”河“字引申出来, 古人为了更好地预测天气和辨别季节将原先的判断方式逐渐演化到星宿的排布, 并给予每个星宿更具有神话色彩的故事性描述。这也是中国古代古代本土天文创作, 和西方十二星座有着区域划分的不同。

The stars in the image, twenty BaSu originally the name of the stars, the ancient astronomers call after the day the sun and the moon area the ecliptic. And divided the stars of the ecliptic into twenty-eight constellations, called twenty-eight. Twenty-eight constellation is divided into four palace, namely four elephants, four star area respectively, the Oriental dragon, west white tiger, rosefinch, northern black south, the main spring, summer, autumn and winter, respectively. Ancient people used the time of occurrence and midsky of each of these four and twenty-eight stars to determine the seasons. Stars like shu, 28 is by "river" word extended out, the ancient people in order to better predict the weather and season will the original judgment way gradually to the arrangement of the stars, and to give each of the stars is more myth story description. This is also a local astronomical creation in ancient China, which is different from the regional division of the twelve constellations in the west.



《恒星赤道经纬度图》  
Chart of longitude and latitude of stellar equator



## ·星座

西方星座来源于四大古文明的古巴比伦, 后由古希腊天文学家对其进行了补充和发展, 从而编制出了古希腊星座表。

西方星座和中国星宿有着相似的文学化, 特别是在民间, 都在不同程度上对其编造了神话故事和艺术化、拟人化的处理, 也可以认为是将天文上的知识将其大众化和占卜化, 其中包括像星座运势、传统黄历、算命、塔罗、占卜等等, 这些行为活动的出现将这一原本用于天文学的知识以一种特别的方式出圈, 出现了通过星

座来判断一些人和事。

西方星座在世界范围内的出现最为活跃, 也是作为一些从事航海工作者的指向灯, 例如一位经验丰富的航海员, 只需要看北极星在空中的高度就可以判断当前的纬度。

Western zodiac constellation is derived from the four great ancient civilizations of ancient Babylon, after the Greek astronomer on the supplement and development, so as to prepare a list of the out of the constellation in ancient Greece. Western zodiac signs and the stars have similar

Chinese literature, especially among the people, are the made up fairy tales in different degree and the processing of artistry, anthropomorphic, also can be thought of as the astronomical knowledge on its popularization and divination, including traditional like constellation chart, almanac, fortune-telling, tarot, divination, and so on, The emergence of these activities took the original knowledge of astronomy out of the loop in a special way, with the appearance of people and things judged by their constellations. The emergence of the western zodiac signs around the world are the most active, as some workers engaged in navigation point lights, such as an experienced navigator, only need to look at the height of the pole star in the sky you can judge the current latitude.



星座  
Constellation



1.3 游戏与诗 / Games and Poetry

我们还是个小孩时, 抬头看星星, 会怎么去描述它, 那颗星星好亮, 那群星星像一个大猩猩, 我们描述起来非常快乐, 但是要我们去形容它, 我们又不知道该如何去完美地体现它的美和我们的惊艳。

- 星垂平野阔, 月涌大江流。
- 迢迢牵牛星, 皎皎河汉女。
- 金钩细, 丝纶慢卷, 牵动一潭星。
- 轻红流烟湿艳姿, 行云飞去明星稀。

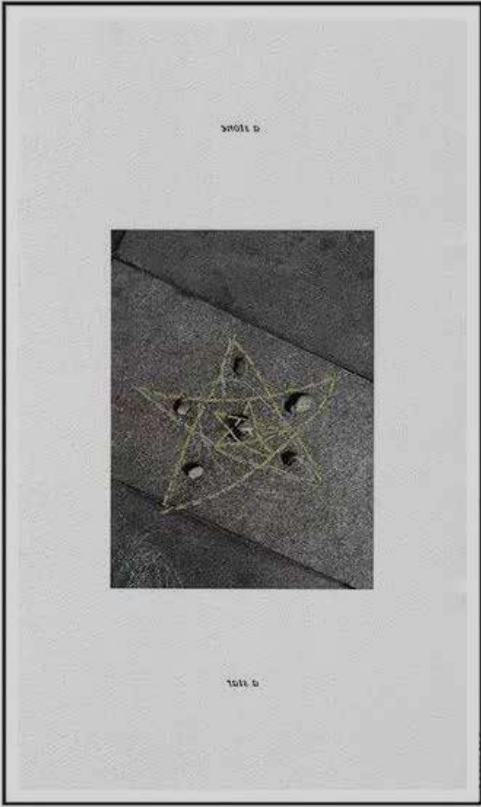
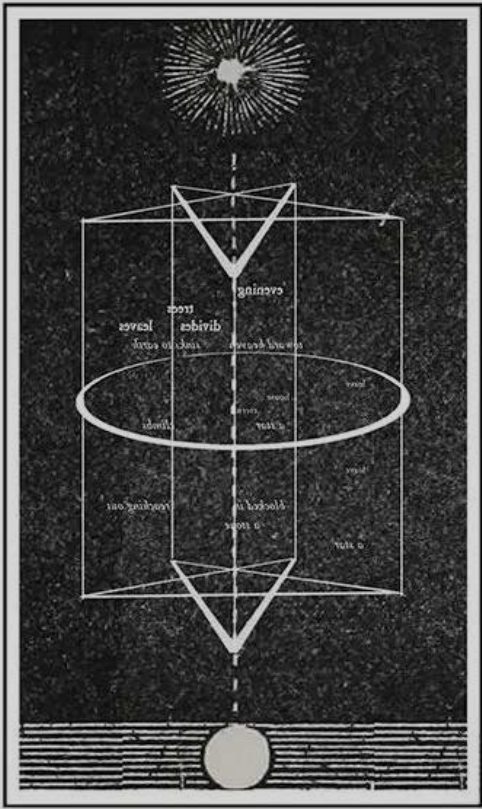
从我们接触到古诗的时候开始就知道了诗的美, 对于这种美到让我们无法用准确的语言去表达的时候, 诗歌, 就是最好的出路, 喜欢读诗的人一定是一个浪漫的人, 因为在面对这般庞大无垠的星河时, 我们已经无法用语言来表述, 只能通过一些抽象的文字和句子去描述出我们在看到这般景象时内心浮现的场景和一闪而过的回忆, 用诗来表达自己在那一刻想要说的所有话。

当我们无法完全表达自己的时候就会寄希望于留白, 就像一幅山水画最重要的部分就是学会怎么留白, 用寥寥数笔勾勒出心里山高水远的格局和情怀。诗歌也是这样, 用最简约的篇幅描绘一幅场景, 而其中的滋味

则来源于每个人不同的经历和回忆, 一闪而过的是我们自己曾经心中的那块星图。

以诗歌为媒介, 那自然就会让我们将自己代入到一位在星河下一起仰望星空的诗人, 诗在此时便不再只是打通人和星空的媒介, 也是成为打通人与人之间的活动。

在古代, 诗歌也是当时时兴的游戏方式, 例如”飞花令“, 它本是中国古代一种喝酒时用来罚酒助兴的酒令。对玩的人而言是相当严苛的, 需要有比较扎实的诗歌基础, 在玩法上也有许多讲究。还有许多像行酒令和手



陈哲, 《章节 2.4: 一首诗的逐句分析》, 草图  
Chen Zhe, "Chapter 2.4: Sentence By Sentence Analysis of a Poem", Preliminary sketch

势令,有些一直保留到现在,只是诗歌的体律换成了俗语。

When we were kids, we looked up at the stars, and how would we describe it, and that star was so bright, and that group of stars looked like a gorilla, and we were very happy to describe it, but when we were asked to describe it, we didn't know how to perfectly embody its beauty and our surprise. From our contact to the classical poetry began to know the beauty of poetry, for this kind of beauty to let we can't use accurate language to express the poetry, is the best way, like read must be a romantic person, because in the face of this vast expanse of the Milky Way, we have

already can't use language to describe, We can only use some abstract words and sentences to describe our inner scenes and flashbacks when we see such a scene, and use poems to express all the words we want to say at that moment. When we are unable to fully express their will hope that the white space, like a landscape painting is the most important part is to learn how to space, with a few pen draws the outline of high mountain water well pattern and feelings in heart. Poetry is the same, using the most concise space to describe a scene, and the taste from each person's different experiences and memories, a flash is our own heart that once the piece of the star map. Poetry as the medium, it will let us to generation itself into a poet in the Milky Way of looking at the stars together, at the same time, the poem is no longer just get through the medium of people and the stars, is become through interpersonal activity. In ancient

times, poetry is in fashion at the time the game way, such as “fly to”, it is a kind of drink in ancient China used to Bob FaJiu drinkers’ wager game. It is very strict for people to play, and it requires a solid foundation of poetry. There are also many stresses on the gameplay. Many others, like the marching orders and the gesturing orders, have survived to this day, but the form of the poem has been changed into colloquial.



《诗吧!》在“灵感”模式下的界面  
"Poetry!" The interface in Inspiration mode

属

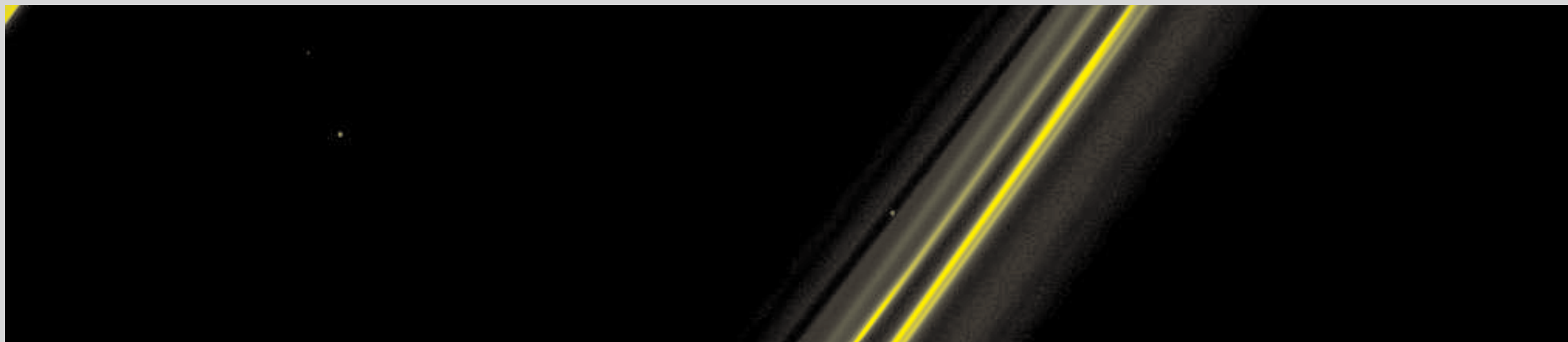
性

Property

规

则

Rule



读诗  
仰望星空  
观星

关键词 / Keyword

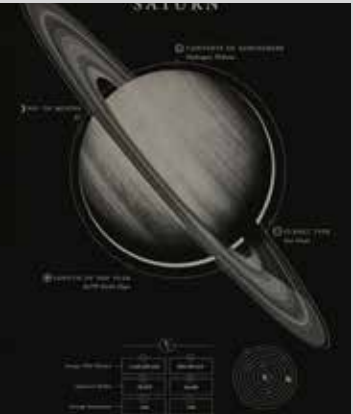
道具 / Props

文本 / Texts



邀请七位压力大, 但又对生活充满希望,  
想要通过尝试一种全新的生活方式来改  
变现状, 唤醒内心深处的那一份诗意。

Seven people are stressed, but full of hope,  
and want to try a new way of life to make a  
difference and awaken the inner poetry.



开阔的场地便于更好地扩大观星的视野, 草地的含水量大, 空气因温度变化而产生的波动较少, 便于我们看到更清楚的星星。

The open area is convenient for better expanding the view of the stars. The grass has a high water content and the air is less volatile due to temperature changes, so we can see the stars more clearly.

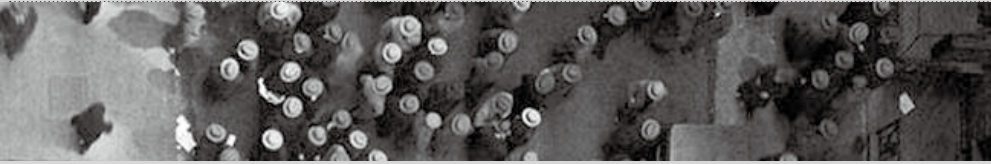
场地 / Site	时长 / Duration	人员 / Participant
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开阔的草地

麻纸、手电、撑杆、墨、毛笔

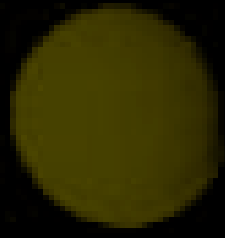
2个小时

七个有缘人









Shine and write verses on hemp paper

Stretch out the hemp paper and build the tent

Warm up and turn your voice on

The person being pointed out reads the poem aloud until everyone can hear it

A is imagining, B is acting, C is writing poetry, we are delivering

Everyone completes the new poem together

Look up at the stars and empty your body

Retrieve items and exchange impressions

Looking at the stars

Draw a star map and leave at any time

# 01 在麻纸<sup>[1]</sup>上打光<sub>{a}</sub> 并写上<sub>{a}</sub> 诗句【I】

# 02 将麻纸<sup>[2]</sup>撑开并搭建<sub>{b}</sub> 帐篷<sup>[2]</sup>

# 03 热身<sub>{c}</sub> 将自己的声音打开

# 04 被手电<sup>[3]</sup>指到的人大声地朗读<sub>{d}</sub>  
诗句【II】直到所有人都可以听见。

# 05 甲在想象<sub>{e}</sub>，乙在表演<sub>{e}</sub>，丙在写诗<sub>{e}</sub>，我们在传递

# 06 所有人一起完成<sub>{f}</sub> 新的诗篇【III】

# 07 将新构成的诗句重新排序<sub>{g}</sub> 并朗读

# 08 将道具回收<sub>{h}</sub> 并交流<sub>{h}</sub> 感想【IV】

# 09 仰望<sub>{i}</sub> 星空

# 10 画出星图并随时离开<sub>{j}</sub>



在麻纸上打光并写上诗句：

#01

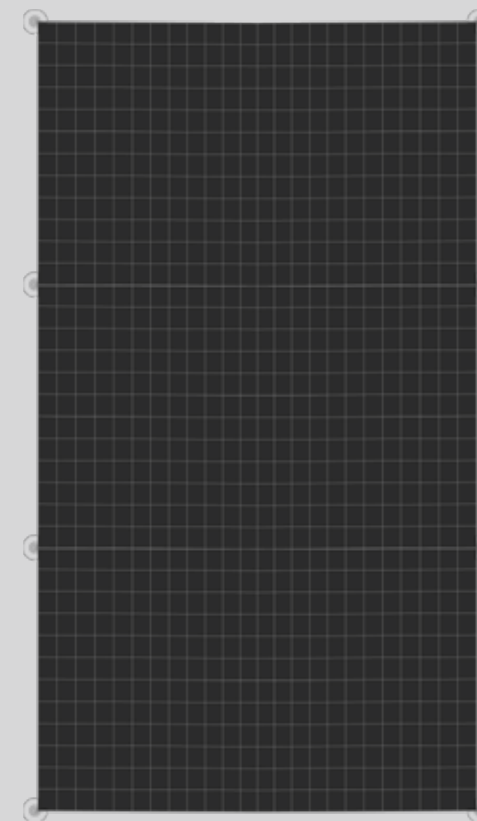
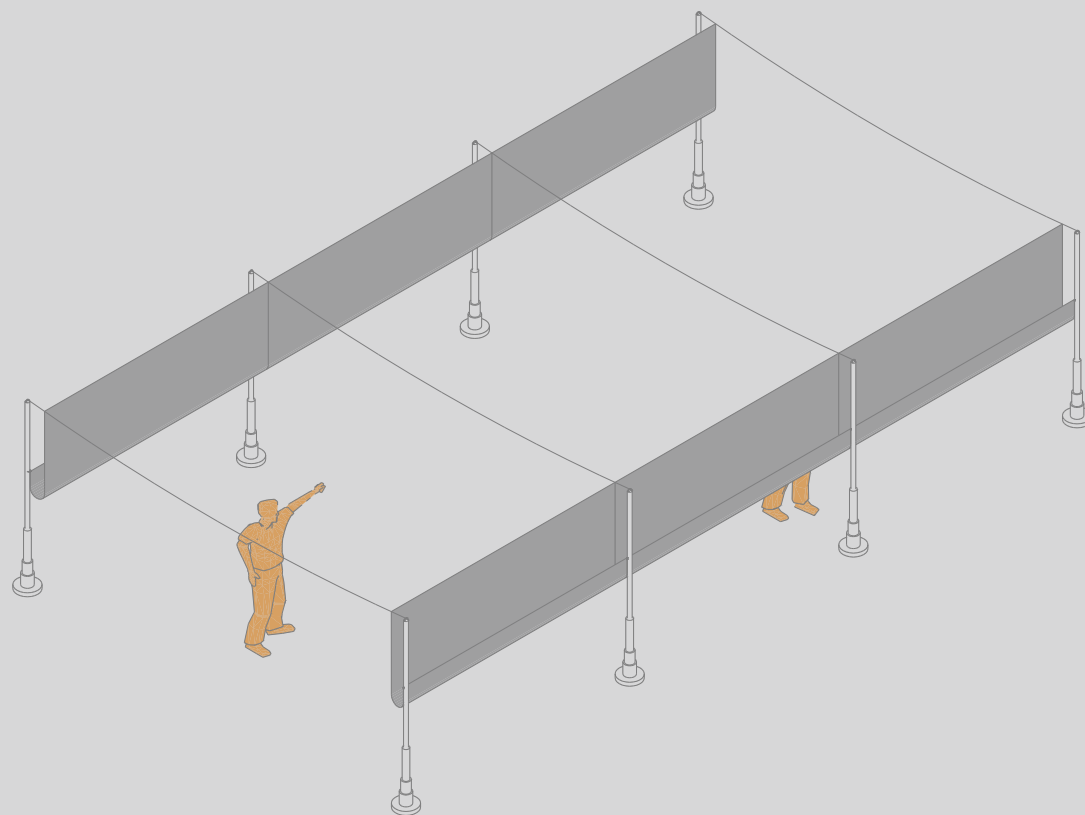
Polish and write verses on hemp paper

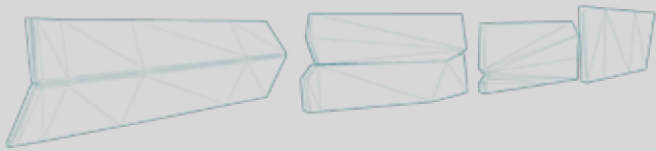
Rule - The planets in the galaxy are orbiting



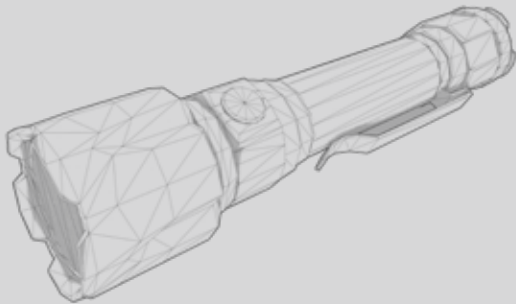
开阔的场地便于更好地扩大观星的视野, 草地的含水量大, 空气因温度变化而产生的波动较少, 便于我们看到更清楚的星星。

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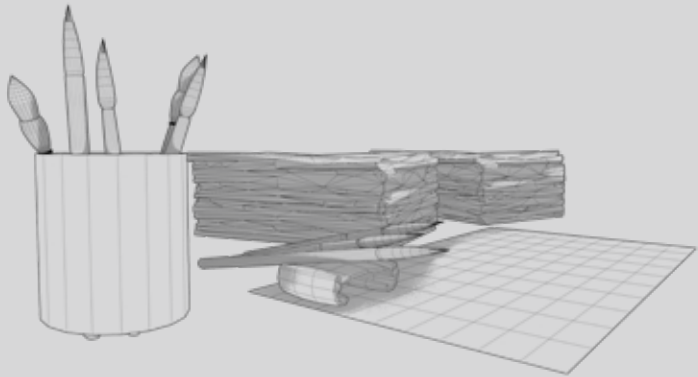




麻纸 /Hemp Paper



手电 /Flashlight



毛笔 /Ink Brush



展开事先准备好的麻纸  
Unfold the prepared hemp paper



执笔墨在麻纸上写下诗句  
Pen and ink on hemp paper and write verses



所有人手持手电筒一并写下诗句  
Everyone wrote the poem together with a flashlight



写完后离场  
Finish writing and leave



参与者入场  
Admission of Participants



参与者依次入场  
Participants enter in turn



每人写下两句诗句  
Each person wrote down two verses



直到最后一人离开  
Until the last one left



参与者先依次入场开始在场上在布上写下一句诗(事先编好的诗句),当第一位参与者写到一半时第二位参与者入场开始书写,依次进行,第一位写完后开始写下未写的第一句诗(第一位参与者写第8句诗),直到所有的参与者完成14首诗。

Participants first entered the arena in turn and began to write a poem on the cloth (a poem prepared in advance). When the first participant wrote half of the poem, the second participant entered the arena and began to write, in turn. After the first participant finished writing, he began to write the first poem that was not written (the first participant wrote the eighth poem), until all participants completed 14 poems.



将麻纸撑开并搭建帐篷：

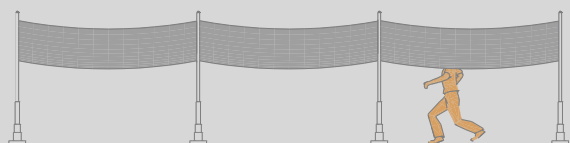
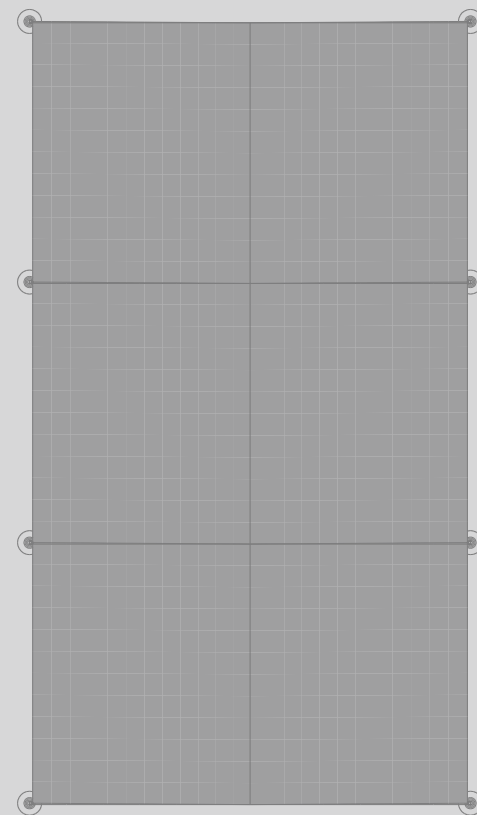
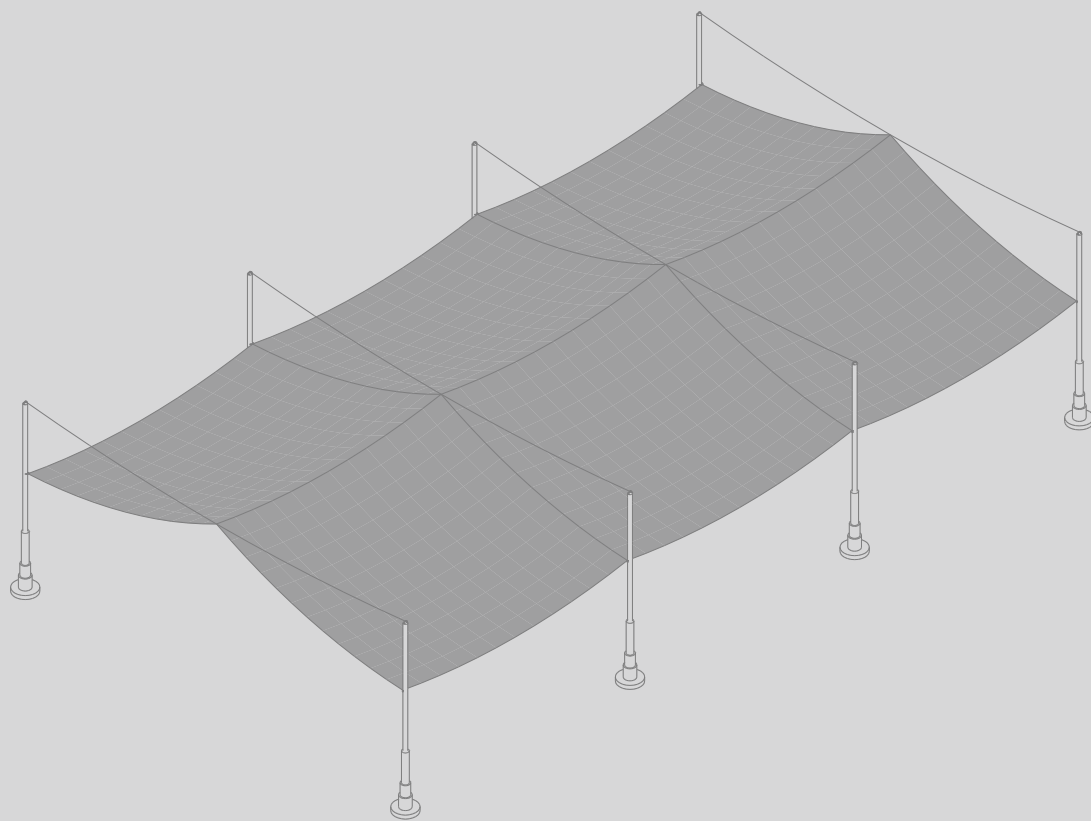
#02

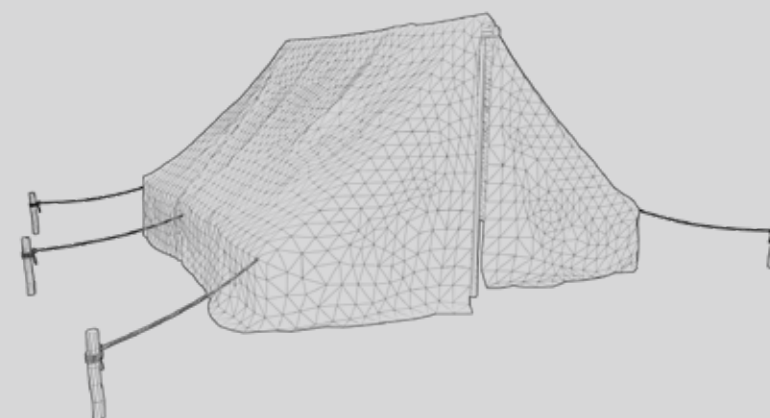
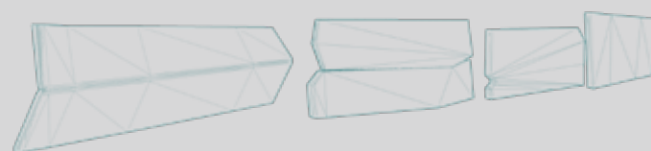
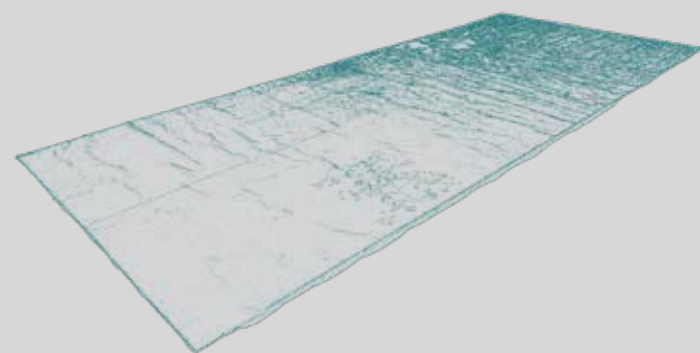
Spread the hemp paper and set up a tent



开阔的场地便于更好地扩大观星的视野, 草地的含水量大, 空气因温度变化而产生的波动较少, 便于我们看到更清楚的星星。

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麻紙 /Hemp Paper



参与者蹲下并观察诗句  
Participants squat down and observe the lines



每个人抓住一脚将麻纸缓缓地举起  
Everyone grabs a foot and slowly raises the hemp paper



小心缓慢地举起  
Lift carefully and slowly



高举过头顶  
Raise above your head



参与者将麻纸挂上撑杆  
Participants hang the hemp paper onto the pole



有参与者加入搭建  
There are participants in the construction



参与者不断加入并帮助搭建  
Participants constantly join and help build



所有人一起完成  
All together

所有参与者将麻纸撑开并将它举起, 让整条麻纸处于撑开的状态。参与者将所有的撑杆依次放到相应的位置, 并将麻之挂上撑开, 如此重复, 相互协作, 将两面挂有麻纸的背景面, 最终形成一个属于我们自己的舞台和孤岛, 参与者将在其中完成我们接下的流程。

Participants first entered the arena in turn and began to write a poem on the cloth (a poem prepared in advance). When the first participant wrote half of the poem, the second participant entered the arena and began to write, in turn. After the first participant finished writing, he began to write the first poem that was not written (the first participant wrote the eighth poem), until all participants completed 14 poems.



荡，你之后心里满满当当。





# 热身将自己的声音打开：

Warm up and turn on your voice

## #03



导师向参与者介绍热身训练  
Tutor introduces warm-up training to participants



向参与者介绍接下来会用到的道具  
Pen and ink on hemp paper and write verses



交给参与者体验  
Everyone wrote the poem together with a flashlight



演示如何打开声音  
Finish writing and leave



a 开始训练  
Admission of Participants



b 开始训练  
Participants enter in turn



c 开始训练, 直到每个人都经过了热身  
Each person wrote down two verses



离场, 开始准备下一步  
Until the last one left



由主持人带领参与者去开始朗读诗句, 注意将发声的部位由嗓子转移到腹腔, 将自己的声音打开, 让参与者可以打开自己的声音去大声地喊出来, 同时调动起参与者的情绪, 让参与者可以快速去感受到读诗的沉浸感, 同时声音的打开也让他们打开了自己对接下来环节的投入。

The host will lead the participants to read the poem aloud, pay attention to transferring the voice part from the throat to the abdominal cavity, open their own voice, so that the participants can open their own voice to shout out loud, at the same time, mobilize the emotions of the participants, so that the participants can quickly feel the immersion of reading the poem, at the same time, the opening of the voice also allows them to open their own investment in the next link.



，你来之后心里满满当

被手电筒<sup>[3]</sup>指到的人大声地朗读  
诗句<sup>[1]</sup>直到所有人可以听见：<sup>{d}</sup>

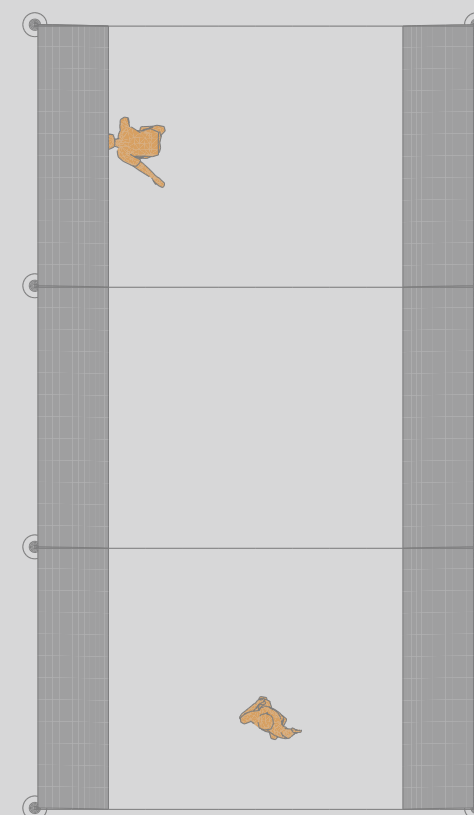
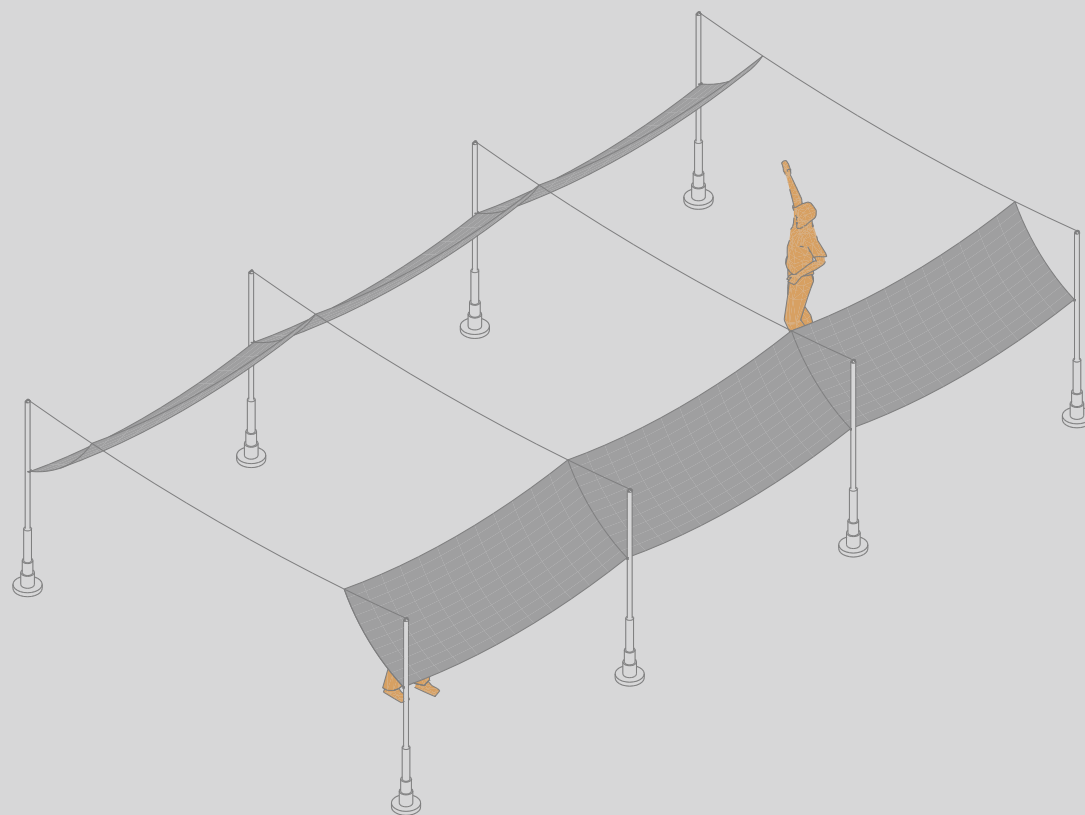
The person pointed by the flashlight reads the poem aloud until everyone can hear it

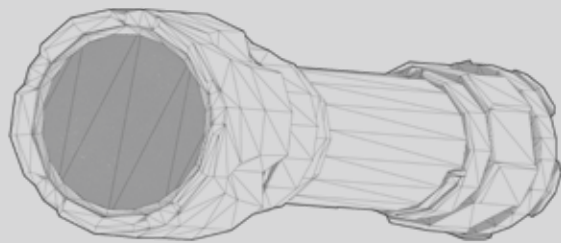
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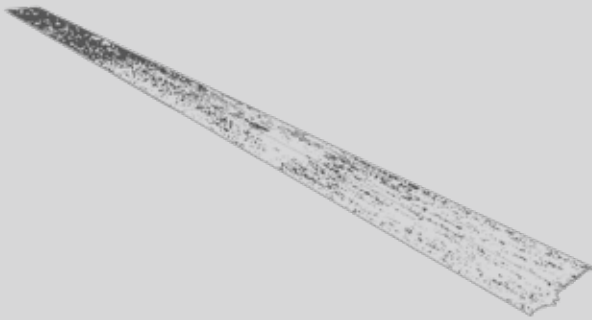
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手电 /Flashlight



麻纸 /Hemp Paper



一位参与者打灯在麻纸上寻找一句诗句  
A participant lights up to find a poem on hemp paper



找到诗句  
Find a verse



其他人在 a 朗读时打手电照向 a  
When others read aloud at A, the beater lights A



当听到时将手电举向天上  
Raise the flashlight to the sky when you hear it



陆续开始举起手电  
Start to raise flashlights one after another



所有人将手电全部举起  
Everyone, raise all the flashlights



参与者陆续开始朗诵并完成上述操作  
Participants began to recite and completed the above operations one after another



直到最后一人完成并陆续离开  
Until the last person finishes and leaves one after another



指定一人为第一位a, a用手电在麻纸上选择一行诗并大声地读出来, 周围的人如果没听清就打开自己的手电直到所有人都听清并关掉自己的手电, a完成后随机指向一位参与者b, b重复如上操作直到所有人都完成。

光的传递再反复进行, 诗意也在光的传递中逐渐趋于完善, 十四行诗的完整和链接在不断的传递过程逐渐顺畅, 直到所有人都可以用打开的声音将诗句完整顺畅地朗读出来。

Designate one person as the first a. A uses a flashlight to select a line of poetry on the hemp paper and read it out loud. If people around turn on their flashlights until everyone can hear them clearly and turn off their flashlights. After a finishes, a randomly points to a participant b, and b repeats the above operation until everyone finishes. The transmission of light is repeated again and again, and the poetic flavor is gradually improved in the transmission of light. The integrity and link of sonnets are gradually smooth in the continuous transmission process, until everyone can read the poem with open voice completely and smoothly



甲在想象，乙在表演，丙在  
写诗，我们在传递：

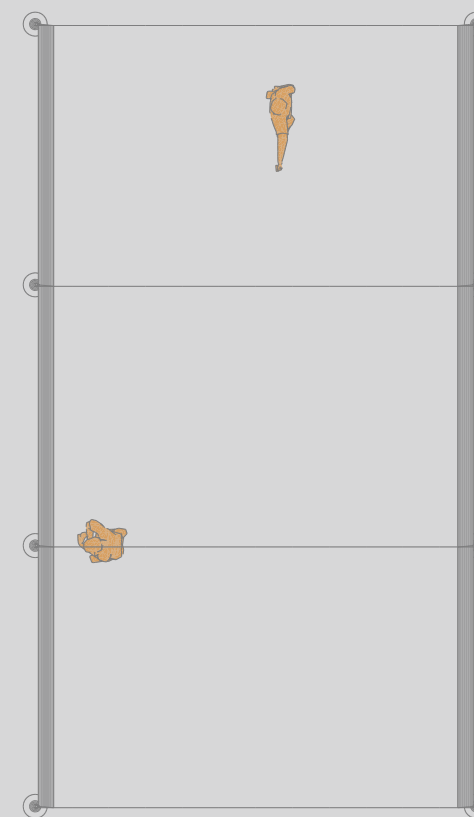
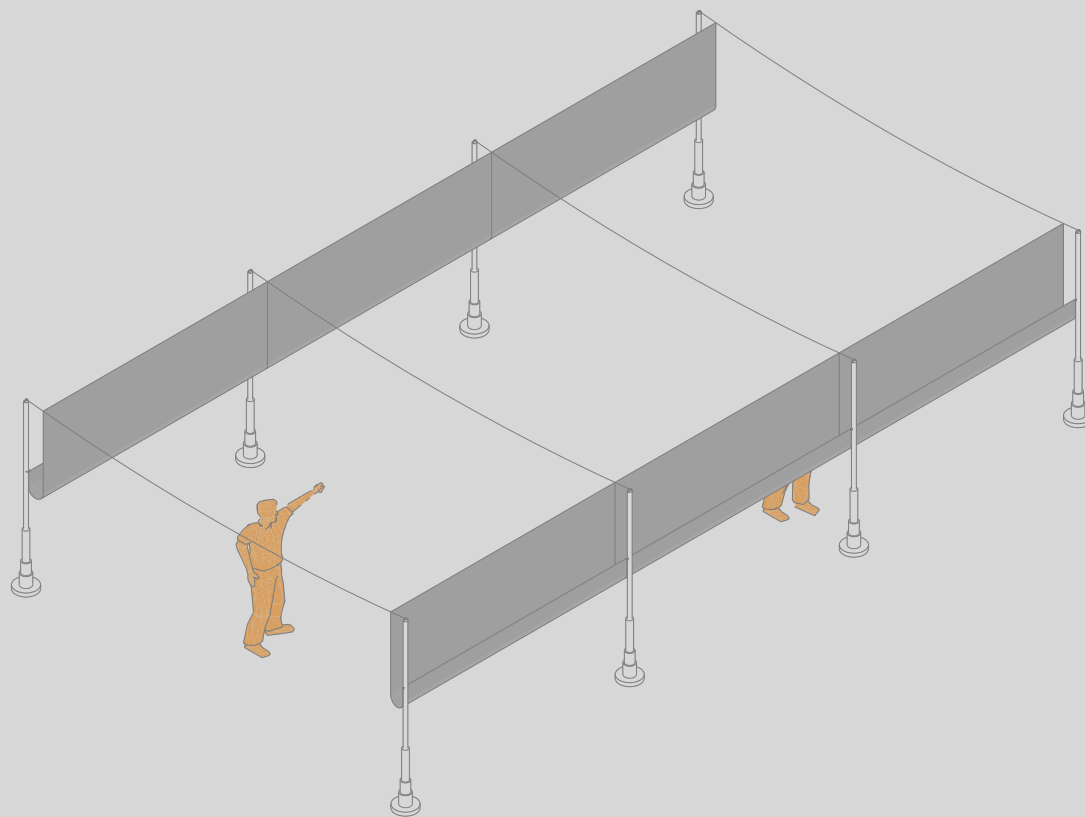
A is imagining, B is performing, C is writing poetry, and we are delivering

#05



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a根据自己刚才所读的诗句联想2~3个关键词, 其中至少包含一个名词和一个动词, 关键词的选取既可以从诗句当中提取, 也可以通过自己的联想来编织词汇。a将关键词告诉b, b需要用动作和道具来将a的关键词串联并大胆地表演出来。c根据b的表演在麻纸上写下一句诗。如此重复以上行为直到所有人都拥有了两段表演, 并要牢记自己的表演来自于谁的关键词。

A According to the poem you just read, associate 2 to 3 key words, including at least one noun and one verb. The key words can be selected from the poem, or you can weave words through your own association. A tells b the key words, and b needs to use actions and props to connect the key words of a and boldly perform them. C writes a poem on hemp paper according to b's performance. Repeat the above behavior until everyone has two performances, and remember the key words from whom your performance comes.



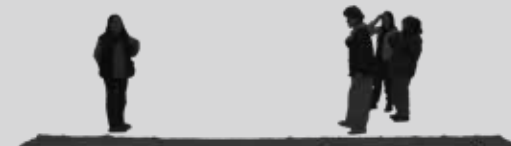
A 根据诗句想出 2~3 个关键词, 并将关键词告诉 B  
A comes up with 2~3 key words according to the poem and tells them to B



B 根据 A 所给的关键词构想表演场景  
B conceives the performance scene according to the keywords given by A



B 开始表演, C 开始观察  
B starts to perform, C starts to observe



B 完成表演, C 开始构想诗句  
B finishes the performance, C starts to conceive the poem



C 将诗句写在挂起的纸上  
C Write the poem on the hanging paper



C 将诗句大声地读出来  
C Read the poem aloud



其他人鼓掌  
Others applaud



所有参与者担任 ABC 的角色直到完成新的十四行诗  
All participants assume the role of ABC until the new sonnet is completed







# 所有人一起完成新的诗篇：

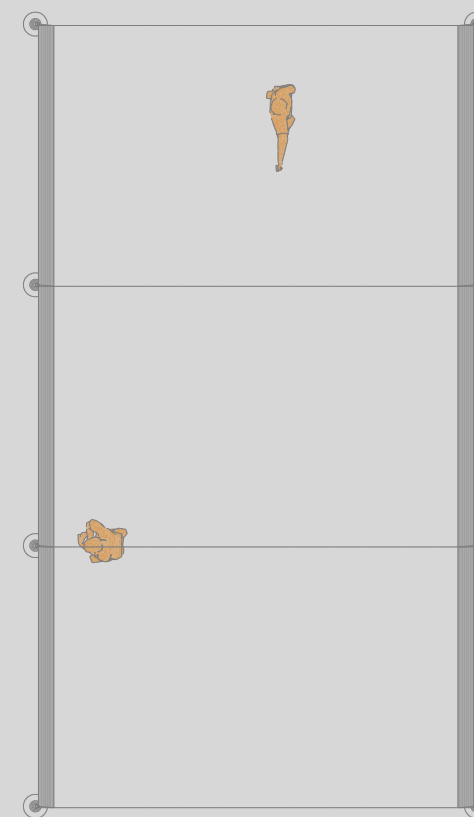
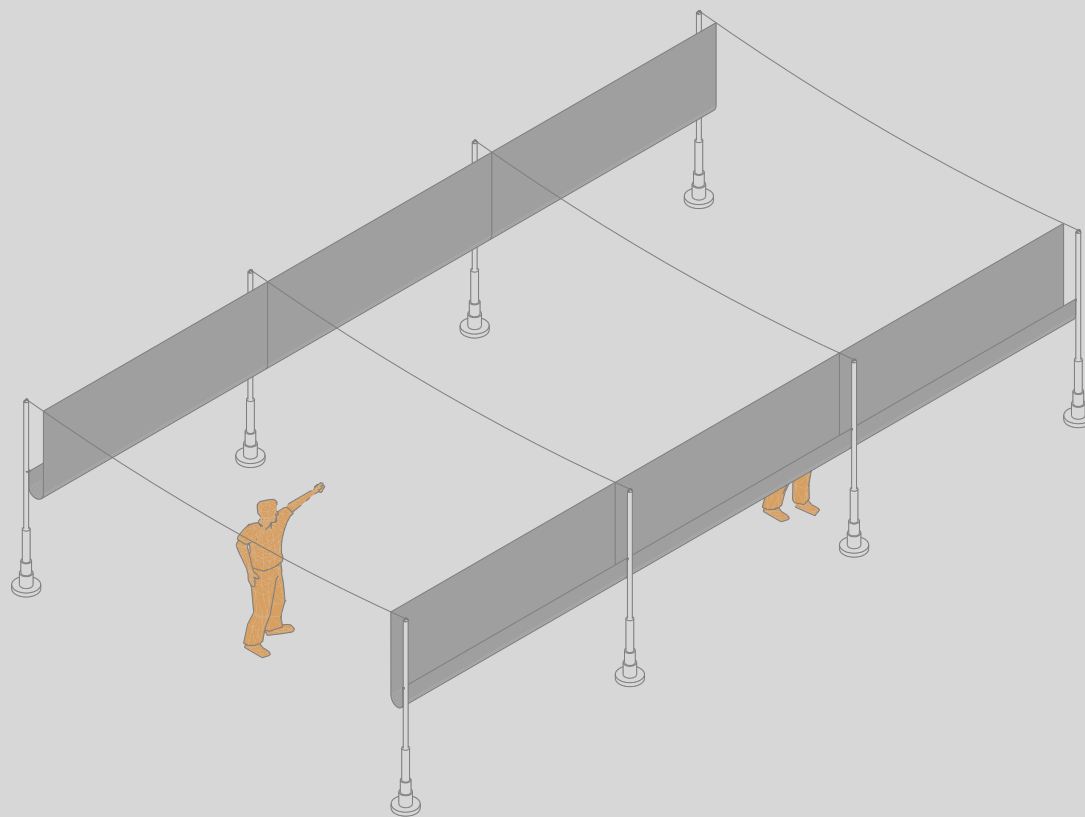
#06

Everyone completes the new poem together



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所有人按照读诗的顺序将诗句和动作衔接起来, 依次进行直到流畅地完成一遍; 例如a念出诗句(原本的14行诗), b开始表演刚刚的动作, b开始念诗, 念完c表演动作, c开始念诗, 念完d表演动作.....

即诗句和诗句之间用动作连接, 此时动作即是对上句诗的补充, 也是一句完整的诗的外显。

All people connect the lines and actions according to the order of reading the poem, and carry out them in turn until they finish it fluently; For example, a reads a poem (the original 14 line poem), b starts to perform the just act, b starts to read a poem, c performs the act, c starts to read a poem, d performs the act.....

That is, the lines of poetry are connected by actions. At this time, actions are not only a supplement to the previous poem, but also the manifestation of a complete poem.



参与者排队准备开始表演  
Participants lined up to start the show



我在数星星  
I'm counting the stars



我们一起看星星  
Let's watch the stars together



嗨, 我们隔河相望  
Hey, we look across the river



我在星河上漫步  
I walk on the Milky Way



我抱住了一大把星星  
I hold a bunch of stars



我们在传递星火  
We're passing the spark



嗨, 别躲啦  
Hey, don't hide





# 将新构成的诗句重新排序并 朗读：

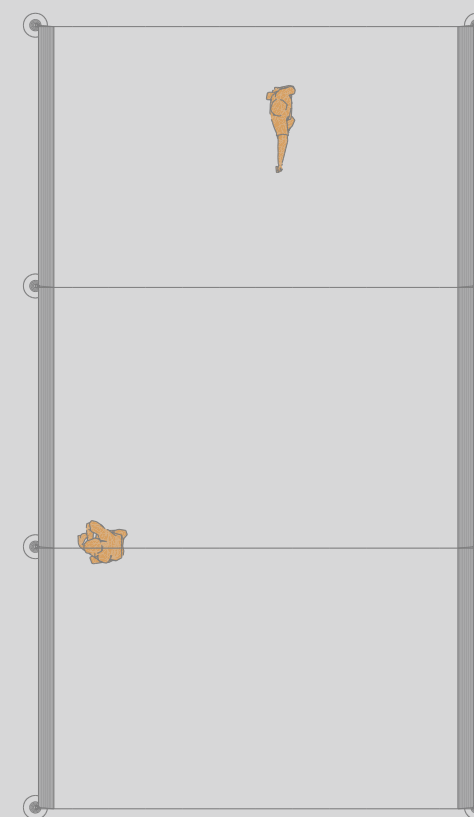
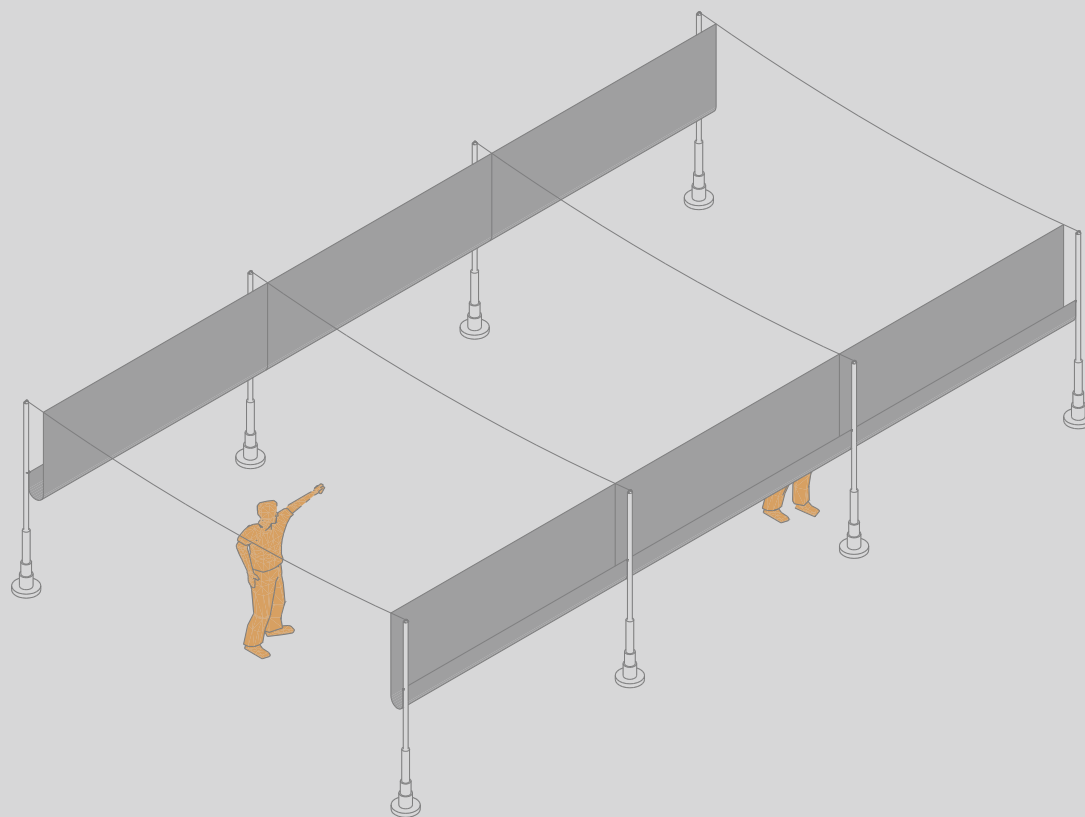
Reorder the newly formed verses and read them aloud

## #07



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所有人将两张麻纸上的诗句重新排序, 重新排的顺序需要每位参与者共同商量决定, 对于后面所添加的诗句如果觉得不好经过商量可以将它进行更改, 从而得出新的28行诗。

大声地将重新排序的诗集朗读出来, 共同地去朗诵全新的28行诗。

Everyone rearranges the lines on the two sheets of hemp paper. The rearrangement order needs to be decided by each participant through consultation. If the lines added later are not good, they can be changed through consultation to get a new 28 line poem.

Read out the rearranged poetry anthology aloud, and read the new 28 lines together.



参与者开始讨论新的十四行诗  
Participants begin to discuss the new sonnet



讨论十四行诗的排序  
Discuss the Sequencing of Sonnets



开始将十四行诗重新排序  
Start reordering the sonnets



排序中  
Sorting



排序中  
Sorting



排序中  
Sorting



排序中  
Sorting



完成十四行诗的重排序, 新的十四行诗完成  
Complete the rearrangement of the sonnets, complete the new sonnets





# 将道具回收并交流感想<sup>(IV)</sup>:

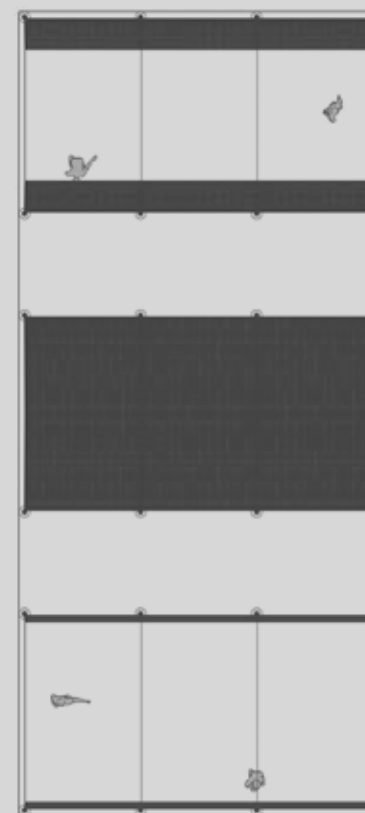
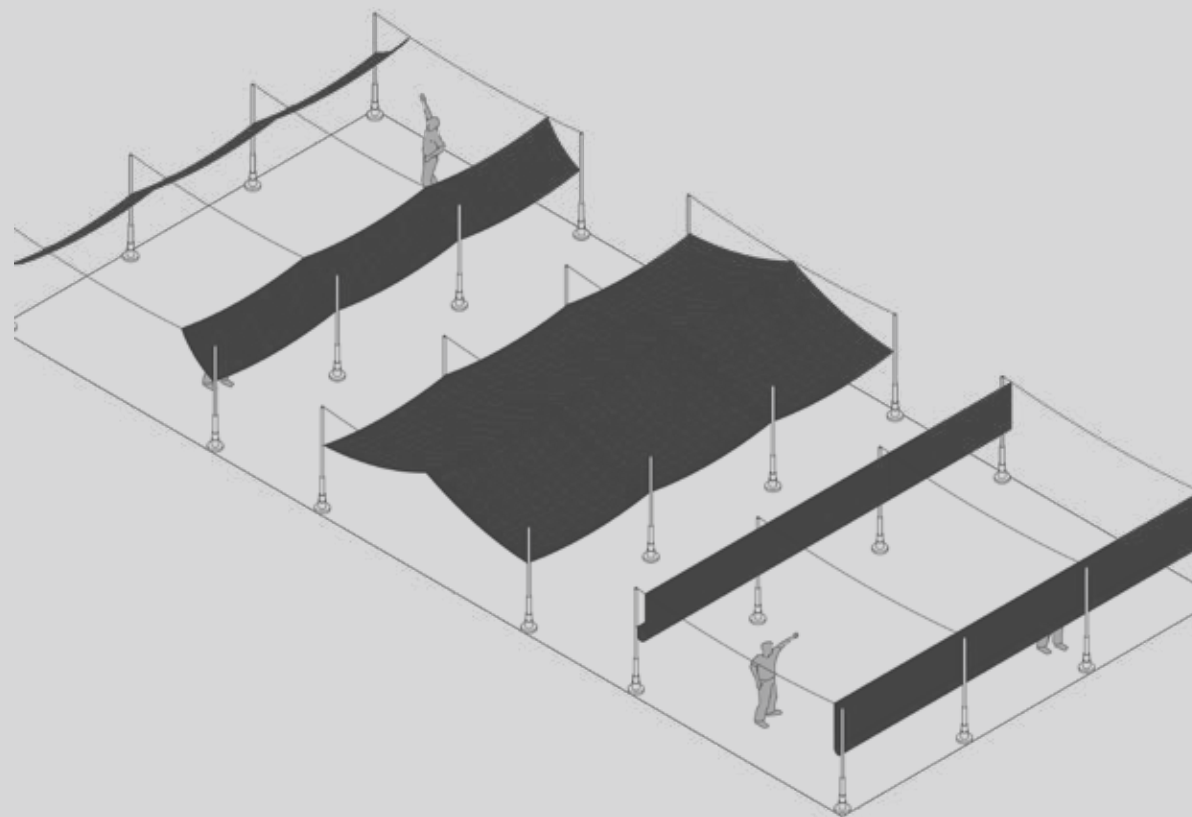
#08

Recycle the props and hand them over to the flu



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所有参与者将麻纸撑开并将它举起, 让整条麻纸处于撑开的状态。参与者将所有的撑杆依次放到相应的位置, 并将麻之挂上撑开, 如此重复, 相互协作, 将两面挂有麻纸的背景面, 最终形成一个属于我们自己的舞台和孤岛, 参与者将在其中完成我们接下的流程。

Participants first entered the arena in turn and began to write a poem on the cloth (a poem prepared in advance). When the first participant wrote half of the poem, the second participant entered the arena and began to write, in turn. After the first participant finished writing, he began to write the first poem that was not written (the first participant wrote the eighth poem), until all participants completed 14 poems.



参与者一起开始回收道具  
Participants start to recycle props together



参与者一起协力完成  
Participants work together to complete



回收中  
Recycling



回收中  
Recycling



将道具回收完成  
Recycle the props



参与者坐下开始交流讨论  
Participants sit down and begin to communicate and discuss



交流工作坊的流程和体验  
Exchange the process and experience of the workshop



给工作坊提出建议和留下纪念  
Give suggestions to the workshop and leave a memorial







# 仰望星空：

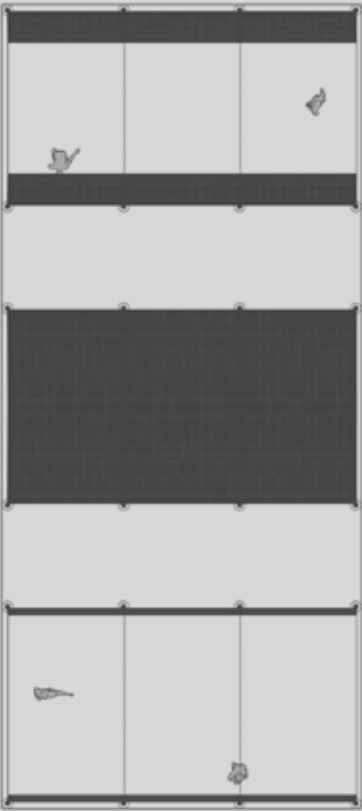
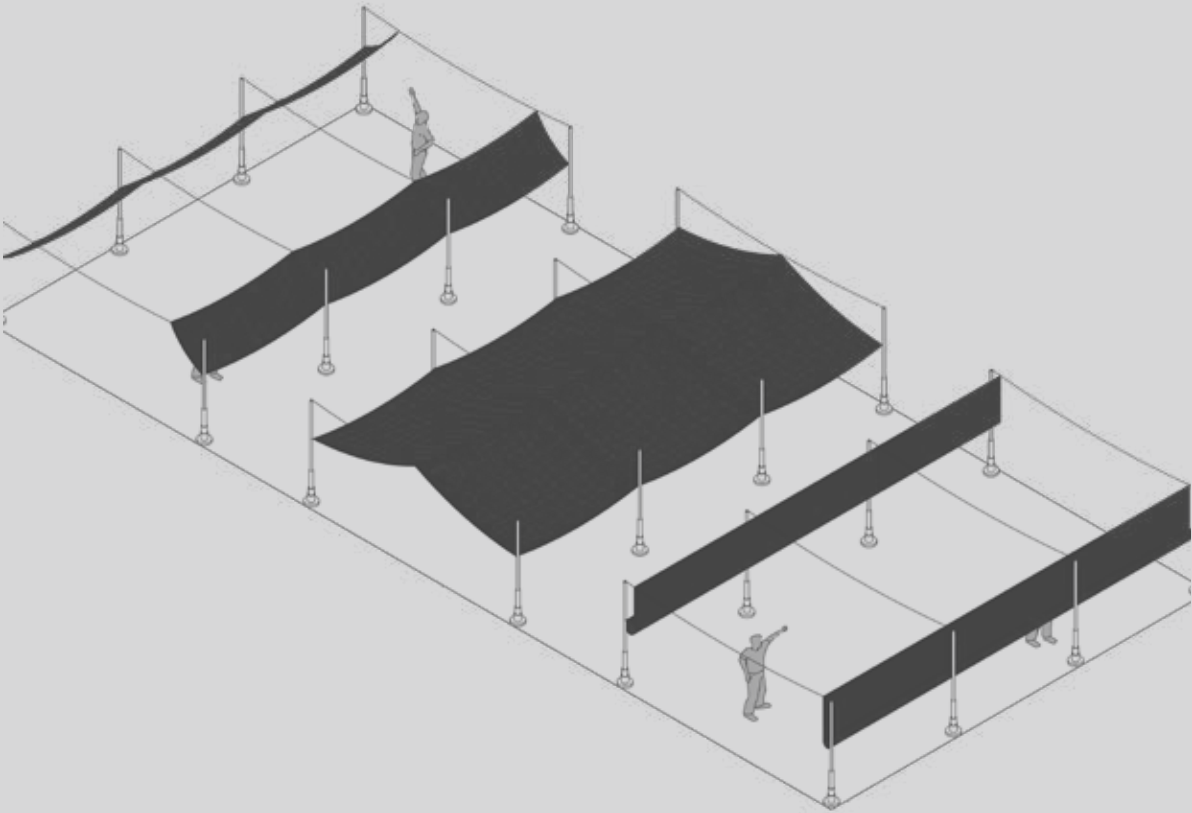
Look up at the starry sky

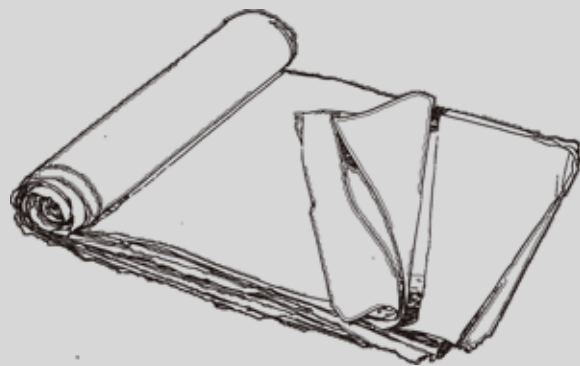
## #09



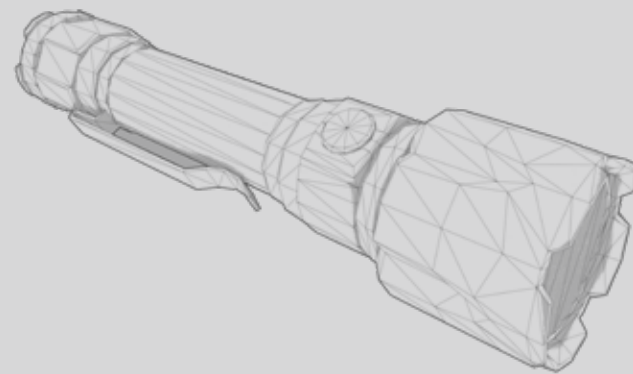
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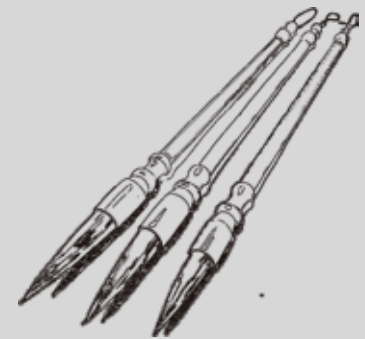




麻纸 /Hemp Paper



手电 /Flashlight



毛笔 /Ink Brush

{a}

004 动作注



参与者从交流中逐渐走出  
Participants gradually walk out of communication



仰望星空  
Look up at the starry sky



用手电照向夜空, 寻找自己的星星  
Shine a flashlight into the night sky to find your own stars



我们每个人都是一颗星星  
Each of us is a star

规则——星系里行星在环绕

每个人在所拆下的麻布上面或躺或坐或趴, 去仰望星空, 将自己的身心放空, 想象自己徜徉于一片星海当中, 想象自己是这片海洋中的一叶孤舟, 但所有人又是在一座孤岛之中, 既是一个集体, 也是一个独立的个体, 像星群散去, 又变回了独立的星星。

Everyone lies, sits or lies on the removed linen, looks up at the stars, empties his mind and body, imagines himself wandering in a sea of stars, imagines himself as a lonely boat in the sea, but all people are in an island, a collective as well as an independent individual, like a cluster of stars scattered, and become independent stars again.





# 画出星图并随时离开：

{j}

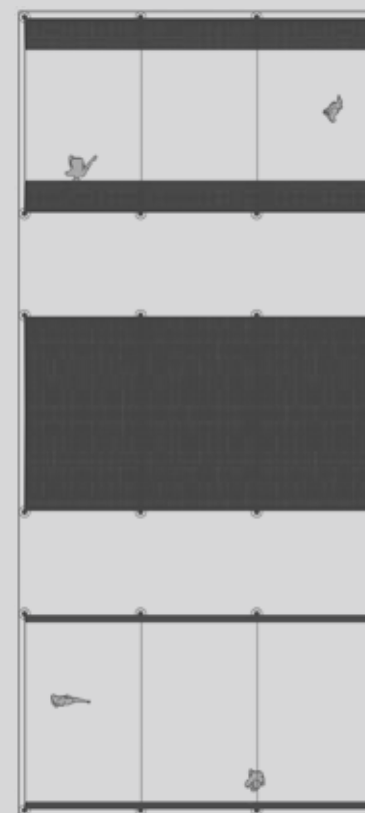
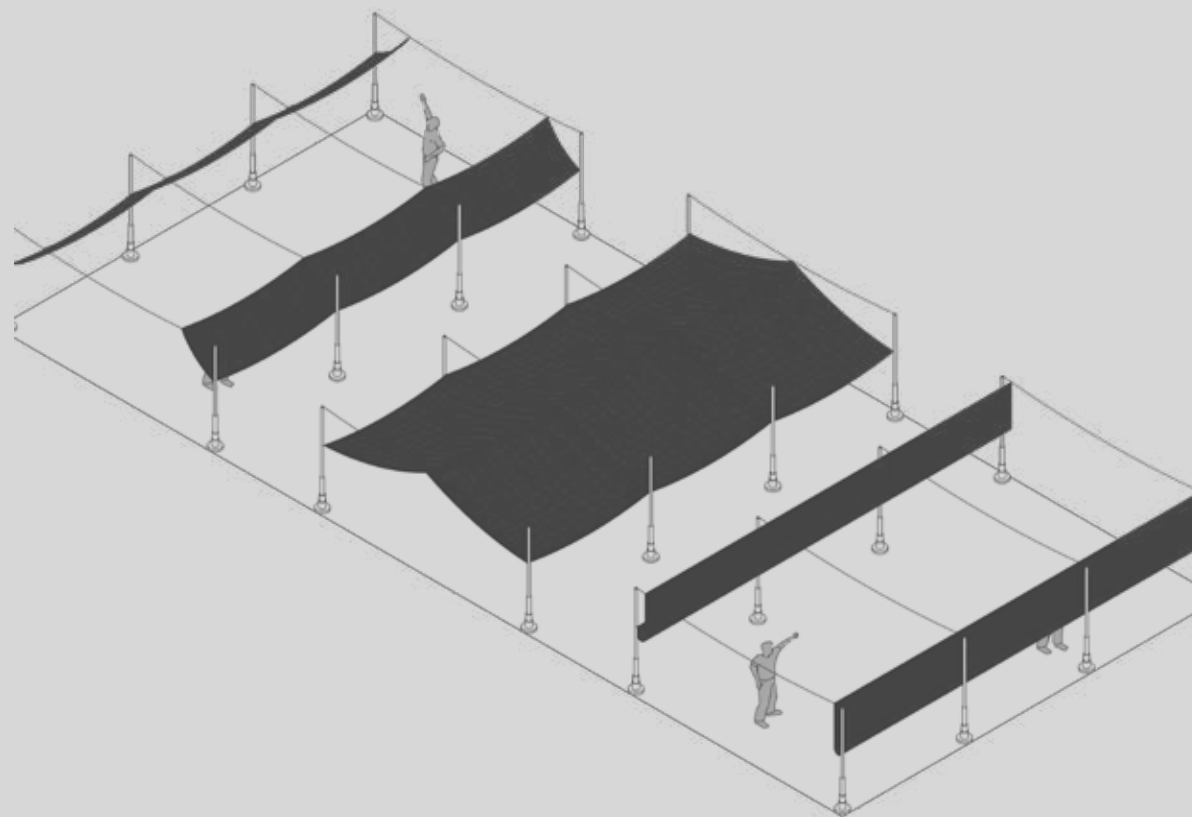
Draw a star map and leave at any time

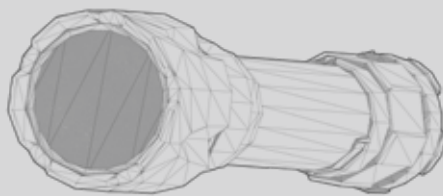
## #10



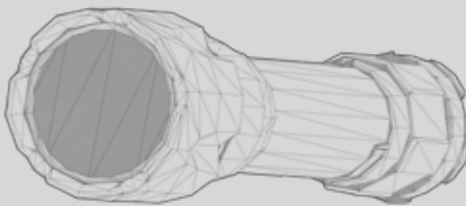
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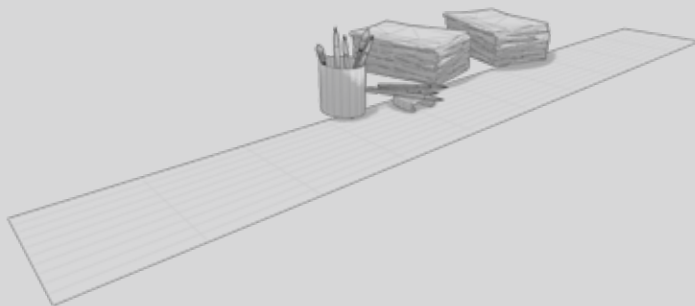




麻纸 /Hemp Paper



手电 /Flashlight



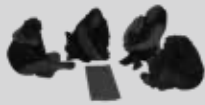
毛笔 /Ink Brush

{a}

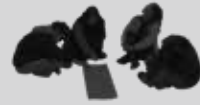
004 动作注



参与者仰望星空寻找一颗或一群星星  
Participants look up at the starry sky to find a star or a group of stars



找到后用笔在纸上画出  
Use a pen to draw on the paper when you find it



保持安静, 随着自己的节奏去完成  
Keep quiet and do it at your own pace



写完后安静地离场  
Leave quietly after writing



这是属于每个人自己的时间  
This is everyone's time



参与者逐渐离场  
Participants leave the venue gradually



场上的参与者越来越少  
Fewer and fewer participants



直到最后一人离开  
Until the last one left

规则一 星系里行星在环绕

所有人坐在草地上, 面前放着两张新的麻纸和笔墨, 麻纸上已经有一个画出的月亮, 所有人在仰望星空, 找到一颗或者一群让你印象最深的星星, 找到后用笔墨在麻纸上画下点, 以月亮为参考, 每个人画完后就可以离开, 这个过程保持安静, 不要有语言的交流。

群聚的星星总有散落时刻, 由一开始的聚众狂欢到最后的群星散去, 每个人都是一颗星星, 星星没有散去, 而是出现在纸上。

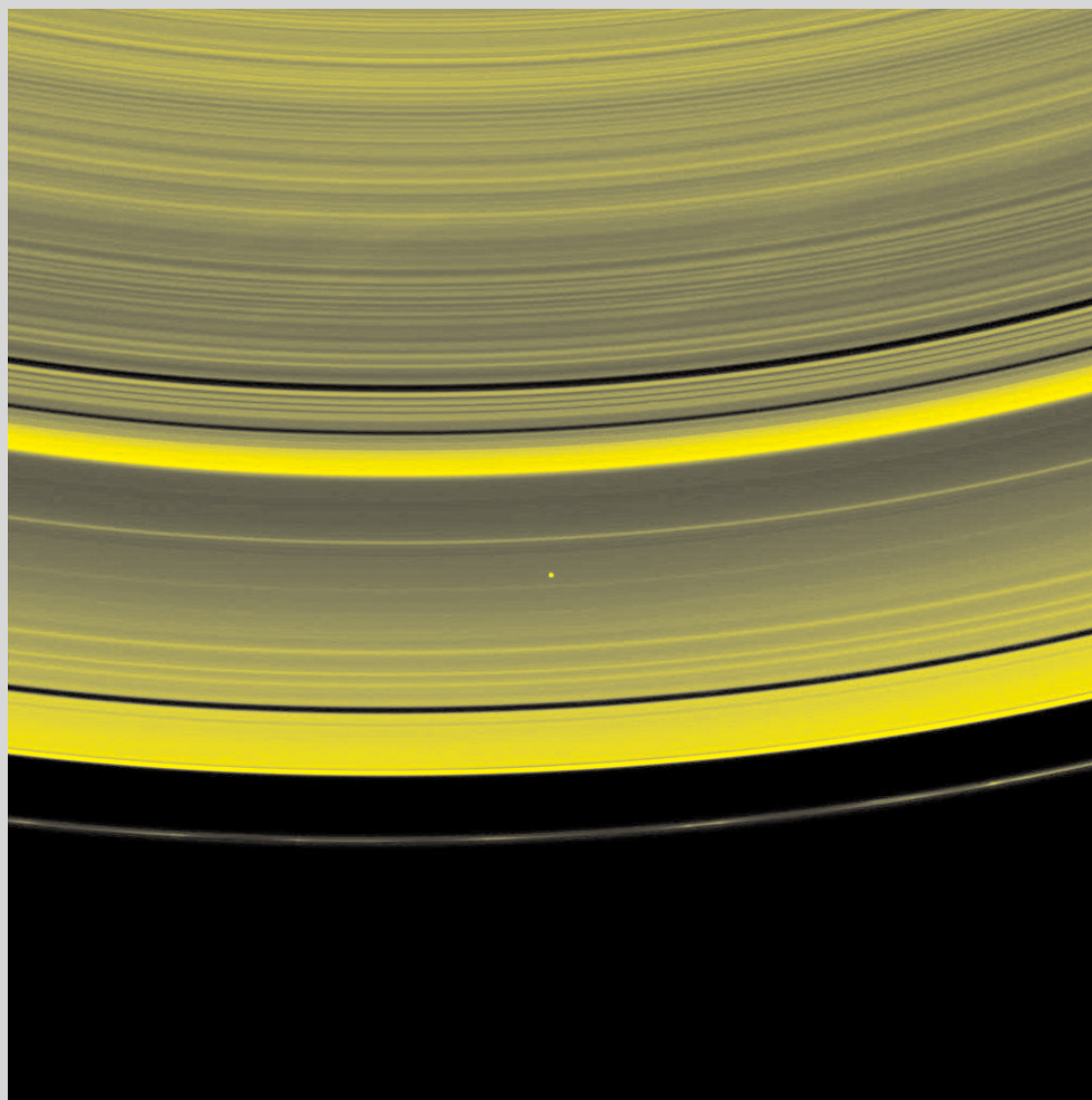
All people sat on the grass with two new pieces of hemp paper and pen and ink in front of them. There was already a moon painted on the hemp paper. All people were looking up at the starry sky to find a star or a group of stars that impressed you most. When they found one, they used pen and ink to draw a point on the hemp paper. With the moon as a reference, everyone could leave after painting. This process should be quiet and there should be no verbal communication.

There is always a time when the stars are scattered. From the beginning of the gathering to the end, everyone is a star. The stars do not disappear, but appear on the paper.

成

果

Achievement



4.1 诗文 / Poetic prose

我看这片星空，  
像是许久未见依然觉得亲切的老者。  
宏大与渺小、转瞬与永恒，  
仰望夜空，我时常感到自己的渺小。  
徜徉在宇宙中的光芒跨越了230万年，  
我站在大地上亲眼见证着这一幕。  
阿尔忒弥斯和俄里翁的凄美爱情的猎户座  
卡利斯托和阿耳卡斯母子情深的大小熊星  
弗利克索和金毛羊的勇敢忠诚的牧羊星座  
冷酷的宇宙的点点繁星点燃了人间的火种  
漫天星光从银河中映射了人类的灵感  
从托勒密的地心说

到哥白尼的日心说  
伽利略的望远镜寻到了牛顿、卡西尼、惠更斯  
阿姆斯特朗迈出的一步让神秘的星河不再遥不可及  
浪漫记录在历史课本上  
我想起孩童时期的追逐和吵闹  
后山的星星像五毛的弹珠  
被调皮的小孩打翻了糖罐  
五彩的糖粒滚落在外婆的线团旁

I look at the starry sky  
Like an old man I haven't seen in a long time  
The great and the small, the transient and the eternal,  
Looking up at the night sky, I often feel small.  
The light that roamed the universe spanned 2.3 million  
years,  
I stood on the ground and witnessed it.  
The poignant love of Artemis and Orion  
The big bear star of Callisto and Arcas  
The brave and loyal shepherd of Flicko and the Golden  
Retriever

The stars of the cold universe set the world on fire  
From Ptolemy's geocentric theory  
To the heliocentric theory of Copernicus  
Galileo's telescope found Newton, Cassini and Huygens  
Armstrong took a step that made the mystery of the stars no  
longer out of reach  
Romance is recorded in history books  
I think of the chasing and Shouting of my childhood  
The stars on the back hill are like five-fen marbles  
The naughty child knocked over the sugar jar  
Colorful sugar grains rolled down beside Grandma's ball of  
string







孤  
獨  
跋  
脚  
未  
到  
歸  
宿

重上嶺壑的泥點  
荒野回聲如夢  
畢竟何途黑底夜  
輕航年十二  
黃昏燈下

热烈地舞蹈，将自己献给这片星球。

己，以及泛濫的，四散的浪花聲。  
小船輕搖，我朝對岸呼喊，  
回答我的，只有我自

眺望，  
第一束阳光，  
拥抱着  
迎来。

看兒了月星  
奔跑者抬頭望天

仗量柳青与头领的世界，  
伸出双手，在无尽的徘徊中。

步履匆匆，  
國野皆經過。

荒野中解碑石和狂人安眠

在光里我们终将归入泥土

在盲神高昂的臂膀上  
坦坦向这磨难和斯辛割，不知所踪

驶向朝霞深处一方  
用眼泪种下星星后

起青  
荒野中能辟血和狂风舞蹈

步履匆匆，田野诉说过往

驶向那遥远的一方

用眼泪种下星星后

仗量胸膛与头顶的世界，  
伸出双手，在无尽徘徊中

看见了星星。

奔跑者抬头望天

第一束阳光

眺望星星，  
拥抱着迎来

已以及泛滥的，四波的水花声

小船轻摇，我相对岸呼喊，回应的只有我自己

在光里，  
我终将归入泥土

在盲神高举的臂膀上

望向这荒芜的断崖，不知所踪

热烈地舞蹈，将自己献給这片星球。

孤独的脚步，  
来到归宿

重一 荒原的沉默

荒野，回声如沙，在荒原十二

寻觅，归途黑夜将，黄昏埋于

寻觅归途，黑夜将黄昏埋于荒野，回声如纱，轻抚12种崖壁的沉默

孤独踟蹰的树木找到了归宿

荒野中的碎石和狂风舞蹈卷起青草

在光日下，我们终将归入泥土

在盲神高举的臂膀上，望向达摩克利斯之剑，不知所踪

用眼泪种下星星后，使向阴翳的远方

步履匆匆，围炉诉说过往

伸出双手，在无尽的徘徊中丈量脚底与头顶的世界

奔跑者抬头望天，看见了星星

眺望着，拥抱着，迎来第一束阳光

小船轻摇，我朝断呼喊，回应我的只有我自己以及泛滥的四溅的水花声

热烈的舞蹈将自己献给这片星球

Looking for a way home, the night buried dusk in the wilderness, echoing like a veil, caressing the silence of the 12 types of cliffs

Lonely trees have found their home

Gravel and wind dances in the wilderness roll up the grass

In the light day, we will eventually fall into the dirt

On the raised arm of the blind god, he looked at the sword of Damocles and disappeared

After planting the stars with tears, make them far away

In a hurry, the hearth tells the past

Stretch out your hands and measure the world under your feet and overhead in the endless wandering

The runner looked up at the sky and saw the stars

Looking, embracing, welcoming the first rays of sunshine

The boat rocked softly, and I shouted at the break, and all that was in response to me was myself and the sound of splashing water

Passionate dancing dedicated oneself to the planet

4.2 影像 / Image

参与者先依次入场开始在场上在布上写下一句诗(事先编好的诗句), 当第一位参与者写到一半时第二位参与者入场开始书写, 依次进行, 第一位写完后开始写下未写的第一句诗(第一位参与者写第8句诗), 直到所有的参与者完成14首诗。

Participants enter the stage one by one and start to write a poem on the cloth (a poem made up in advance). When

the first participant writes half of the poem, the second participant enters the stage and starts to write the first poem (the first participant writes the eighth poem) in turn, until all participants finish the 14 poems.













我其实是第一次参加工坊的活动, 然后就是整个流程	是在我们不是有一个地方就是改诗的那个地方。但其	combination separately, and then until the reversal of the	place or a place where we change the poem. But in fact, I
下来我其实就很享受。就是那种比如说先从看到一首	实我觉得就是比如说如果每个人有一张纸或者一部手	feeling of the sort of thing before. That is, from the beginning	think that if, for example, everyone has a piece of paper or
完全不认识的诗, 然后每一个人有自己写了之后再创	机, 然后每一个人上去表演, 每一个人把每一个人表演	of the poem written in the last session, to the present one	a mobile phone, and then everyone goes to perform, and
作的一个过程。然后就是反复的把一首完整的東西就	的写成一句话, 最后每一个人都会有一首诗, 然后再把	point, two points, three points, zero, and the performance	everyone writes a sentence of each person's performance,
是分开组合, 分开组合, 然后直至颠覆以前的那种东西	每一个人的诗拆散再重组, 他的那个颠覆患会更加的	is a kind of extraction. Maybe what I think of is like the	then everyone will have a poem, and then dismantle and
的感觉。就是从最开始上一届写的诗, 到现在一点零	大。然后我觉得那种创新的感觉会更丰富的感觉。然后	place where the performance is performed. What I think	reassemble each person's poem, his subversion will be
二点零三点零, 还有表演都是有一种从中提取。可能我	其实整个活动还是很喜欢的, 谢谢。	of is different from what you perform and what he sees. It	more serious. And then I think that feeling of innovation is a
想的就比如说那个表演的地方, 我想的东西和你表演		is a process of listening to the performance and watching.	richer feeling. And I actually enjoyed the whole thing. Thank
出来的和他看到的由一个听表演看的过程, 它组合在	I actually attended the workshop for the first time, and I	And then until finally the whole song is subverted, and then	you.
一起都是不一样的感觉。然后直直到最后整首是被颠	actually enjoyed the whole process. It's the kind of process	subverted into a new thing, just feel this attack and defense	
覆, 然后颠覆成了一个新的东西, 就感觉这个攻防活动	where, for example, you see a poem that you don't know	activity gives me a sense of enjoyment of the excitement.	
给我感觉一种很享受的刺激感。然后有一种创造的心	at all, and then everyone writes it and then creates it. And	Then there is a creative mind in it. And then but I think there's	
意在里面。然后但是我觉得就有一个可以更好的点, 就	then repeated separate thing is a complete combination,	a point that could be better, which is where we either have a	

成果——星划诗篇



易姿汛

中国美术学院  
艺术与科技



我觉得就是这次活动其实很多环节我都觉得挺有意思。我觉得最好的一点是我觉它是从开始到最后它是一个很完整的一个创作过程, 然后最后呈现了一个很完整的作品。就是这个历程是每一个环节都很到位的。但是就是如果让我觉得更好的就是能够在这个过程中有更加多的尽可能地去调动那个创造力。比如说我们可以每个人对这个诗的理解可能再深一些, 比如说多读几遍或者是反复地进行表演, 或者是找不同的人去演同一首同一句时, 再或者就是比如说去抽取意向或者是什怎么样, 就是尽可能的让这个诗的就是我们对他的理解更深一些, 想更多一些。然后还有就是前面朗读的那一小一小个环节, 感觉可能没有那么的金道, 就是那个手电筒那一个环节, 但是我觉得整体非常

非常的有意思, 真的谢谢。

In fact, I think many aspects of this activity are very interesting. I think the best thing is that it is a very complete creative process from the beginning to the end, and then finally presents a very complete work. It is this process that is in place in every link. But what makes me feel better is that I can mobilize the creativity as much as possible in this process. For example, we can make each person's understanding of this poem deeper, such as reading it more times or performing it repeatedly, or finding different people to perform the same sentence in the same song, or extracting the intention or what it is, so as to make this poem as deep as possible. Then there is a small part of the reading. I think it may not be the golden road, but the flashlight part. But I think it is very, very interesting overall. Thank you very much.



申彧凡

中国美术学院  
本科在读



Results - Stars across the poem



柴语晨

中国美术学院  
艺术与科技





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中国美术学院  
本科在读

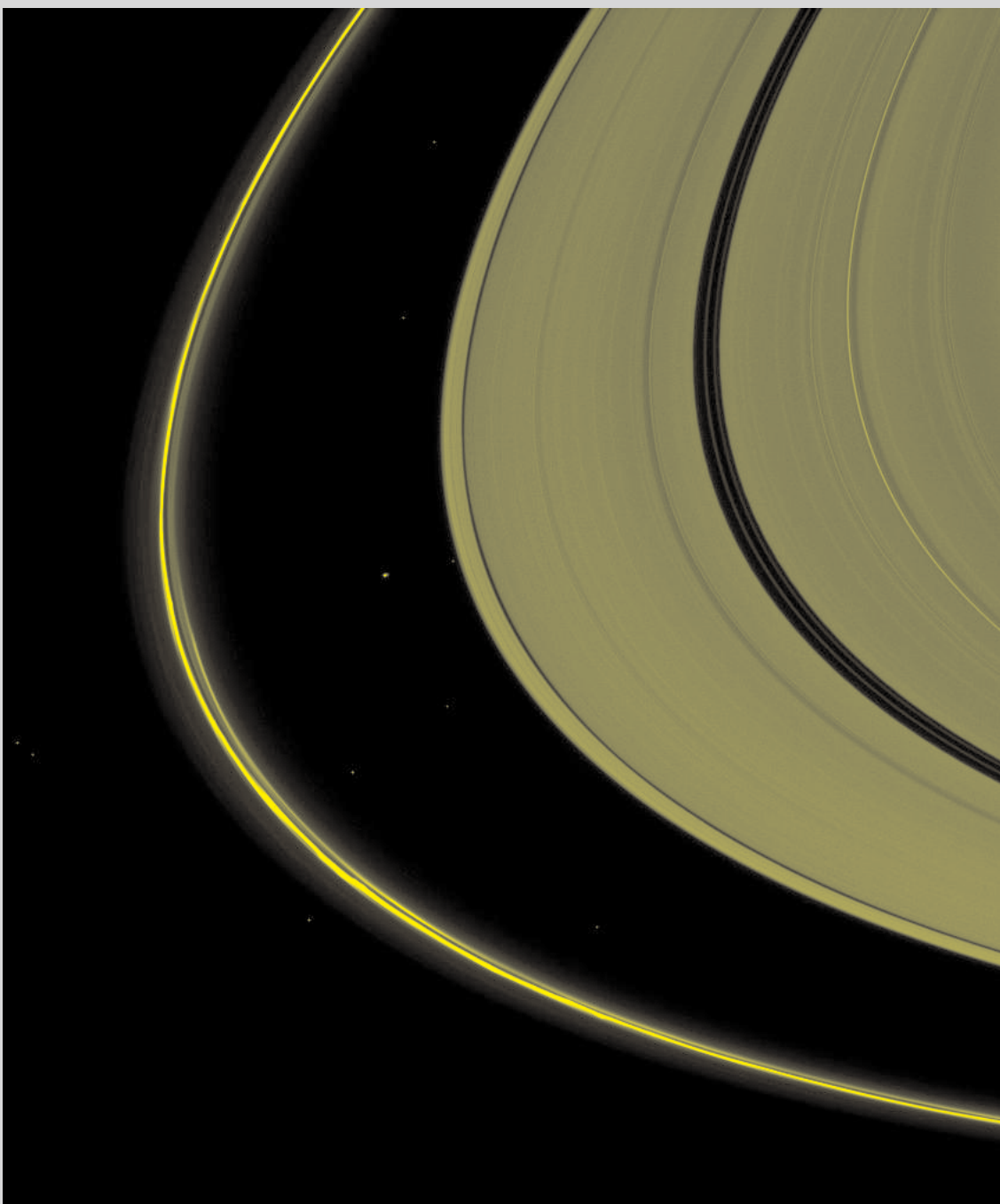
Results - Stars across the poem



延

展

*Extension after class*







有时，  
把她们揽在窗的四肢内，  
让她们转，  
风车样地去说争风的话。

六

《雪山庄》

雪 山 辑 之 一  
万尺的高墙 筑成别世的露台  
落叶以体温 苔化了入土的榱桷  
乔木亭亭 间植的庄稼白如秋云  
那即是秋云 女校书般飘逸地抚过  
群山慵慵悄悄  
夜寒如星子冷漠的语言  
说出远年震栗的感觉  
对於濡湿的四肢  
篝火像考古的老人  
一如我们的疲惫 被意义之神审讯  
其不知虚无也成化石 在我们这一纪  
在雪埋的热带 我们的心也是星子  
在冷漠的相对中留存  
而傍著天地 乔木於小立中苍老  
惟圆月以初生赤裸的无忌  
在女校书的裙边邀幸  
看来……若一只宠物  
一副 被时间宠坏了的样子

五

《窗外的女奴》

方 窗

这小小的一方夜空，  
宝一样蓝的，  
有看东方光泽的，  
使我成为波斯人了。  
当缀作我底冠饰之前，  
曾为那些女奴拭过，  
遂教我有了埋起它的意念。  
只要阖拢我底睫毛，  
它便被埋起了。  
它会是墓宫中蓝幽幽的甬道，  
我便携著女奴们，  
一步一个吻地走出来。

圆 窗

这小小的一环晴空，  
是浇了磁的，  
盘子似的老是盛看那麼一块云。  
独餐的爱好，  
已是少年时的事了。  
哎！  
我却盼望著夜晚来；  
夜晚来，  
空杯便有酒，  
盘子中出现的那些……  
那些不爱走动的女奴们总是痴肥的。

字窗

我是面南的神，裸著的臂用纱样的黑夜缠绕。  
於是，  
垂在腕上的星星是我的女奴。  
神的女奴，是有名字的。  
取一个，忘一个，  
有时会呼错。

赤道是一痕润红的线，你笑时不见。  
子午线是一串暗蓝的珍珠，  
当你思念时即为时间的分隔而滴落。  
我从海上来，你有海上的珍奇太多了……  
迎人的编贝，嗔人的晚云，  
和使我不敢轻易近航的珊瑚的礁区。

三

《陨石》

小小的陨石是来自天上，罗列在故乡的河边  
象植物的根子一样，使绿色的叶与白色的花  
使这些欣荣的童话茂长，让孩子们来采摘  
这些稀有的宇宙客人们  
在河边拘谨地坐着，冷冷地谈着往事  
轻轻地潮汐拍击，拍击  
当薄雾垂幔，低霭铺锦  
偎依水草的陨石们乃有了短短的睡眠  
自然，我常走过，而且常常停留  
窃听一些我忘了的童年，而且回忆那些沉默  
那蓝色天原尽头，一间小小的茅屋  
记得那母亲唤我的窗外  
那太空的黑与冷以及回声的清晰与辽阔

四

《偈》

不再流浪了，我不愿做空间的歌者  
宁愿是时间的石人  
然而，我又是宇宙的游客  
地球你不需留我  
这土地我一方来  
将八方离去

郑愁予诗选：

一

《牧羊星》

雨落後不久，  
便黄昏了，  
便忙著雾样的小手卷起，  
烧红了边儿的水彩画。  
谁是善於珍藏日子的？  
就是她，  
在湖畔劳作著，  
她著蓝色的瞳，  
星星中，  
她是牧者。  
雨落後不久，  
虹是湿了的小路，  
羊的足迹深深，  
她的足迹深深，  
便携著那束画卷儿，  
慢慢步远……湖上的星群。

二

《如雾起时》

我从海上来，带回航海的二十二颗星。  
你问我航海的事儿，我仰天笑了……  
如雾起时，  
敲叮叮的耳环在浓密的发丛找航路；  
用最细最细的喘息，吹开睫毛引灯塔的光。



《郑愁予的诗》  
Poems of Zheng Chouyu



天  
天

