



IMPROVISATIONAL EXERCISES FOR THEATRE

ALPHABET CIRCLE

- Everyone stands in a circle. One player starts by throwing an 'A' to another player. That player throws as fast as possible a 'B' to someone else. And so on until you get to the end of the alphabet.
- If you work with a large group, you can divide them into 2 circles to see how fast each group can get to 'Z'.

Variations:

- Any player has the option to change the sequence from A-Z to 1-10 and vice versa. Time it. Or change to 1-10.

ASSOCIATION JUMP

- All players move about the space. At any time, trainer yells a player's name. That player 'jumps' into a frozen position.
- The other players watch our subject jump into a position, and then build around that player, inspired by whatever the frozen position our subject jumped into. The end result is a still scene.

EMOTIONAL MIRROR

- Players in pairs, facing each other. One starts talking in gibberish, with a specific emotion (angry, happy, in love, etc.)
- The other instantly copies the emotion of the first player, and speaks in his own gibberish. No need to try and copy the other player's gibberish, and both players keep talking, no pausing allowed. After about 10 seconds, the second player changes emotion, and the first one immediately follows her.

THE SCREAM

- Everybody stands in a circle, and looks at the ground.
- When Facilitator says 'GO', everybody lifts his or her head and either looks straight, left or right.
- Whenever 2 people look each other in the eyes, they scream as loud as they can, as if they're startled, and then fall to the ground.

- Repeat till only one or 2 players are still standing.

WORD BALL

- All players stand in a circle. One player starts by tossing a word to another player. The receiver says out loud a word that he/she associates on this word, and throws the association to another player.
- The exercise continues and so on.

Variations

- Instead of just tossing a word, have the players throw a soft ball, or a towel tied in a knot to each other. Try with multiple 'tossers' at once.

THREE LIES

- Participants' sit/stand in a circle.
- Everyone has to tell the group three facts about themselves. Two should be true and one a lie.
- The group has to guess which fact is false.

WHO ARE WE?

- Explain to the group that they are going to respond to the question 'who are we?'
- Each person in turn should answer this question with a sentence, for example, 'we are young, we are women, we are farmers, we are parents, etc.'
- After each response, the participants raise their hands if they feel they are included in that particular description.

Variations

- Participants sit in a circle. One person goes into the center of the circle to finish the sentence 'We are...' For example 'We are women, young, etc.'
- Anyone who feels that they fit that description gets up out of their seat and finds another place to sit in the circle.
- The last person still standing continues the exercise with a new 'We Are...'

WHAT ARE YOU DOING?

- Participants stand in a circle.
- One person goes into the center and begins to mime an action.
- Another person goes into the center and asks that person the question

- 'What are you doing?'
- The first person answers with an action that is completely different than what they are miming. For example. If they are miming the action of brushing their teeth, they might respond to the question with something like 'I am riding a horse.'
- The second person then takes their place in the center of the circle and begins to mime the action that the first person said (ie., they ride a horse.)
- Another person enters the circle to ask 'What are you doing?' and the game continues on.

MARIA MARIA MARIA!

- The group stands in a circle.
- One person enters the circle and says the name of another member of the group three times.
- The person whose name is being said, has to say their name once before the person in the center says it the third time. Otherwise that person must then enter the circle and repeat the process by saying another member's name.

MIRRORS

- Ask that the group divide into pairs (Person A & Person B)
- A begins by making movements in slow motion, keeping constant eye contact with B
- B then begins to copy A's movements as if they were a mirror.

YES LETS!

- All move about the space.
- One person shouts out an idea for the rest of the group. For example, 'Let's climb a tree!'
- The rest of the group responds as if it is the best idea they have ever heard of by shouting together 'YES LETS! And then miming that action.
- Another person shouts out an idea to continue on the same theme, for example 'Let's pick apples from the tree.'
- The group again enthusiastically responds with 'YES LETS!' and mimes the action. And so on.

STILL IMAGES

- The group moves around the space.
- The facilitator claps his/her hand and calls out an emotion, For example, FEAR or EXCITEMENT.
- The rest of the group must then stop and create a still, statue like image of the emotion. They then hold the Image for a few seconds and until the

- facilitator tells them to begin to move again
- Facilitator calls out a new emotion and the exercise continues.

INTRODUCTION IN THREE ACTS

- Each person stands in front of the group and gives a small performance in 'three acts'
- The first 'act' they say their name.
- The second 'act' they say how they are feeling
- The third 'act' they say their favorite thing about themselves.

It is important to treat each 'act' as a performance, paying close attention to how each participant is presenting themselves to the others. For example, can they be heard? How are they standing? What does their body language say about them?

TELEPHONE

- Group stands in a circle.
- One member of the group begins the exercise by quietly whispering a short sentence into the ear of the person to their left.
- The person to their right then relays the sentence to the person to their right and the exercise continues until it has completely gone around the entire circle.
- The last person to receive the sentence announces it out loud to the group.
- The first person to say the sentence then reveals what they originally said to see how the sentence was changed through out the exercise.

COUNT TO TEN

- Participants stand in a circle and take turns saying a number from 1 to 10.
- Each time that two people overlap and say the same number at the same time, the group must start again.
- The goal is to focus enough to get to 10 with out overlapping.

Variation:

- If the group successfully gets to 10 they can try for 20 and so on.

SOUND BALL

- Group stands in a circle.
- One person sends a 'sound ball' to another person in the group by directing a sound and movement to them from across the circle.
- That person then accepts the 'sound ball' by repeating the sound and movement before sending their own different one to another person in the circle.
- The process then gets repeated and so forth.