

A Game for Every 101 Lesson

Warm-up exercises

- TMs form a circle.

Stretch: Get Centered, focus on Improv! Instructor (I) and 3 teammates (TMs) lead a short stretch.

Crazy Eights: To get the blood flowing.

Yes, And: Build the essential Improv skill of ACCEPTING and building on ideas.

- A TM starts by making a simple statement (e.g., "I went to the store today").
- The next person responds with "Yes, and..." adding more details to the story.
- Continue around circle.

Lesson 101-01 Confidence and Acceptance

SELF CONTAINED EMOTIONAL STATEMENTS, the game –

Stage Directions:

- TMs form a circle.
- TM1 gives a Self-Contained Emotional Statements and TM2, to their left, gives an appropriate “Yes and...” response.
- TM2 then gives a Self-Contained Emotional Statements and TM3, to their left, gives an appropriate “Yes and...” response.
- Continue around the circle till all TMs have given and responded to a SCES.

Lesson 101-02 Attention & Memory

CIRCLE OF SEQUENCES, the game –

Stage Directions:

Sequence 1

- TMs form a circle. A category (cars, animals, toys etc.) is given as a starting point.
- A TM points to another and says any word somehow related to the category.
- That TM points to another TM and says another word inspired by the category.
- Continue until every TM says a word and points to another TM.
- The final TM contributes and points back to the first TM.
- Repeat Sequence One until the group is comfortable with it.

Sequence 2 & 3

- Establish Sequence 2 & 3 the same way. Use a different TM to start each new sequence. Use a different category for each sequence.
- When TMs are comfortable with each Sequence, keep all three going simultaneously. Start with Sequence 1 and then tap the TM starting Sequence 2 on the shoulder, then tap the TM starting Sequence 3 on the shoulder.

Lesson 101-03 Playing in Space

The WHAT ARE YOU DOING? loop, the game – G24

Stage Directions:

- TMs form a backline.
- 2 TMs enter stage. Coach gives a suggestion of an action/activity (Milking a cow or climbing a fence, cuddling a koala, starting a bonfire, boxing, fly fishing, etc.)
- TM1 mimes that action.
- Going against the general Improv rule of not asking questions, TM2 asks, “What are you doing?”
- TM1 says something that is **not** what they are doing and **not** what the action could also be construed as doing (“Flying two kites.”) Anything different works: “I’m rinsing rutabagas”; “I’m wrestling sea monkeys.”
- TM1 goes to the end of the backline. And from the front of the backline TM3 joins TM2.
- TM2 mimes that action. TM3 asks, “What are you doing?”
- The **TMs repeat this loop** until all TMs have participated.
- As rounds progress, the rhythm should get faster and the judging of TMs’ contributions should get more critical.

Lesson 101-04 Playing from Emotion / Character

CARPOOL, the game:

Instructions:

Driver is picking up friends, not strangers. Use Improv's accepted props of 4 chairs as the car. Remember, the car has doors, windows, controls etc.

Note: Assume you know each other. Do not spend time getting to know one another. You KNOW each other's patterns of emotional reactions, so you can quickly elevate a scene by boldly sharing your feelings.

Stage Directions:

- TM1 starts driving a car, expressing a self-contained emotional perspective ("I love the South").
- Each remaining TM, in turn, will flag down the driver and enter the car.
- TM2 enters the car announcing their own emotional perspective ("The South scares me").
- TM1 immediately embraces TM2's perspective, and agrees, heightening the perspective. TMs share with additional details supporting that perspective ("Oh, my god, look at all the shrimp and grits!").
- TM3 enters the car with a new emotional perspective ("I think Mississippi's beautiful"). TM1 & TM2 immediately accept and embrace this new perspective.
- •If you have more than 4 TMs, when the TM5 enters the car TM1 is bumped out and TM 4 takes the wheel. Everyone shifts seats. Repeat till all TMs have played.
- Scene is over when all TMs have entered the car and shared their SCES.

Lesson 101-05 GIFTS Active Endowments for Emotional Reactions

MIRROR, ACTION, OBJECT, the game –

Instructions:

- **These are three separate vignettes explored in silence** (though any **emotional noises *felt* are welcome**).
- Play continues until I say, **“Emotional Sound.” One at a time (do not speak over each other!)** each TM makes a noise that indicates their emotional state.
- Then I say, **“Statement.”** TM says a **Self-Contained Emotional Statement** defining how what they’ve imagined makes them feel. Examples: “I love my hair,” “This job is killing me,” and “Silly putty gives me the giggles.”
- **Remember Weight, Volume, and Tension** are the three keys to engaging object work!

Stage Directions:

- Three TMs take the stage and space themselves apart in a triangle.
- **Position 1 - MIRROR: TM1 is tasked with looking into a mirror and feeling about what they see.**
- **Position 2 - ACTION: TM2 is tasked with engaging in an activity and feeling about what they do.**
- **Position 3 - OBJECT: TM3 is tasked with defining an object through mime and feeling about that thing.**
(The Action position can use an object, and the Object position can engage an action.)

ROTATE:

- TMs change positions clockwise and take on the task of their new position.
- Rotate a 2nd time so each TM has been in all 3 positions.

Lesson 101- 06 FUN with GAMES

FREEZE TAG, the game –

Stage Directions:

- TMs 1 & 2 start a scene given an audience suggestion.
- From the wings, TM3 says, “Freeze.”
- TMs 1 & 2 freeze as they are positioned.
- TM3 confidently tags out the TM they want to replace and assumes the physical position of the tagged TM.
- The tagged TM exits to the wings.
- TM3 initiates a new scene transporting the TMs physical positions to a new location/situation/relationship/etc.
- This new scene continues until TM4 shouts, “Freeze!”
- Repeat until all TMs get to play.