



Improvisation

Ball Toss

Style	Warm up
Players	Group standing in a circle
How to play	An imaginary ball is passed and tossed around the circle. The ball can take on different sizes and weights. The one tossing the ball determines the weight and the recipient supports the same dimensions when catching it. The recipient can then change the size weight before they pass it on to the next person. Eye contact is very important so everyone is aware of where the ball is going and who will be receiving it.
Variation	Say a person's name before tossing

Improvisation

Opposites

Style	Warm up
Players	Group walk around the space
How to play	As the players walk randomly around the space, a leader calls out actions. The players must do the 'opposite' of what is called. <ul style="list-style-type: none">• Stop/go• Jump/squat• Clap/stomp



Improvisation

1, 2, 3 Count

Style	Warm up
Players	Partners
How to play	Partners count to 3 together by alternating saying the numbers. After this is established then replace the number one with a movement. Again count to 3 alternating people, but do not say 1, just do the movement, and then continue counting with the words for 2 and 3. Continue but now replace the 2 with a movement so 1 and 2 are silent and only represented by a movement. Finally, replace the 3 with a movement. The outcome is 2 people silently alternating movements.

Improvisation

Mirror

Style	Warm up
Players	Partner
How to play	Player A and B stand facing each other. Player A leads the movement and Player B follows. Player A makes the movements simple and easy to follow. After sometime then Player B leads and Player A follows. After some time then either player can lead and also follow, not verbalizing it but just staying connected with eyes and movement
Variation	Touch wrists together and move in different positions never disconnecting the wrists. You can turn and twist the wrists around but cannot let them come apart.



Improvisation

Dancing Duo

Style	Warm up
Players	Partners
Needed	Music
How to play	Player A will do a dance move (to recorded music) and Player B will follow but with a slight exaggeration of the move. Switch who leads.

Improvisation

I'm a Tree

Style	Warm up
Players	3 players from a group of players
How to play	Player A comes forward and says, "I'm a tree", while shaping body into a tree. Player B associates from the idea of tree and is something else (i.e. "I am an apple on the tree." Player C associates from both A and B's words and is the third object (i.e. "I am a worm in the apple"). Player A then says, "I am a tree and I am taking the worm". Player B stays and Players A and C leave. Player B says what they are, starting a new trio of associated items/ideas.
Variation	Play with 6 people adding to the scene with a zooming in on one object. i.e. Player A – I am a tree Player B – I am a branch Player C – I am a bud on the branch Player D – I am a pistil on the bud Player E – I am pollen on the pistil Player F – I am the ovary under the pistil



Improvisation

Scene Painting

Style	Beginning Scene Work
Players	2 – 6+ players
Suggestion	Location (everyday, historical, literature)
How to play	Players take on objects, items, ideas, or people to paint a scene. Players come to the stage as statues of the objects. Each player stays in place while the other players add to the painting.
Variation	Music of different genres can be played to inspire the scene instead of an audience suggestion. <ul style="list-style-type: none">• Street in Time• River in Time• Timeline



Improvisation

Conducted Story

Style	Storytelling
Players	3 – 6+ players
Suggestion	Made up story title
How to play	A conductor (director) of the story sits on the floor in front of the players who are lined up facing the audience. The players must tell a story as if they are one storyteller. The conductor will point to who should be speaking at the moment. The conductor will give eye contact to the player who will be next in telling the story. Players must pick up on the word or sentence when changing from one speaker to another.
Variation	Conductor can move the story along by summarizing and moving to the next chapter (i.e. “The rabbit is lost in the woods. This final chapter, we learn if Floppy finds his hole...” Can also be played as an elimination game. If a player hesitates when the conductor points to them then they step back and the remaining players continue the story until there is just one player left.



Improvisation

Typewriter

Style	Scene
Players	3+ players
How to play	One player is at a 'typewriter' and typing while telling a story out loud (as if we can hear the writer's thoughts). The other players play out the story. At any point the players can start speaking and take over the story. The story telling continues to be traded between the typist and the players.
Variation	This can be made up stories or familiar stories, such as fairy tales. Can also be based on an impressionistic chart or a historical figure.

Improvisation

Horn and Bell

Style	Scene
Players	2 – 6+ players
Suggestion	Audience member tells a little bit about a common event in their lives (i.e. getting ready in the morning, going to the grocery store, recent vacation)
Need	Horn and Bell
How to play	Players start a scene based on the audience member's description. The audience member has a horn and bell. He/she honks the horn if the story is incorrect and rings the bell if the story is correct.



Improvisation

Party Host

Style	Guessing game
Players	4 players
Suggestion	Audience members endow three of the players with identities which the 'host' needs to guess.
How to play	One player plays the party host and gets the room ready for greeting their guests. The first guest arrives (ding dong) as the character they have been endowed. They are giving clues to the host as to who they are. Second player arrives as their character. Third player arrives with their endowed characteristics. Players give more and more hints until the host guesses them.
Variation	Audience can be given categories which they can choose from: <ul style="list-style-type: none">• Historical figures• Political figures• Literary figures

Improvisation

Slow Motion

Style	All play – group scene
Players	2 – 6+ players
Suggestion	<ul style="list-style-type: none">• Greet a friend after a long time (2 players)• Greet a very friendly dog (2 players)• Giving a gift (2 players)• Bowling a strike (2 players)• Reading horrible news (2 players)• Sprint Finish (4 – 8 players)• Tug of War (4 – 8 players)
Need	Chariots of Fire music
How to play	Players silently and in slow motion enact the scene.



Improvisation

Let's Hang Out

Style	Audience participation
Players	2 players and 1 audience member
Suggestion	Interview audience member on their likes/dislikes. Find out their hobbies, favorite food, places traveled, any pets, favorite sports or music
Need	1 chair for the audience member to sit in, on stage, facing just one of the players.
How to play	Player A is trying to convince the audience member to 'hang out' with them, while Player B is behind the audience member making movements which Player A must copy and justify when speaking to the audience member. For example, Player B may be flapping their arms, so Player A must also flap their arms and say, "we could fly to Mexico together..."

Improvisation

King of Chairs

Style	All play – team building
Players	All
Suggestion	n/a
Need	Enough chairs for everyone
How to play	Every player has a chair. All of the chairs are scattered throughout the space. Each player sits in a chair except for one person. The person without the chair stands on one side of the room. The object of the game is for the person standing to try and reach the empty chair, however they have to walk slowly and at an even pace. Everyone else has to try and stop them reaching the empty chair by moving chairs. Once a person has got up from their chair to fill an empty chair, they cannot go back to their own chair. The standing person must try to get into an empty chair before anyone else. If they get into an empty chair before anyone else, the game starts again with the new person left standing. Always start the game with the empty chair far away from the person standing. Time the effort and then as a group try to increase the time that it lasts before the standing person sits. Team can speak and debrief after each session to talk about how to do better.



Improvisation

Whoosh, boing, pow

Style	Warm up
Players	All
Suggestion	n/a
Need	n/a
How to play	<p>Players all stand in a circle. The 'energy' is passed around the circle by an increasingly number of ways, by saying:</p> <ul style="list-style-type: none">• Whoosh (hands do a light wave to the person next to them) – passes to the person next to them• Boing (arms up and crossed) – changes the direction of the energy• Pow (hands clap in front of and point to a person across the circle) – passes the energy across the circle• Oil Slick (one hand makes a wavy motion) – skips the person next to them and goes to the next person• Freak Out (hands above head with jazz hands) – everyone changes places in the circle and the person who said, Freak Out, now passes the energy.• Viking (hands clap in front and pass across circle, like Pow) – The person who is pointed at needs to put hands on their head like Viking horns. The people to either side of the person need to row the boat (on the side).• Strike out! (mime bowling a ball across the circle) – Person who had the ball rolled towards them, plus the two people beside them fall down. They get back up and then continue the passing.• (Start to make up your own signals. The idea is to keep making it complex so that it remains interesting).



Improvisation

Three Things

Style	Warm up
Players	All in a circle
Suggestion	n/a
Need	n/a
How to play	The group stands in a circle. The first person turns to the person to their left and says, "Three things on a table," (or any category). The person to their left needs to list three things related to the category. It does not need to be 'right', it just needs to be quick. The whole group then claps two times and says in unison, "Three Things!". The person who just listed three things on a table, then turns to their left and gives a new category. "Three things living on a dog." Note: it's best not to use the word 'you' in this game, i.e. "Three things you find on your table." This becomes too specific and can slow the association down.

Improvisation

Mission Impossible

Style	Scene painting
Players	4 – 5 players
Suggestion	n/a
Need	Mission Impossible title song
How to play	Four to five players will enter a room, one at a time, and each hide the same object in the room; this is all done to the soundtrack of Mission Impossible. The players act as spies and enter the room at different places. Each player traces the steps and hiding spots of those that came before them. They look at each place, eventually find the object in the last hiding spot and then hide it a different place.



Improvisation

Director

Style	Scene
Players	2 players and 1 director
Suggestion	Any suggestion from the audience (place, relationship, object, occupation, etc.)
Need	Nothing specific
How to play	<p>Two players play a scene, inspired by an audience suggestion, for about 30 – 45 seconds. The director stops the scene and asks the players to play the exact same scene again, but this time with an exaggerated theme. Director stops and restarts the scene multiple times (3-4 times) asking the scene to be re- played differently each time. Example themes:</p> <ul style="list-style-type: none"> • Heightened emotion • Children’s show • Romance • Western • Backwards • Finger puppets • Opera

Improvisation

Hitchhiker

Style	Scene
Players	3 players (rotation of players)
Suggestion	n/a
Need	3 chairs
How to play	<p>2 players are driving in a car and one person is standing to the side as a hitchhiker. The hitchhiker is picked up and has a distinct characteristic, theme, or habit. The two in the car takes on the characteristic of the hitchhiker. The ‘thing’ is heightened and exaggerated. Another player can stand at the side of the car as a hitchhiker. The driver then finds a reason to exit the car, the two passengers scoot down, with one at the driver’s seat, and then pick up the new hitchhiker. The new hitchhiker has a distinct characteristic which the two in the car adopt and exaggerate.</p>