

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	<p>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")</p> <p>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.</p>
Variation	<p>Play with 6 people adding to the scene with a zooming in on one object. i.e.</p> <p>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 one the bud Player E – I am pollen on the pistil Player F – I am the ovary under the pistil</p>

Improvisation
Scene Painting

Style	Beginning Scene Work
Players	2 – 6+ players
Suggestion	Location (everyday, historical, literature)
How to play	<p>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.</p>
Variation	<p>Music of different genres can be played to inspire the scene instead of an audience suggestion.</p> <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"> • Sprint Finish • Tug o War • In line at the grocery store • Watching a parade • Watching a chariot race • Flooding of the Nile • Seed dispersal
Need	Chariots of Fire music
How to play	Players silently and in slow motion enact the scene.