

Soft/ team skills through Improv...

Yes, and – The goal of the following. When a team member makes an offer, accept the reality they have created, and add new, complementary information to it.

Offer – Any dialog or action which suggests new information or a new idea, or changes focus.

Accepting – Embracing an offer made by a team member.

Blocking – Rejecting an offer made by a team member.

Focus – Where attention lies at a point in time. Experienced team members share focus smoothly.

Avoid stealing, splitting, or rejecting focus. Know who/what has it.

Gifts – There are no mistake, only gifts- because they give us something interesting and new that we didn't have before and that we can build off of. Celebrate gifts outloud.

Create a safe environment by making your teammates look good.

"Name game"

In a circle, a person sends a clear offer by saying their name with an alliterative word, and performing an action.

Clockwise, each person in the circle says the exact same thing, in the same tone, repeating the action, until it has gone all the way around and the person who began has said their name twice. Attend to every detail with zen like focus, and recreate the original offer as closely as possible.

The next person offers there name and the group each mimics the new offer, etc.

Learning objective: Pay attention, send clear offers, know who/what has focus, celebrate mistakes.

"Zip, Zap, Zop"

In a circle, a person sends a clear offer of "Zip" to someone else. The second person sends "Zap" to another, who sends "Zop" to another, repeating "Zip", "Zap", "Zop", "Zip", "Zap", "Zop"

*Modification: Replace "Zip, Zap, Zop" with another triplet on the fly. Repeat that triplet twice before moving on to another.

Learning objective: Send clear offers, know who/what has focus, celebrate mistakes.

"Yes, Let's"

The group meanders.

Someone yells "Hey everyone, let's _____"

The group responds "Yes, let's!" and does that thing.

The facilitator signals to go back to meandering.

Learning objective: Accept offers, trust others to accept offers.

Point and walk

In a circle, Person A sends a clear offer by pointing at Person B.

Person B accepts the offer by saying "Go".

Person A begins walking to Person B's spot.

While Person A is walking, person B makes an offer to Person C by pointing.

Person C says "Go" to accept.

Continue the pattern.

*Modifications: Replace the point with strong eye contact.

Replace "Go" with a nod.

Learning objective: Being in the moment, paying attention to who/what has focus.

Crayon work of Art

The group pairs themselves off, and each pair is given two crayons and a sheet of paper.

Without being told why, each pair is given the instructions to draw something together, alternating line by line, and doing it silently (emphasis on silence, even when done drawing).

After two minutes, a facilitator stops the pairs from drawing.

Each pair takes turns presenting their work of art as though they were one person, describing it on the spot using only alternating word sentences, and responding to questions from the audience.

Learning objective: Making bold decisions, making each other look good, paying close attention to one another.

That's Right... experts

Two volunteers take a suggestion from the audience ("What's something you think these two know nothing about?")

With the energy of a late night infomercial salesman (though not with the goal of selling anything), one of the "experts" monologues 3-5 made-up lines about the suggested topic.

The first expert steps back.

The second expert steps forward, stating "That's Right!", followed by **the last line of the previous expert's monologue.**

The second expert then builds on that line by making up several new lines.

The second expert steps back, and the first expert steps back forward, stating "That's right!", **followed by the last line of his partner**, and then proceeding to build on it.

This goes for a minute or so until a facilitator interrupts the exercise to thank the experts.

Learning objectives: Building on one another's ideas, literally practicing "Yes, and" through the "That's right..." pattern, attending to one another, bringing energy

Bridge the gap story

A handful of volunteer improvisers (5-9) faces the audience.

One (anyone of them, their choice) steps forward at will, far stage right, and states the first line of a story.

A second improviser steps to far stage left and states a non-sequitur end to another story, and both lines are repeated.

A third improvisers steps into the middle of the stage and states a line that might be helpful in bridging the beginning line to the end line, and again the whole story is repeated.

One by one, the remaining improvisers bridge all of the gaps between the lines to create one (weird, yet) cohesive story, reviewing the whole story after each new offer.

Learning objectives: Building on one another's ideas, justifying others' decisions, paying close attention, making bold decisions