

“Yes and” Scenes

2 improvisers perform a scene but the first words of all sentences following the first sentence are “Yes and”

Example

I bought a new outfit.

Yes, and I think power clashing suits you.

Yes, and leopard print shirts with cow print pants are gonna be big.

A common pitfall- learners will often say “Yes and, NO” or “Yes and BUT” which directly contradicts the exercise. You can use this as a learning moment for how their decision to say no, or but derailed the momentum of the scene.

Character Interview

4 Improvisers.

1 will be the main participant the other 3 will take turns offering details about a character the main participant will play. In order: Name, Occupation, Greatest Desire.

The main participant will then introduce themselves and the other 3 will take turns asking them questions.

They can then switch roles until everyone has been interviewed.

5 Things- a fast thinking warm up

One person gives a category for example “5 things you’d be surprised to see a dog do.” to another. That person must name 5 things in that category. To add a little polish to the exercise, everyone else can say how many things they have named in between.

Zip Zap Zop

This exercise focuses on listening, concentration, and fast reaction times.

Standing in a circle. One person will start by pointing at another and making eye contact and saying “Zip” The person that received it then points at another person in the circle and say “Zap” the next says “Zop.” This continues being passed across the circle maintaining speed and rhythm following the pattern “zip, zap, zop, zip, zap, zop”

Variations to make it harder- When a player makes a mistake, they have to change the first letter of the zip zap zop to another letter. Bip Bap Bop, Clip Clap Clop etc.

You can also do a “stair case” where the number of zips, zaps, and zops increase from 1 to 2 to 3 and then back down to 2 and 1. Making the pattern “zip zap zop zip zip zap zap zop zip zip zip zap zap zap zop zop zop zip zip zap zap zop zop zip zap zop” with the goal of completing the whole pattern.

Red Ball

A chaotic listening exercise

Standing in a circle one player is in charge of adding pantomime objects- typically the instructor. With each object added you say the name of someone you are passing the object to, you hold up the pantomime object and say the name of the object.

Example "Katie, Red ball"

They then "pass" that object to the person receiving it.

When the receiver catches the object they say "thank you" and the name of the object "thank you red ball" and pass it to someone else in a similar way. Continue adding objects to the exercise until it is incredibly difficult to track their locations. Recommended objects in order below

Red ball- a normal sized ball

Blue Ball- a small sized ball

Yellow ball- a massive heavy ball

Red Bull- a can you open the tab of before passing

Bread bowl- a loaf of bread you eat soup out of

Bouncy ball- a ball you have to bounce to someone

Feel free to add whatever objects you think are fun and make sense. The goal is to challenge yourselves to keep track of multiple things at the same time. At the end of the exercise, tell everyone to freeze. The person who added the objects then asks where each one is to see if any were forgotten or "dropped"

Emotional Sound Scenes

A 2 person improv scene, except before each line the improvisers make an emotional sound reacting to the last line that was said to them. Improvisers should not use the time they are making the noise to think about what they are saying nor should they shoehorn an emotional sound that fit the line they were planning to say. React then speak.

Facial Reaction Circle

People in a circle take turns making statements. Everyone around the circle, using just their face, reacts to statements being made. This is to practice nonverbal communication and is great for improvisers who rely too heavily on their words to convey emotion and ideas.