

Workshop improvisational theater

What is Impro?

Impro theater is a kind of theater, happens primarily in the moment, that is without script. Some ideas can come from the audience. The actors have to think fast and play WITH the other actors, not “against” them.

To show everyone what impro is, here is a first “game”:

Everyone gets a piece of paper with a short information about impro theater on it: The Impro Rules

- Accept what you get
- Work with what you get
- Be in the moment
- Don't be creative
- Don't try to be funny
- Don't think in the future
- Be ready
- Try
- Expect the unexpected

Each person reads their rule and we can talk about it and compare it to other kinds of theater techniques.

Let's play Impro!

1. Have a deep look!

You do the following game so that all participants calm down and concentrate and focus on the moment.

Stand in a circle. One starts with having a look in the eyes of the person on the right side. You watch each other and after a few seconds, when both feel ready, the next person has a look at the person on his/her right side. So first you do a round by just having a look at your right side. The next round you have a look at another person in the circle. This person again has a look at another person in the circle.

This game is for everyone to understand that you are here, you are in the moment and you focus on yourself and the people in the group. It is a very nice game for when a group just had a discussion and you all need to calm down or if you've just come together and you want to start your workshop/lesson.

2. Finding the leader

Stand in a circle. One person goes out of the room. One person in the circle should start a movement (for example snipping, stamping, move hand up ...). Everyone is copying this person. The person outside the room comes back in the room and needs

to guess who the leader of the emotion is. The emotion can vary but the leader has to move slowly so that the guessing person cannot guess that easily.
It is also a game for a situation in which you need a group to calm down.

3. Emotional walk

There are four pieces of paper with an information on it in the room. In each corner of the room you put one: love, fear, sadness, aggression. Start some music and the people should walk through the room. When the music stops, you should stay where you are and feel the emotion next to you (10 seconds). Start the music again. Stop again. Feel the emotion.... and so on ...

After everyone has been at every emotion, you can choose your favorite emotion, go there and let yourself feel it again.

The game is for getting to know, which kind of emotion is easier for you to express than another. Out of this, you could create a whole show, if you do an inner monologue for example. It's a great start for an impro theater scene.

4. What do you two like best?

There are three questions to answer in pairs.

1. What do the two of you like best?
2. What would you both like to be able to do?
3. What do you have to do, to be able do that?

The answers should be shown by a standing picture (10 min for preparation). The audience should then guess what they try to show.

This game is a typical warm up game for impro actors/actresses. Without a lot of words you can create a whole story.

As a variation you could let someone from the audience speak while the pair acts out their story silently. Hence, one is telling an impro story while the others are acting out a scene silently.