

FIRST DAY:

CLASS ROUTINE/GUIDELINES/PROCEDURES: (10)

INDEX CARDS!

Go over syllabus/ Go over routines (entrance, exit, homework, etc.)

What do you you already know about improv? What do we NEED to be successful in this class?

How can we approach each class with intention?

Mindset/Goals Exercise

BODY: (5)

Stretch

SHUFFLE THE GROUP AROUND: (7)

Warm-Up/ Sound and Motion? Big Vocal Warm-Up? Apples/Pears/Strawberries

FOCUS (7)

-Counting to 10 Challenge

-Teach Class “Yes” Game... start by:

We played a quick game of Name in a Circle (saying someone’s name, clear intention, going to take their place in the circle). We all agreed this was a good idea since we all do not know each other’s name. Moved this into just saying “yes”. Then, if they are awesome, turn it into Silent, with eye contact. It got to a good rhythm, so we moved this into moving in the space.

Saying “YES”: (10)

A quick game of “yes, and...” (Stand in two lines facing each other. First person makes “an offer”, the second person says “yes, and...” builds on the idea. That’s it! They walk to the end of the line--switching lines-- and the next pair begins. We do this twice through and then discuss)

Did you prefer to make the offer or build on the idea?

What was challenging about that exercise?

What was successful?

CLOSING: (5)

Try the Counting to 10 Game again

Shoutouts

What are our takeaways?

Did we bring the things we said we wanted to bring to today’s class?

Homework

Practice saying “Yes, and” this week, building on other people’s ideas.

Write down three instances in your daily life where a “yes” enhanced an idea or a “no” shut down an idea.

UNIT: IMPROV

2-- Improv 1

CLASS GOALS AND INTENTIONS:--TO LEARN THE BASIC RULES OF IMPROV

Remind everyone of their goals and intentions from the first day.

Homework Share (5)

Share your instances of “Yes” in your lives.

Video (15)

Watch TED Talk <https://www.youtube.com/watch?v=MUO-pWJoriQ>

Ted Talk: The “Way” of Improvisation:

8 Rules of IMPROV:

1. Play
2. Let yourself fail
3. Listen
4. Play the Game
5. Say Yes
6. Yes And
7. Relax and have fun
8. (Add the rule of “Make your Partner Look Good”)

After the video, see how many of the rules students remember. Write them on the White Board to help us keep them in mind all during class.

Warm-Up and Creative Exercises (15)

Quick reminder of “YES”

Body and Voice (asked students to contribute tongue twisters if they knew any)

- Apples/Pears/Strawberries? Get To Know You Games
- Walking in the Space/Walk/Stop/Clap/Jump
- “Yes” circle
- “Yes, let’s!”-- encouraged group saying “yes,” and full physical commitment to an action

Establishing Character and Relationships

- Make shapes and fully commit to your statue!
- Freeze and justify (characters and situations are everywhere)
- Let’s try our 2 line “Yes, And...” again to see if we can try to BUILD on a story.

Closing (5)

Takeaways

Shoutouts

Day 3:

Review “Rules” of Improv

NAME GAME?

Warm-Up (15)

Body and Voice (asked students to contribute tongue twisters if they knew any)

- “Yes” circle
- Apples/Pears/Strawberries? Get To Know You Games
- Walking in the Space/Walk/Stop/Clap/Jump

Establishing Character and Relationships

- Make shapes and fully commit to your statue!
- Freeze and justify (characters and situations are everywhere)

PHYSICAL CHARACTER ESTABLISHING EXERCISE: Changing Partners (7)

Everyone moves silently through space. Before beginning the exercise you might work in some physical instructions (“Hands at your sides” “Walk at a normal pace” “Focus on yourself”). Instruct everyone to find a partner. Then assign an activity for two (see below). After each activity, instruct the group to move silently through space again. They should then find another, different, partner for the next instruction.

Remember all these have to be silent:

Create a handshake greeting together. Rehearse it until it’s memorized.

Stare down your partner. Don’t laugh. Don’t blink. Concentrate.

Tell your partner one thing you like about them.

You are Olympic weightlifters, one spotting while the other lifts.

You are a parent and child baking cookies together.

You are 16 year olds playing one-on-one basketball on a hot summer day.

You are two 70 year olds, ice fishing on a lake.

You are a salesclerk and a picky customer.

You must make up a gibberish lullaby and sing to a baby until he falls asleep. No actual words.

Reflection (5):

WHY DID WE JUST DO THIS EXERCISE WITH NO WORDS?

What does that do for you as actors?

How did you and your partner make physical choices to establish the characters and relationships with no words?

Let's keep experimenting with this idea...

CLOSING: (5)

Shoutouts

What are our takeaways?

Did we bring the things we said we wanted to bring to today's class?

How are we doing with the Improv Rules/Elements?