

Improv Games/Warm Ups (with suggested grade levels in parentheses)

1. "Fox, Sheep, Rock" – Fox is chasing sheep, if sheep jumps over a rock, the rock becomes the fox, the fox becomes the sheep (eventually add genres, styles, etc.) [fox is predator of any sort, sheep is prey] (6th and up)
2. "Molding" – Pass imaginary object across circle, mold it into whatever you want, creativity (any grade)
3. "Chain Murder" – audience chooses place, occupation and weapon; without talking first person shows those 3 to next person, that person does it for the next person, until 4th person sees it, then they say what they think the answers are (7th and up)
4. "Machine" – Make sounds and movement, continue adding one person (all grades)
5. "Hitchhiker" – Person driving, picks up hitchhiker who has some emotion or quirk, everyone in car suddenly adopts that characteristic (6th and up)
7. "What's Going On?" – Group, one person leaves, group comes up with a scene, person reenters and joins in scene and has to figure out who they are and what the scene is (high school)
8. "Excuses, excuses" – Boss and 2 people on stage, employer comes in to talk to boss about getting fired, 2 other people have to pantomime the reason behind the boss' back (6th and up)
9. "Increased conflict" – Conflict between 2 people, trying to solve problem, add 1 character at a time with new conflict until there are 5 people, then solve conflicts backwards (high school)
10. "Dance Party" – 4 people solving conflict, all have unique characteristics, when music plays you start dancing, when it stops you stop, last person moving gives character to another person who then has to embody *both* characters (until last person is playing 4 characters) (6th and up)
11. "Vacation" – Slide show, one person is describing pictures, 4 or 5 people are freezing as the pictures (6th and up)
12. "Quotes" – Quotes and sayings are written on pieces of paper, 2 or 3 people are doing a scene, have to randomly pull quote out of their pocket, read it, and work it into the scene (7th and up)
13. "Freeze" – 2 people are doing a scene, when someone yells freeze they stop, person who said freeze can now take one person's spot in their exact position and start a new scene (7th and up)

14. "Party quirks" – One person is hosting a party, 3 guests have specific traits and host has to figure out who they are (6th and up)
15. "Superhero" – one superhero starts out (audience can give the name of this hero), solving a crisis, one by one, 3 more superheros enter the scene, getting their names from the last superhero who entered, after 4 are on stage, they slowly leave one by one leaving the first one to solve the crisis (high school)
16. "Bus stop" – only four actions can be used: raise hand, look left, look right, cross legs – no words (any grades)
17. "Mirror" – stand across from each other, one is A one is B, A moves, B needs to stay as in sync with them as possible, if you are locked in = can't tell who is who (all grades)
18. "Interview" – Ask partner a question, when you present you switch roles and tell the answer as your partner did (all grades – more detail for high school)
19. "Snaps" – stand in a big circle. You start by snapping at someone. They catch it with a snap of their own, then snap to send it to someone else. Focus on sending all your energy. Once we get good, we do the same thing while moving around the room (all grades)
20. "Dissolve" – Teacher gives an environment. Students step in one at a time and freeze in a position of something found in that environment and then say what they are (in a zoo, student could say "I'm a giraffe, I'm a bench, etc.). Goal is to get every student in the circle. If two students step in at the same time, teacher yells "Dissolve" and everyone goes back into the circle and restarts. (all grades)
21. "Sound circle" – students sit in a circle. We go around one by one and each person adds some noise or sound to the circle to create a cacophony of noises/sounds. (all grades)
22. "Human Knot" – stand in a circle and hold hands with people across from you, then untangle yourself. (can be accommodated by using strings or ribbons instead of holding hands) (all ages, mostly elementary and middle school)
23. "Group Charades" – in small groups, students have to use their bodies to create images/objects/animals/people/etc that are called out. (if you say "cat" then the students in the group are working together to become ONE cat, not each becoming their own cat) (all ages, great for elementary to middle school)
24. "School of Fish" – stand in a big clump, person in front of everyone moves and everyone follows their movement until they turn directions, then someone new is in front and we all follow them until it shifts again.

