

## Held2gether

Improv Training

**SCMA**

**Fall Conference**

**11/7/15**



### **Thumper**

*Objective:* Learn others' names, form connections, elevate group energy.

#### *Instructions:*

With the group standing in a circle, one person will start by coming up with an alliteration for their first name, i.e, something that begins with the same sound. For example "Jumping Jason!" They will say that Thumper name while making a big movement that embodies their word. The movement should be broad and high energy. Then the group repeats the movement and name before going on to the next person.

After everyone has done intros and come up with a Thumper name, go around the circle again with each person saying their Thumper name and movement one at a time, while the group repeats it after them. It should go rapidly, one after the other, holding the applause till the end.

To play the game, someone says with high-energy and movement, their Thumper name, followed by someone else's. For example "Jumping Jason! Lovable Lisa!" Then it will go that person (Lisa) and they will say theirs and someone else's "Lovable Lisa! Magnificent Mark!",...etc.. It's important to commit and keep the energy up. It's okay to struggle, and even ask someone what their Thumper name is, as long as the energy doesn't drop. Don't add the word "and" between the two Thumper names; it should just be "Jumping Jason! Lovable Lisa!"

*Benefits:* Commitment to the present moment, focused energy

### **Yes**

*Objective:* Connect, wait for permission to move forward, and live in the gray area while asking others for permission. Refrain from thinking ahead.

#### *Instructions:*

With the group standing in a circle, one person will start by making eye contact with someone else. They will then call that person's name and wait for them to reply with "Yes." The first person then walks to that second

person's spot. As soon as the person called has said "Yes," they immediately make eye contact with another, call their name, wait for the "Yes," and then move to their spot in the circle, and so on.

*Benefits:* Connection, listening, being in the moment. Speaking or taking action without permission is akin to interrupting, pushing our own agenda. This may cause us to miss an important reaction or piece of information.

### **Yes, And Story**

*Objective:* Work together to tell a story, agreeing with the previous sentence by starting each new sentence with, "Yes, and..."

*Instructions:*

Standing in a circle, get a suggestion for a simple story, like "the time Rachel deposited her paycheck." The first person will begin by turning to the person next to them, making eye contact and saying a sentence, for example, "Rachel drove to the bank." That person will then turn to their neighbor, make eye contact and say the next sentence of the story, which MUST begin with "Yes, and..." For example, "Yes, and she parked in the parking lot." Each sentence must agree with and build directly upon the sentence that came before it, and it must contain only one new action. "But" is a negation and is not allowed, and neither are fancy buts like "However" and "Yet."

*Benefits:* Consolidation of Information, thinking off the cuff, listening, and relinquishing agenda. It's important to be confident and allow a situation to change course, while treasuring each person's contribution.

### **Rant**

*Objective:*

Players animatedly express their point of view through a rant of a pet peeve, and then new players commit to expressing other's points of view on the "pro" side of the issue.

*Instructions:*

A group of 4 – 5 participants will form a line. An additional participant will be the "conductor." The conductor will point to one person, who will start ranting about a real pet peeve of theirs. They will continue ranting animatedly until the conductor points to a different participant, who will then launch into their own rant. The conductor will point at each participant and go back and forth between them 2 – 3 times.

Then new participants will move into those “peeve” spots. They will now argue in favor of that pet peeve. For example, if Participant A's pet peeve was “people who don't use turn signals,” then in the second round, whoever is now standing in the original Participant A's spot will LOVE people who don't use turn signals. The conductor will point at each person in turn, who will rave about this wonderful thing – finding legitimate reasons why a person could appreciate such a thing, rather than being sarcastic. For example, “I love it when people don't use turn signals because it forces me to be alert keeps my driving skills sharp.”

*Benefits:* Accepting and understanding others' high/low need spectrum. Being influential even when you're not familiar with the information. Understanding other's points of view, animation, commitment, empathy.

### **Fishbowl Counsel**

*Objective:* To accept unrelated information as a gift and incorporate it into a scenario without judgment.

*Instructions:*

Three players sit in chairs. The middle player is a counselor, and the other two are a couple in crisis. The relationship and scenario of the couple will be delegated by the class (e.g. “sisters”, “will dispute”). As they kick off discussion, players will randomly pick pre-written lines out of a bowl and incorporate them into the discussion. The lines will likely have nothing to do with what has been said. It's up to all three parties to accept that line and justify how it fits into the scenario they've created. All parties continue to pull lines and justify throughout the scenes.

*Benefits:* Stimulation of creativity toward a solution, encouragement of collaborative efforts.



[www.held2gether.com](http://www.held2gether.com)

[facebook.com/held2gether](https://facebook.com/held2gether)

(562) 537-8558