Improv: Teaching Out of Your Mind

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Permission To Act Like a Child

Teaches:
• How to be creative
• How to take turns
• How to listen
• How to see new patterns
• How to feel comfortable with the unexpected

Tenets:
• Focus on what is happening
• Speak before you think
• Go with what you are given
• Believe in make-believe
Warm Ups

Whoosh

Zip Zap Zop
Yes, and...

• "No" is reflexive
• "Yes" is inviting
• "Yes, and"...is divine!
The All-Knowing Expert...

Individual
• *Believe* you know it all
• Put authority in your voice
• Say it, no matter how outrageous

In a group
• Listen closely
• Don't anticipate
• Go with the "story," but not restrictively
• Give "gifts" to the next person
Acting Out a Solution

• Define the problem
• Assemble a small group
• Instruct them to act out a solution
• Encourage them to remove all self-imposed boundaries
• See what happens!
Take-Aways

• Improv is pedagogical child's play
• Individual creativity is enhanced
• Group creativity is enhanced
• Participants learn to listen to one another
• Students learn to "think on their feet"