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## **A. Get together**

### **A.1 First Names**

#### **A.1.a Linear**

In a circle, say your name to your neighbor, he/she repeats, turns to his/her neighbor and says his/her own name. Second round you speak your name with an intention, an emotion. The repeater must reproduce, and say his/her own name with a different intention, emotion.

#### **A.1.b With a ball**

In a circle you call someone's name while throwing an imaginary ball to him/her. After a moment we begin to transform the ball (a feather, a bucket full of water, ...). The way one carries, throws or catches must follow.

#### **A.1.c Pop corn**

In a circle you call someone's name while you walk to take his/her place, with an intention, an emotion. When you get there, he/she must move, and for that calls someone else's name.

Accelerate.

### **A.2 Sort yourselves according to \_\_**

(shoe size, place of birth, day and month of birth, number of uncles, thumb length, color of socks...)

### **A.3 Interviews (groups of 2)**

Pair up, and interview each other about family, living place, school, animals, hobbies, whatever. I give you five minutes to do that, then you will switch for five more minutes. After that, we will gather and each one will present to the group the person he has interviewed.

### **A.4 Interviews (find out who \_\_ )**

Each one receives a paper-sheet with questions, and has to interview the others to fill in the answers.

Who has a cat called \_ ? Who will go to a new school in September? Who hates tomatoes? ...

### **A.5 Drunk bottle**

#### **A.5.a Balance**

Gather in a circle, close to each other.

Your feet must stay in contact with the ground. Imagine you're a tree with roots deep into the ground. Stiffen your belly and your back. Keep your whole body aligned from the top of your head to these roots.

Tilt forward, come back to the center, to the vertical. Now backwards, back to the center. Now tilt to the right, center, to the left, center. Now draw a circle with the top of your head.

#### **A.5.b Trust**

A volunteer stands in the middle, the others form a close circle around him/her.

You will do the same movement, but this time, you can let yourself fall. The others are in charge of your safety.

It's good to feel that the group "has your back". Who knows the phrase : "to have someone's back"?

## **B. Warm-up**

### **B.1 Base position and breath**

Now every one will take a few minutes for him/herself.

Stand on your feet, spaced at the width of your hips. Keep your knees flexible.

Relax, breathe slowly, let your arms hang, shoulders down, your jaws is hanging loose. You can close your eyes if it helps. Your body weights heavily onto the ground, feel this weight. Imagine you are a tree, with roots coming out of your feet, and deep into the ground.

Now stretch your spine toward the sky, a thread lifts your head up high, visualize the spaces between your vertebrae. You can gain a few centimeters. Don't forget to breathe.

Visualize the vertical of your body, from your feet to the top of your head.

### **B.2 shower, bounce, stretch**

Rub your body as if you were in the shower, washing yourself with imaginary soap, all over your body, including head and face, behind your ears...

Bounce lightly on both feet, then on each foot, letting the baby voice out.

Throw your arms, then your legs, shouting and sending away all the bad things that bother your mind.

Stretch thoroughly and yawn.

### **B.3 Scream and shout**

In a circle, pass a scream to one another. Second round scream with an intention, an emotion.

### **B.4 Emotion degrees**

In circle, pass to your neighbor an emotion, slightly expressed. The follower has to enhance this emotion and pass it along to the next one. Each emotion has at least 3 degree of intensity. The last one has to be very very strongly expressed. The next person names the emotion, then chooses another emotion, and passes it.

Happy, Angry, Scared, Sad, Disgusted, Surprised, Bored, Worried,

### **B.5 One word, one gesture**

In a circle, one says a word, pronounced clearly. The first speaker repeats the word along with the whole group. Then his neighbor says a word and so on.

Step 2: we add a gesture to the word. Any gesture, not necessarily related to the word.

## **C. Space and Rhythm**

### **C.1 Occupy the space**

#### **C.1.a Basic**

Walk around in the room, occupying every space available, do not follow someone, do not walk in circle. You have to maintain a balance in the occupation of the space: people everywhere, and not a big group at the same corner. When you cross someone, look at each other, pay attention, say *hi* or *hello* with your voice or just with the eyes.

#### **C.1.b Walk on**

Toes, heels, external side of the feet, internal side of the feet.

Shoulders first, nose to the ceiling, bending forward, backward.

#### **C.1.c Walk and stop**

When I clap my hands you will freeze and I'll be Simon, as in "Simon says"

- Close your eyes and point your finger towards [a participant]
- Form a square, a line, and two triangles.

### **C.2 Bunch of fish**

Participants gather in a group, all facing the same direction. The first one in this direction is free to travel in the space. The other must follow him closely. When he turns, he is not in "pole position" anymore, he leaves the guiding role to the person who is now the first one in that direction.

Speak out the direction you are taking : I'm walking toward the window, I'm turning left...

### **C.3 1, 2, 3!**

The guardian of the tree announces an action the rest of the group has to picture when they freeze.

*Jobs, Animals, Means of transport*

### **C.4 Treasure hunting**

1 participant with eyes covered. The group voice-guides him/her to a treasure placed in the room.

2 participants blindfolded, and two teams in competition.

## **C.5 Move and speak out**

### **C.5.a Figure out a house / a garden**

Take a minute to imagine you are walking in a house. Now you walk to the opposite wall, and describe what you see : the furniture, the plants, the people, the colors, the weather.

### **C.5.b Speak out in movement**

Start with a very low voice, and progressively speak louder. When you are in the center of the room, your voice must be the loudest possible, don't harm yourself. Then, after you passed this point, you lower your voice back, progressively. Don't stop in the center, keep walking towards the opposite wall.

### **C.5.c Across the group**

We need a volunteer to be the first to go -> stand up against a wall.

The others gather in a tight group in the middle of the room.

The group here does not want you to walk to the other wall. They will try to block you, and you have to go through the group, you cannot bypass the group. You will use strength but be gentle, don't hurt each other, be kind with your hands, use your whole body weight.

## **D. Concentration - Work in Duo**

Form the duos and perform twice, so every one has lived both parts.

### **D.1 Colombian Hypnosis**

One person rises his/her hand in front of the other's face. From now on, this one follows the palm, maintaining the distance and angle. The guide starts moving slowly, which induces the follower's whole body is moving, up down, to the side, turning around, the starting point of this motion being his face. The shoulder, foot, face, can be the body part guiding the partner, instead of the palm.

You will pay attention to your partner, his limits, his physical capacities, his concentration. And you will pay attention to yourself the physical and mental presence needed to fully experiment this exercise.

### **D.2 Guide and Blindman**

One is blindfolded. The other puts a hand on his shoulder, and guides him, maintaining the physical contact. Little by little, with mutual understanding and trust, the contact becomes lighter.

Alternative : guiding with whispers instead of the contact.

Alternative : choose four words for *right, left, back, forth*, for example *plate, glass, knife, fork*, and guide with these words.

Works on concentration, listening, space awareness.

### **D.3 Witches fight**

Gradually each fighter sends, from a distance and without contact, a *poke* on a precise part of the other's body. The other reacts consequently, according to the place, the intention, the strength. It can start with very light poke, if the language is well understood we increase the difficulty. The fight might come to sending each other spider webs, bazooka shoot, fire balls...

A physical game which requires great awareness toward your partner and the relation.

## **E. Expression and Creativity**

### **E.1 Collective statue**

Groups of 2, 3. The first one shows a sculpture of someone doing something. The second one looks, finds a way to add a character to the action and integrates the statue (the third one adds another character). At this moment, the first one exits the sculpture, looks at it with, and figures another character to the action, giving the start of a second round.

This exercise is particularly difficult: it involves active intelligence, understand signs, to interpret them, to imagine a logical result. But also feeling, nonverbal language, unconscious gestures which we produce and which, without our knowledge, tell a story. Example : I lie on the ground, without having a precise idea in mind. Do I sleep? If the other one takes my hand as to help me to get up, I become a person to help. If the third poses the hand on the shoulder of the one who helps me, as to calm him, then this one becomes the one who put me on the ground, and the third my rescuer! And one thing leading to another, we build a collective story, without having thought and discussed it together before.

### **E.2 One word + one word**

In a circle. Say a word to your neighbor, looking at each other in the eyes. The neighbor repeats the word, still looking at each other in the eyes, then he/she turns to his/her neighbor and says another word, etc.

#### **E.2.a Any word that crosses your mind**

option : stop the circulation, and ask one person to perform a verbal diarrhea : keep talking, don't bother if what you say does not make any sense.

#### **E.2.b Phonetic chain**

The sound that ends the word you receive must be the sound that starts the word you say.

#### **E.2.c Small Bus / Big bus**

The words must form a sentence / Sentences form a story.

#### **E.2.d Vocabulary lists**

Words must be animal names, or words related to food, ...

### **E.3 The machine**

The first one comes on stage and perform a repetitive gesture along with a sound. A second person comes up and integrates the machine with a repetitive gesture to support or induce or oppose the first one's movement. A third one adds another repetitive gesture top the machine. And so on.

### **E.4 What are you doing?**

Stage and public

We need a volunteer to start this game. You stand on the stage, and we will be the public. Now please mime a real action, take your time, and mime as precisely as possible, we have to see what you are doing.

Some one else will come on stage, first he/she will imitate exactly what you are doing, and then he/she will ask you : What are you doing?

You will answer with a sentence that has nothing to do with what you were miming.

The other one will progressively transform the movement to mime what you said. And a third person will come to him with the question, and so on.

### **E.5 When I grow up**

Enter the stage, look at the audience. Then climb on a chair saying a sentence starting with *When I grow up ...*

### **E.6 If then**

Enter the stage, look at the audience. Make a sentence *If X then Y* . Another comes on stage and starts with *If Y then Z* . A third person comes on stage, lines with the other two and says *If Z then ...* and so on.

### **E.7 Tell me my story**

Someone tells a real story, the others play it simultaneously. In this game every one is acting. One is story-telling, and the rest virtually live th story, and thereby understand it. It points the gap between what the story-teller thinks is clear, and what the rest understands.

A story involving at least one person from your family, where someone practices a sport or a hobby, and uses means of transport.

A story involving a meeting with four persons, a meal, animals and weather.

A story where you have to enter a shop and buy something.

...

### **E.8 Evil and Angel**

Groups of 3. The one in the center asks a question, which answer he really ignores, and has to be a *yes* or a *no*, a *go for it* or *don't even try*. At his sides the other two defend the opposite answers. The one in the middle listens, and chooses the most convincing partner. Then they switch : the one defending the *yes* starts to defend the *no*.

### **E.9 The monster**

It is a good exercise to develop the verbal improvisation and go into the work of the feelings.

In circle, a first person turns to his neighbor, frightened, and tries to convince him that there is a horrible monster behind him. This one considers it, obviously not, which obliges the first person to double inventiveness or fear to save the skin of his friend. This one, feeling nevertheless the panic rising, eventually turns, discovers the monster, roars and jumps up, expresses its fear. Together they will try to convince the following person. When the third returned, the first one withdraws, so that we are always two to play together, with the third person. According to the number of people, we can chain the second tour.

*This monster has four legs, and two arms. His face is a lion's face, his feet look like brocoli...*

## **F. Improvise**

Team by 4, by 3, by 2.

Prepare a scene (15 minutes)

Show it to the rest of the group

After each scene, spectators talk first. They explain what they understood, what they liked, what they thought funny and why it was funny to them. Actors express what they meant, how they felt.

Each team chooses a scene, try to make it better, take another 15 minutes to rehearse, and shows it.