

Warming-ups

# Clapping Game

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- Gather around in a circle. The facilitator starts by making eye contact with the person on his left. Once eye contact has been established, both will clap at the same time. This will hand over the clap from the facilitator to the one on his left. Then the one on his left will proceed to hand over the clap to the next person and so on.
  - After a few minutes, wait until the clap has been returned to you and now start giving the clap to random people in the circle.
  - If you want you can end the game with clapping to the person on your left once more, but now speed up the interval and try to hand over the claps as fast as you can.
  - **Facilitator tip #1:** *people tend to clap before making the connection (they want to go faster). Pause the exercise if this happens to explain that it is important to make a connection with another, before handing over the clap.*
  - **Facilitator tip #2:** *this is the first exercise where people start to make (a lot) mistakes. Let them happen and never punish them for making a mistake. It is important that everyone learns here that it is okay to make mistakes.*
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# Ball throwing Game

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- Gather around in a circle. The facilitator starts with stepping forward and saying his name “Hi, I am John”. The circle then repeats his name, “hello, John”. The person on his left continues this. Repeat this until everyone in the circle has said his / her name three times.
  - Then the game begins. The facilitator starts with a yellow ball. He pronounces the name of the person he wants to throw the ball to, “Michael!”. Once both the Facilitator and the person whose name has been said establish eye contact, the facilitator will throw the yellow ball to him. You can use multiple balls, as long as they have the same color.
  - Repeat this exercise once more, but now everyone claims a city. Start this exercise with everyone stepping forward and saying their city. Now replace the yellow ball with the green ball (yellow ball = names, green ball = cities). You can use multiple green balls, if you want to increase the difficulty (and have people make mistakes more often).
  - Once everyone has got the hang of it, introduce multiple balls with different colors.
  - Finally use multiple balls with multiple colors (2x yellow balls which you throw after saying someone’s name + 3x green balls which you throw after saying someone’s city).
  - If you really want to have make mistakes, introduce a 3th color ball (red), which you can link to another array of subjects (i.e. types of food).
  - **Facilitator tip #1:** *people tend to shout a name and throw the ball without making the connection (they want to go faster). Pause the exercise if this happens to explain that it is important to make a connection with another, before throwing the ball.*
  - **Facilitator tip #2:** *I encourage using more balls than the group can handle. This game is meant for the group to make as many mistakes as they can, and accept them.*
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# Build-up exercises

*Training your soft skills*

# Late answers

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- Gather around in a circle. The facilitator starts in the center. The facilitator goes around the circle and is asked simple questions by the people in the circle (going clockwise). Only questions that everyone must know the answer to can be used.
  - However, he may only provide the answer of questions that has been asked three people ago. The goal is to be able to remember and answer as many questions correctly as possible. Once a question has been answered incorrectly, he steps back in the circle and the next person will take over.
  - **Facilitator tip #1:** *Don't try to impress the group with your analytical skills in this exercise. It is best if everyone in the group is able to answer more questions correctly than you. Just get like 2-3 answers correct so the group knows how to play.*
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# Walk around and

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- The whole group will now randomly walk around the room. After a random amount of seconds (5-15 is good) you yell “stop!”. You then follow up with a question or a suggestion about the group or environment (i.e. “touch something red”). If you ask a question it is advisable to tell the group to close their eyes as well (i.e. “Stop and close your eyes!” -> “How many people in this group are wearing glasses? Raise your hands with the correct number”).
  - ***Facilitator tip #1:*** Use around 3-5 questions / suggestions.
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# Ad Rem Responses

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- Form a circle with 1 person in the center. The person in the center goes around the circle (stepping in front of one person at a time) where he is posed a random sentence / question and has to come up with an ad rem response within 2 seconds (i.e. “Why did you cheat on me?” ->à response: “Because you broke my nintendo!”). The person in the middle continues until not being able to come up with an answer within the 2 seconds limit, or until giving up.
  - ***Facilitator tip #1:*** Make it clear that people don't have to be witty or funny. The most important aspect here is to be quick.
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# Story dice telling

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- Take at least 3 story dices.
  - Gather around in a circle. One person starts by throwing the dices on the ground, he then tells a short story (max 1 min) using at least 2 of the 3 story dices. The story may be fictional or non-fictional and doesn't have to be funny. Then the next person takes over (going clock-wise). If you have more storydices, switch the dices after 3 people have told their story.
  - **Facilitator tip #1:** *People tend to make stories long. Make sure everyone sticks to the timebox and preferably tells their story in much less time (i.e. 10 seconds). It is challenging to let everyone get their turn and still keep this exercise within 5 minutes.*
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# Don't get me started

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- One person gives a subject to rant about to someone else in the group. This other person must then start a rant about the chosen subject. He must start his rant with 'Don't get me started on...'. After the rant, he passes a new subject unto someone else.
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# On-stage exercises

# Chair game

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- Divide the room in a 'Stage' and an 'Audience'. Place 4 chairs on the stage.
  - Ask four people to come up to the stage and sit on the chairs, they become the improvisers. Every time the bell is rung, the four improvisers randomly sit down or stand up and form a scene. The setting and relations between the improvisers is entirely up to them. Every time the same group of improvisers are standing up for a scene, their previous group scene continuous.
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# Ring for your line

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- Divide the room in a 'Stage' and an 'Audience'. Place a chair with the bell on the stage. Ask three people to get on stage, they become the improvisers. The rest - the audience - decides for a 'location' for the scene and a 'relation' between the improvisers (i.e. 'in the supermarket' and 'a married couple and the ones she's cheating with'). One person in the audience is chosen as the 'line giver'.
  - The improvisers may use the bell at any time, at which the line-giver will say the next line that has to be used by the improviser who rang the bell.
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# Buzz game

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- Divide the room in a 'Stage' and an 'Audience'. Ask three people to get on stage, they become the improvisers. The rest – the audience - decides for a 'location' for the scene and a 'relation' between the people on stage (i.e. 'in the supermarket', 'a married couple and the ones she's cheating with'). One person in the audience is chosen as the 'buzzer' and he receives the bell.
  - Whenever the buzzer uses his bell and 'buzzes', the last sentence that was used by the improvisers has to be changed ("Hello neighbour" ->BUZZZ ->"Hello sister" ->BUZZZ ->"Fuck you George!" ->no buzz ->and the scene continues).
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# Cooling-downs

# I am a tree

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- Gather around in a circle. The facilitator steps inside and says ‘I am a tree’, while also representing themselves as said object. Two additional people in the circle may step in and represent additions to the scene (i.e. “I am a leaf” + “I am the grass”), thus forming the scene (tree + leaf + grass). Then the original person chooses one of the other people, says ‘I am a tree and I take the leaf’ and both step back into the circle. The other person remains in the scene and starts over (i.e. “I am the grass”), allowing two new people to add to “grass”.
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Create your own format

# Creating your format

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- Explain the rules before you begin (be strict)
  - Always start with a warming up, and end with a cooling down exercise
  - Use a minimum of 20 minutes of build-up exercises, before you start with on-stage exercises
  - Only use on-stage exercises if the group feels safe to fail
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