

## MAKING IT UP AS WE GO: *IMPROVISATION AND COSMIC EDUCATION*

### 1. THE PROCESS – 7 SKILLS

- i. Play
- ii. Listening
- iii. Support your partner
- iv. Play the Game
- v. Yes...
- vi. ...And
- vii. Let yourself fail

### 2. WARM UP

- i. Story Statues
- ii. Line up
  1. *Mother's first name alphabetically*
  2. *House street number*
  3. *Place of birth*
- iii. Circle Games
  1. *Ball Toss*
  2. *Ovoid, Rectangle, Triangle, Diamond*
  3. *Relationship of two circles (external, externally tangent, secant, internally tangent, internal, concentric)*
- iv. Walk Around in Space Games
  1. *Opposites (stop/go, jump/squat, clap/stomp)*
  2. *Group of 3, group of 6, etc.*
  3. *3 noses, 2 elbows, etc.*
- v. Partners
  1. *1, 2, 3 counting and replacing numbers with movements*

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- 2. *Mirroring*
- 3. *One voice in pairs (one voice in 2 large groups)*
- vi. Circle Word Association and Unfold
- vii. Super Brain!
- viii. Diamond Dance!
- ix. Musical Chairs in Abundance!

### 3. EXERCISES

- i. Storytelling
  - 1. *Start with, "Once upon a time...", and end with "So, the moral of the story is..."*
  - 2. *One voice in pairs (one voice in 2 large groups)*
  - 3. *Storytelling in a circle*
  - 4. *Conducted Storytelling*
  - 5. *3 Storytellers and 2 Actors*
  - 6. *Fortunately/Unfortunately*
- ii. Scenes
  - 1. *I'm a tree*
  - 2. *Scene painting (audience suggested location or inspired by music)*
  - 3. *Dramatis Personae*
  - 4. *Spelling Bee*
  - 5. *Sprint Finish in Slow Motion*
  - 6. *Freeze Tag*

### 4. THEORY

#### A. The Brain

- i. Reptilian
- ii. Mammalian
- iii. Neo-cortex

#### B. Peaceful and collaborative interactions (scenes)

- i. We know each other
- ii. We like each other
- iii. We want to make the other person (our scene partner) look insanely smart!