



Creating Ground

Drama games/activities (warm ups/team building)

Sound and movement check in

In the circle everybody does a movement and a sound that comes to their mind about how they are feeling in that moment.

The others in the group step in the circle and repeat the movement and sound. In the round everybody gets to do it.

Passing the clap (Zip zap)

You pass a clap to the right (zip) or left (zap). The person next to you receives the clap and sends it to someone else. You can change direction.

Passing a movement and a silent sound

You pass a movement and a silent sound to the person next to you who will send his/her interpretation of it to the person on the right. You go around in the circle.

Change places if...

Sit everyone in a Drama circle - this game works best sat on chairs.

A caller would call "*Change places if you have brown hair*" for example. The students who have brown hair would change places as quickly as possible, moving across the circle and sitting on an empty chair.

The game continues with more "*Change places if...*".

The caller can be the teacher or nominated students.

Variation: you say something true to you or that you have done or will do. If what you say is true to other people as well, they change places.

Look down, look up

Good for all ages. Non-physical. Excellent for concentration. Calming!

Stand group in a circle. Teacher gives instructions for everyone to 'Look Down'. On the command 'Look Up', everyone must look up and make direct eye contact with someone else in the circle who is participating in the game. They are not allowed to change eye direction or glance ineffectually, or look at the ceiling! If the person they make direct eye contact with is also looking at them, both participants are out and have to sit down. Continue saying 'Look Down, Look Up' until you have a

winner or winners. This can be played with any number of participants and can go on for a long time.

Make sure that those who are out keep quiet so that participants still playing can concentrate and hear the commands. Please watch carefully for cheating and immediately remove anyone not playing properly or fairly

Secret leader

A volunteer leaves the room. The group decides who the secret leader is going to be. When the volunteer comes back to the room, the leader starts moving, all have to follow as if it is the whole group moving at the same time. The volunteer has to guess who the leader is and is initiating the movements.

Two Truths, One Lie

Tell your partner three things about yourself - two of which are true and one of which is a lie.

Ten Second Objects

Small groups make the shape of an object using their bodies - in only ten seconds! a car, a fried breakfast, a clock, a washing machine, a fire etc...
The facilitator gives instructions. Good for language and literacy as well.

Dragon's tail

Lively warm up which is great for encouraging fluency and getting even the quietest participants shouting out. Two teams sit back to back on chairs in a line and decide on team names. Each pair is given a number. The facilitator stands still, holds a scarf and calls out a number. The corresponding pair get up and try to get the scarf. If one person manages to get the scarf and sit back in his chair then he gets a point for his team. However, if his partner tags him while he is holding the scarf then his team gets the point.

Lines of...

The facilitator asks the group to get into a line in order according to different themes (height, birthdays, names etc... Give a time limit.

Magic box

Everybody watches an imaginary box appear from the ceiling, the facilitator's pocket or wherever you choose. The box is handed around the circle to each participant who says something they enjoyed or did not enjoy from the session and puts it in the box.

Drama games/activities (concentration/focus)

Ball

Pass the ball just making eye contact; pass the ball and 1 item; pass the ball and 2 items, pass the ball and the items whilst walking in the room.

Walk Together

A way of developing awareness for group work - everyone walks around the space, stopping and starting at the same

Variation: Stop, walk, dance, jump, clap, name, electricity, water

You start with the first two. Once the group does it a few times, you swap the meaning. You do it a few times and then add two more actions. The group does them the right way and then you swap the meaning and so on.

What are you doing?

Group gets in a line at the edge of the playing space. The first person enters the space and begins to pantomime a simple activity--for example, brushing his teeth.

The second person runs on and says, "What are you doing?"

The first person may answer anything EXCEPT what he is actually doing. In our example he might say, "I'm washing the car."

The moment the second person hears the answer, she/he must begin to pantomime the mentioned activity.

The first person goes to the end of the line and the third person runs on and says, "What are you doing?"

Pass The Squeeze

Work as a team to pass a squeeze from person to person around the circle.

1-2-3

in pairs. You start first saying the numbers, then you change 1 with a movement and do the sequence a few times, then you change 2 with another movement and do the sequence a few times and finally you also change 3 with a movement

Count To 20

One of the simplest, yet most challenging drama games where the group tries to count to twenty. Close your eyes, breathe and feel the group!

Sculptor & Clay

Mould and create a statue out of the clay of another person

Drama games (Trust)

1) Start in a Drama circle.

Form groups of six or seven, using students of roughly the same size.

One student stands in the centre of the circle and stands firm. The other students provide support by putting two hands on this centre student.

When the centre student is ready and has eyes closed and body rigid like a plank of wood, that student gently leans backwards and is then passed around and across the circle.

After a while, the group gently brings the student's body back to a central, upright position

2) Have students form pairs.

Person A keeps eyes closed, while Person B walks on one leg. The two students support each other as they move around.

Halfway through the walk, students exchange roles.

Students need to relate their experience, listing sounds, tactile experiences, and so on.

CROSS THE CIRCLE

Stand in a circle. Students cross the circle one at a time, again without signalling. Just feeling the room. This does two things. It helps the students pay attention to their own impulse, to the impulse of the group, and it mixes up the group, which breaks up cliques who like to stand next to each other and distract each other.

Circle Sitting

(adapted from Second City Toronto: www.improvincyclopedia.org)

Have everyone stand in a circle, really close to each other, facing inwards. Then ask everyone to make a quarter turn left. Make everyone stand even closer to each other. When ask the whole group to sit down. If everyone is really close, they will end up sitting on one another's knees, and the whole construction supports itself.

Drama games (literacy/numeracy/languages)

Buzz Buzz busy bees

Step 1: everyone walks around the room pretending to be bees, flapping hands and repeating 'buzz buzz busy bees' as fast as they can. (You can do this with running if you prefer)

Step 2: facilitator shouts freeze then everyone freezes.

Step 3: Call out a letter. Everyone makes themselves into a statue of something beginning with that letter.

Step 4: people who are the same as someone else are out

Step 5: add in a variation - two letters, one as the adjective and one the noun.

Adverb game

Everybody stands in a circle. One person is picked to go outside the room while the rest of the group decides on an adverb, such as "quickly", "cheerfully" or "sleepily." The volunteer is called back to stand in the centre of the circle. Her task is to guess the adverb by asking any individual or a few members of the group to mime an activity. They should do this in the manner (style) of the word.

For example, the volunteer may ask someone to "play a piano" or "dig a hole" in the manner of the word. She watches to see how that person is doing the activity. If she can't guess the adverb, she can ask other people to mime different activities (she is allowed up to three guesses). When she gets it right, or her three guesses are up, another volunteer goes outside while the group chooses a new adverb.

Alphabet conversation

Have a conversation where each sentence begins with the next letter of the alphabet. This may seem difficult at first, but improves with practice. If you get stuck, you can also use sounds to start a sentence, for example 'Mmmm' or 'tut-tut'. Here is an example:

A: Anyone seen my cat?

B: Black one, with funny eyes?

A: Can't say I remember.

B: Don't tell me you've forgotten what it looks like?

A: Every cat looks the same to me.

B: Fortunately, I found one yesterday

A: Gee, that's great!

- You could also try beginning somewhere in the middle of the alphabet. Then when you reach 'Z', return to 'A' until you arrive back where you started
- Try setting the scene or location before you start
- It's great for car journeys too!

Name and a gesture

Everyone stands in a circle. Participants take turns to say their name with a corresponding action or gesture of their choosing. The rest of the group repeat it back to them. Once everyone is familiar with them, the facilitator goes into the middle of the circle and embodies someone else's name and action. This means that the person has to take their place in the circle and choose someone else's name and action.

Name and adjective

Everyone stands in a circle. Participants take turns to say their name along with a preceding adjective starting with the same letter e.g. "Happy Halima". They can

also create a corresponding action/gesture. The group repeat it back and the game continues with the same model as name and gesture above.

This is not a bottle

The facilitator models by picking up the bottle and saying this is not a bottle. She then proceeds to use the bottle in such a way as to suggest a different object.

Drama games/activities (Movement)

Ways to walk

Walk as if... say different things and the class has to walk that way..

Hypnosis (leading with your hand)

In pairs. One person is the leader and one the follower. The follower has to pay attention to the palm of the leader who will guide him/her around exploring different heights and directions.

The leader becomes then the follower and you repeat the exercise

Follow Your Nose

A quick and easy movement game which encourages awareness of different ways of moving as an individual in a group