TAA Additional Games/ Exercises

Simple Listening:

Purpose: Testing individual listening capabilities.

Working in pairs, one person tells a story for 90 seconds while the other listens. The listener is instructed to shut down their internal monologue as well as the need to smile, nod or respond.

Rant and Define:

Purpose: a tool for defining what an individual hears in a story.

Working in pairs, one person rants for 90 seconds, the other person listens. At the end of the time, the listener must condense the rant into one sentence and tell the rant-er what they heard. NOTE: additional information – match the intensity of the speaker to let them know they are being heard and understood, and to help move them down in intensity.

Zoom Screech:

Purpose: to quicken listening and responding reaction time, and get full body motion.

With the group in a circle, start with step one; pass the word ‘zoom’ around the circle in one direction as quickly as possible. Step two; introduce the ‘screech’ to change the direction of the ‘zoom.’ Step three; add ‘zip’ which can go across the circle. Step four; forgo the words and move your hips using the sounds that James Brown (or Michael Jackson) would make.

Second Question:

Purpose: to practice duel intentions and listening.

With the group in a circle, one person is in the middle facing towards a person in the circle. The outside person asks a question. The inside person then goes to the outside person number two, who asks a question as well. The inside person answers the first question, then goes on to the outside person number three. The outside person number three asks a question, and the inside person answers question number two. VARIATION: drag two questions rather than one.

Yea, Boo:

Purpose: Dealing with fear of failure:

In a circle, one person says something and everyone says ‘YAY!’ The next person says something and everyone says ‘BOOO!’ Go around twice so everyone has one of each response.

Hand Shake:

Purpose: Listening

The group mixes and mingles while shaking hands and introducing themselves. When people introduce themselves, they take the name of the person they just met. They then introduce themselves as that name to the next person. Rinse and repeat. If you get your own name back, you can sit out. NOTE: Play the game three times then give up.

Blind Poker:

Purpose: to begin a discussion about status and relationship.

Each person takes a card from a deck of playing cards and without looking at the card, places the card on their forehead. The group then walks around and interacts. At the end, make the group line up based on how people treated them.

* Yes, and party planning:

Purpose: to feel the results of ‘yes, and’ and ‘yes, but.’

This game is uses the ”Yes, And” in a group setting. It helps identify how ‘yes, but’ blocks forward motion and ‘yes, and’ can build momentum.

Character ‘Spine’:

Purpose: for breaking down character movement and insight into physicalization of characters.

Have participants make a list of descriptive words that people might use when describing them. Have them narrow the list to a dominant word, and then translate that into simple motion (moving a chair, tying a shoe, etc.) NOTE: be sure to not let them ‘act’ the word. It is not about showing us the word, it is about how the word affects what you do and how you interact with others.

## Resources –

<http://improvencyclopedia.org> - a good list and definition of games

## Audience Prompts –

The main note we have for audience prompts is, the more specific you are, the more specific the audience will be. Even if they do not answer the question. The goal is to challenge the audience and yourself to be SPECIFIC, not general (general will get you cheese every time…). Examples:

Give me a location - Give me a room in the mansion that is permanently locked

An occupation - What does your weird uncle do for a living

A relationship - Who did you call last on your phone? What’s your relationship?

An object - What’s the birthday gift you always wanted?

A quality - What is a bullet point on your resume?