

Listening Exercises

Count Off: Sit in a circle. Count off in round robin style

- After 30 seconds, TM starts clapping at same rate team is counting off then starts increasing speed (or use a metronome)

Name Game: Each team member says his/her name going around the circle. Same instructions as above

- After 30 or 40 seconds the team has to say the name of the person on their right and it keeps going around without a beat...
- After another minute (this is harder) now add the beat to increase speed. If it breaks down into giggles, start over.
- After team is good at this try random name in circle. Then that person names a different person anywhere on the circle. Maintain eye contact and after 30 seconds add the beat and increase speed for at least 2 minutes or so to really get connected.
- Now try this random name thing blindfolded.

Throw it to me:

All participants should walk around the room. Ask one participant to pantomime throwing a knife, ninja-style, to another participant. They should make a swooshing sound as the knife is thrown. That participant catches the knife and throws it to another participant.

Once that goes well, add a pantomimed baby to the mix. The baby must be thrown very carefully. Give the baby a sound that is clearly distinguished from the knife.

If that goes well, add in an angry cat - again with a distinct sound and a distinct throwing style.

Feel free to add other objects but make sure throwing style and sound are different. The participants themselves can come up with things to throw.

The rules:

1. Everyone must keep walking around.
2. There must be eye contact between the thrower and the catcher before the knife is thrown: it should be very clear who is supposed to catch the knife. The same applies to the baby and cat.
3. There should not be more than 3-4 seconds between throws. If someone hesitates, you start again.
4. The game builds the idea of being present in the moment, trust, and having fun.

Add to the List: Use a prompt to go around the circle and add a new and unique (no repeats) item to the list with the next letter in the alphabet, starting with A and repeating all previous items every time.

- Next Year for Halloween I will be: An Apple, An apple or a bandit, an apple or a bandit or a cat, etc.
- I am going on a picnic and I will bring...
- In our classroom we have a...
- In the morning the first thing I do is...(hard one)
- I asked Santa for a...

These are the instructions: Someone reads a list of instructions and each team member must write those down as completely and correctly as they remember.

- A recipe
- How to Brush Your Teeth
-

My Line and Your Line: Ask two performers to sit in chairs with their backs facing each other. Instruct them that in the course of this improvised scene one person will say a line, then the other person will repeat that line before adding their line to the scene. At no point during the exercise are the players allowed to leave their chairs or look at each other. For instance:

A: I made us some toast.

B: You made us some toast. I'll get us some juice.

A: You'll get us some juice. I'll set the table.

B: You'll set the table. This looks good.

A: This looks good. I'm glad you like it.

Energizer: Repeat a rhyme doing a hand clapping sequence to get everyone in synch and energized.

Czechoslovakia, Boom Chicka Boom

Yugoslavia, Boom Chicka Boom

We've got the rhythm in our hands, Two, Three, Four

We've got the rhythm in our hands, Two, Three, Four

We've got the rhythm in our feet, Two, Three, Four

We've got the rhythm in our feet, Two, Three, Four

We've got the rhythm in our eyes! WHOO!

We've got the rhythm in our eyes! WHOO!

(repeat from beginning, faster, until you can't go any faster)

You start slow, with a group in a circle. You start by clapping one hand of each of your neighbors, then clap your own hands, in and out, just like that (simple).

For the "hands" part, you clap your own hands on beat for "Two, Three, Four." For the "feet" part, you stomp your own feet on beat for the "Two, Three, Four." For the "eyes" part, you just throw your hands up in the air as on a roller coaster and say "WHOO!"

It is more and more fun as you move your body around spastically doing this, all the time maintaining claps. The faster you go, the more manic the energy. You can probably get in about 4 rounds before it is just too fast to keep up and you are then RUSHED WITH ADRENALINE ...

Keeping Up Your End of the Conversation: Three chairs are lined up. One team member sits in the middle and two scene partners sit on either side. Each side partner is given a topic on a slip of paper and then they each carry on a conversation with the subject. The subject is required to answer each person quickly, and take a position/make a decision, "yes and..ing" as they would in any typical improv scene. It's a lot of fun as you are carrying on two conversations at once and you are required to listen hard.

Any "Park n Bark" IC – timed for specific time periods: 1 minute or 2 minute. Drill this over and over until team really has a feel for that specific amount of time.