

Improvisation Activities to Wake up and Move

Kathleen Klose for First Literacy Improvisation Workshop - May 2019

Students stand in a circle.

A. COUNT, CLAP AND MOVE

1. Have them clap and count 8 beats and repeat a few times.
2. Tell them to do what you do and then make a dance move, exercise move or any motion repeated 8 times.
3. After 8 beats, point to the person on your left and say "Your turn." That person will repeat a different motion 8 times and everyone will follow along.
4. Continue on to the next person and so on around the circle.

B. MOVE TO MUSIC

1. Play a song with a good beat (Hit the Road Jack works well). Do another motion with 8 repetitions and have them follow.
2. Call out a student's name and have that student lead a different move for the next 8 beats.
3. Continue calling out different students' names (out of order) at the end of each 8 beats.

C. FREE DANCE AROUND THE CIRCLE

Each person will dance or move as around the circle to music using free movements.

FREE ASSOCIATION

Say any word and then toss a beach ball to another person in the circle. That person will say any word and toss the ball to another person.

SPEAK AND TOSS

Say what you love or hate then toss the ball to another person who will do the same. For example:

I love chocolate. (toss)
I love my children. (toss)
Etc.

Alternatively, tell us something you never do or always do, then toss the ball.

I never smoke. (toss)
I never drive. (toss) etc.