

Improvisation:

A Guide To Unlock Your Acting Power

A Workbook for Teachers

By Rod Martin

Published by
Encore Performance Publishing
www.encoreplay.com

Download your complete script from Eldridge Publishing
<https://histage.com/improvisationguide>

**IMPROVISATION:
A GUIDE TO UNLOCK YOUR ACTING POWER**

A Workbook for Teachers

by Rod Martin

Performance Rights

It is an infringement of the federal copyright law to copy or reproduce this script in any manner or to perform this play without royalty payment. All rights are controlled by Encore Performance Publishing, LLC. Call the publisher for additional scripts and further licensing information. The author's name must appear on all programs and advertising with the notice: "Produced by special arrangement with Encore Performance Publishing."

PUBLISHED BY
ENCORE PERFORMANCE PUBLISHING
encoreplay.com

© 1995 by Rod Martin

IMPROVISATION

A sequential structure of lesson plans for teaching acting through improvisation to a class of students, youths or adults, in a school setting or in a workshop situation. Five weeks of lessons are provided. Basic improvisation, mime, pantomime, physical and vocal warm ups and cool downs, improvisational games and exercises, scene structure, rules for improv, theatrical etiquette and many more topics are covered in the comprehensive book. It also gives you the essentials for creating an improvisational theatre troupe or program. The many games and situations will get your students on their feet and performing. This is the fastest growing form of theatre around! Loads of information in appendices.

TABLE OF CONTENTS

Dedication/Special Thanks / Preface

Some thoughts before we begin

Teacher do's / Student do's
Performer Fitness and Audience Readiness
Topics
What is Improvisation? / Why Improve?
Types of Communication
Tips

First Session - Getting Acquainted

Progressive Mingle
Focus Frisbee
Name Associations
World's Greatest Introductions
Cool Down - Imagination Stretcher

Second Session - Trust

Blind Walk
Trust Circle Person Pass
Blind Walk with Partners
Leaning with Partners
Trust Fall with Partners

Third Session - Working Together/Cooperation

Tangle/Untangle
Lap Sit
Hunter/Hunted
Polarity Partners
Cool Down - Partner Mirrors

Fourth Session - Relaxation and Imagination

Self-Stress Relievers
Relaxing Spot
Guided Imagery
Constructive Rest Position
Imaginative Journey

Fifth Session - Powers of Observation & Imagination Part 1

Sound Movement Warm-up
Concentration with Gestures
Passing the Pulse

Passing Gestures
Cool Down - Small Change
Object: Observation
People Watching Assignment

Sixth Session - Powers of Observation & Imagination Part 1

Performance from Previous Day
Imagination Stretcher - Change the Object
Walks That Talk
Imagination Stretcher- Pass the Yard Stick
What Are You Doing?
Odd Man Out
Cool Down - Group Mirror

Seventh Session - Body Awareness Part 1

Isolation
Isolation Walk
Creating Machines
Cool Down

Eighth Session - Body Awareness Part 2

On/Off
Guided Imagery to Aging
Character Walk
Cool Down - Life Histories

Ninth Session - Communicating Through Movement

Lion Stretch
Movement Improv
Cool Down - Massage Circle

Tenth Session - The Physical Imagination Part 1a

Stress Reduction
Grasp and Release
Believable Objects
Pantomime Room
Pantomime

Tenth Session - The Physical Imagination Part 1b

Performance of prepared yet improvised pantomimes

Eleventh Session - The Physical Imagination Part 2

Basic Mime Exercises
Narrated Pantomime
Little Red Hooding Ride and Loldie Gocks and the Bee Threars

Twelfth Session - Vocal Expression Part 1

Zip-Zap
Talking Numbers
Same Phrase-Different Ways
Reacting to Comments
Directed Emotions
Cool Down - Pass the Laugh, Pass the Feeling

Thirteenth Session - Vocal Expression Part 2

Imagination Stretcher - Love/Hate
Sound Environment

Tongue Twisters / Terminal Narration

Putting In A Good Word

Fourteenth Session - Listening

Double Talk

Pass The Phrase

Simon Says

Follow The Leader

Cool Down - Four Hamlets

Fifteenth Session - Improvising Scenes Part 1

Stage Directions

Constructing a Scene

Vocal & Physical Warm-ups

Scene Situations

Sixteenth Session - Improvising Scenes Part 2

Teach Terminology

Rules for Improv

Vocal & Physical Warm-ups

Starting Lines

First Line-Last Line

Seventeenth Session - Improvising Scenes Part 3

Stylistic Improv

Mixed Movies

Writer's Block

Foreign Affair Movie

Eighteenth Through Twenty-fourth Sessions -

Tag-Team Freeze

Use of Improv Games

Performing Scripted Improvisation

Contextless Dialog (four)

The One Word Café

Appendix 1: Imagination Stretcher

Appendix 2: Trust Exercise

Appendix 3: Cool Down Exercise

Appendix A: List of Emotions, Feelings and Attitude

Appendix B: Guidelines for Audience Participation

Appendix C: Topics for Improvisation

Appendix D: Improv Games (arranged alphabetically)

Appendix E: Warm-ups

Getting Acquainted

Vocal / Physical

Appendix F: Audition Form

Appendix G: Teach Terminology Handout

Appendix H: Rules For Improv Handout

Appendix I: Stage Directions and Construction of a Scene Handout

Appendix J: Contextless dialogs handout

Appendix K: "People Watching" assignment sheet

End of Freeview

Download your complete script from Eldridge Publishing

<https://histage.com/improvisationguide>

Eldridge Publishing, a leading drama play publisher since 1906, offers more than a thousand full-length plays, one-act plays, melodramas, holiday plays, religious plays, children's theatre plays and musicals of all kinds.

For more than a hundred years, our family-owned business has had the privilege of publishing some of the finest playwrights, allowing their work to come alive on stages worldwide.

We look forward to being a part of your next theatrical production.

Eldridge Publishing... for the start of your theatre experience!