

FIVE ALIVE – exercise/game descriptions

TORNADO GAME

Chairs are arranged in a circle, one less chair than number of participants. The person who is 'it' in the center calls out something that applies to most or all of the seated participants. Anyone who fits the description called out has to move to a new seat. One person will be left in the middle, now 'it.'

The person who is 'it' says, "The wind blows anyone who _____ (descriptor) ____" and all trade places. If the person who is 'it' wishes to, they can simply yell out "tornado" and all have to trade places.

The exercise is done on three levels of descriptors:

First, things you can see, such as 'The wind blows anyone wearing jeans,' or 'The wind blows anyone wearing pink.' Second, things that are true about you, such as 'The wind blows anyone who has an annoying older sibling,' or 'The wind blows anyone who's been to France.' The final round is on thoughts and opinions, such as 'The wind blows anyone who would not vote for the same person their parents are voting for,' or 'The wind blows anyone who thinks carrying concealed weapons is a bad idea.' This is a fun way for students to discover both their similarities and diversities.

WAX MUSEUM GAME

One person is it. They are in the Wax Museum surrounded by statues. All remain frozen, but try to move and change position when the person who is it is not watching. If a person is send moving, then they are 'called out' by the person who is it. Usually the game lasts until only one or two people remain. One of the remaining clever movers and freezers gets to be 'it' the next game.

BUILDING STATUES

Basic statue building involves one student moving to center 'stage' and freezing. Other students add to the picture, all connecting in interesting ways using levels. The students not 'in the statue' can name the statue. You can also have students build statues as a group, based on words, emotions, activities, etc. It's fun to 'explode' the statue on a 10 count and then reassemble it on another count. There are infinite varieties on this exercise.

ICE CREAM STORE

One person is the sales clerk and the other the customer in an ice cream store. The customer comes in demonstrating some clear physical, verbal or other attribute, such as being really hyper. The clerk has to match the energy and vocal work of the customer. This is fun as it encourages imagination and imitation. Students should try different energy levels and different voices.

DUBBING

Dubbing is a conflict improvisation exercises where there is a clear problem between two actors. However, each actor is matched with a seated actor who 'voices' for them. Players must listen carefully to what the voices are saying and voicing players must watch their actor body and find interesting ways to match the two.