**Drama Games**

**Introductions and Applause**

**Type:**Warm-up.

**Purpose:**

* A great way for students to introduce themselves, get a non-frightening taste of being on stage
* Establish a supportive environment

**Procedure:**

* Either using a real door or an imaginary door (which you create for the students), tell the group each student will come up one by one, walk through the door to “enter” the stage, introduce themselves saying “Hi, my name is \_\_\_\_\_” and say one interesting thing about themselves (you can add on more to the speech but don’t make it too long or complicated – the point is to give an incredibly easy task).
* After each introduction, the audience will enthusiastically applaud as the student stays up on stage and takes in the applause.

**Zip Zap Zop**

**Type:**Warm-up.

**Purpose:**

* To be attentive and work on quick decision making.
* To work on focus.
* To raise comfortability of a group.

**Procedure:**

* Players stand in a circle.
* One player, Player A, claps his hands, ending in a pointing position toward the direction of another player. Simultaneously Player A will say the nonsense word “Zip!”
* Player B repeats this action, clapping and pointing at another player, Player C, while saying “Zap!”
* Player C repeats this action, pointing at yet again another player while saying the word “Zop!”
* Players do not need to follow any order can clap and point at any other player they choose, but they should follow the patterт of “zip, zap, zop.”

**Look & Scream**

**Type:** Warm-up

**Procedure:**

1.  Have the class stand in a circle.

2.  Tell everyone to look down.

3.  Assign a counter to count “1, 2, 3…look!”

4.  On “look” everyone must look up and directly at someone in the circle.

5.  If the person you are looking is **not** looking back at you, you are “safe”.  If the person you are looking at **is** looking back at you too, you both must scream “ahh!” and sit in the circle.

6.  The counter begins another round with the remaining people standing in the circle.

7.  Play until everyone is sitting or there’s just one person remaining.

**Dance Your Name**

**Purpose:**A great simple warm-up or lead-in to a class in which the kids will be dancing.

**Procedure:**

1.  Have the class stand in a circle.

2. Instruct the students that one by one they are to step into the circle and spell their first name in the air using their body parts. The body parts they need to use must go in order from top to bottom:

1st Letter: Head  
2nd Letter: Arm  
3rd Letter: Hips  
4th Letter: Knee  
5th Letter: Foot  
(then repeat if there are more than 5 letters)

3. The game ends when everyone has had a turn!

**Note:** This is a great warm-up before beginning choreography work on a show.

**Two-headed Monster Dance**

**Type:**Warm-Up

**Purpose:**A fun warm-up that allows everyone to be a little silly and breaks down barriers.

**Procedure:**

1.  Have the students pair up (preferably to someone they don’t know very well.)

2. Tell the pairs to stand back to back and to hook their elbows together.

3. Play some music with a beat. The pairs must dance to the music as a if they were a single two-headed monster.

4. After a few laughs, tell them to lock up with another pair to create a 4-headed monster dance.

5. Then an 8-headed monster dance!

6.  Then have the whole class lock together to create one gigantic monster dance.

Feel free to switch up the music to allow the “monsters” to explore different types of dance moves.

**Human Knot**

**Type:**Ensemble building.

**Purpose:** Help build an ensemble.

**Procedure:**

* Group stands in circle and all come in close with hands stretched into middle of the circle.
* Everyone grabs two hands – not the person next them, and not both hands of the same person.
* Tell the students they must untie the knot without anyone ever letting go of their hands.
* Counsel them to go very slowly and be very gentle.
* Do it once allowing the students to talk and once in silence.

**Walking Blind (Trust Exercise)**

**Type:**Ensemble Building.

**Purpose:**

* Encourage comfortability among the group.
* Encourage trust.

**Procedure:**

* This is a silent activity.
* Students work in pairs.
* Partner 1 is instructed to close their eyes as partner 2 leads them around the space.
* Partner 2’s goal is to make their partner feel as safe as possible. They must determine what is best for their partner (without talking) – walking with both hands held, one hand held, arm around shoulder, etc.
* Let them wander for 2 minutes or so, keeping their movement slow at all times. Switch.

**Toy Boat**

**Type:**Ensemble Building, Trust

**Purpose:**A simple trust exercise that will help your students work together and feel comfortable with the group.  Also a great game to play to calm the energy of a class.

**Procedure:**

1.  Have the group stand in a large circle.

2.  Explain that in the middle of the circle is a shallow pond.

3.  Stand behind one student and ask her to close her eyes. As you gently push her forward, she is to become a toy boat that lightly glides to the other side of the pond (with her eyes closed).

4.  When the boat reaches the other side, a student should be ready to catch her.  The boat opens her eyes and takes the place of whichever student caught her.

5.  The student who “caught her” now becomes the next toy boat to float across the circle.

**People, Shelter, Storm**

**Type:**Warm-Up, Ensemble Building

**Purpose:**A fun game to get students comfortable with each other and working together.

**Procedure:**

1.  Clear a large space for the playing area.

2.  Divide the class into small groups; three players to a group.

3.  Explain that within each group there will be two players who form a shelter, while the other player becomes the person living in the shelter. A shelter is formed by two players facing each other, arms extended high placing their palms flat against each other to create a “roof”. The person living in the shelter should duck underneath.

4.  Explain that you are going to call out three words: “People”, “Shelter” or “Storm”.

5.  When you call out “People”, the people must leave their shelters and run to a different one while the shelters stay in place.

6.  Practice this a few times.

7. When you call out “Shelter”, the shelters must break apart and find a new person to build a shelter over.

8.  Practice this a few times, adding in the “People” command as well.

9.  Finally, when you call out “Storm”, everyone runs around for 5 seconds. At the end of 5 seconds new groups of 3 should form with 2 shelters and 1 person. During the “Storm”, shelters can become people and people can become shelters.

10. Continue playing the game, alternating between calling out “People”, “Shelter” or “Storm”.

**Reflection Web**

**Type:**Ensemble Building

**Purpose:**A fun, calm activity to play at the end of a session to reflect on the day’s lesson and to reinforce the ensemble.

**Procedure:**

1. At the end of a session/rehearsal, have the class sit in a large circle.

2. Tell the students to close their eyes. Give the students an open-ended prompt that requires them to positively reflect on the day’s events.  
Today I discovered that \_\_\_\_\_\_\_\_\_\_\_.  
Something I appreciated about our work today was \_\_\_\_.  
My favorite part of the today’s lesson was\_\_ because \_\_\_.

3. Give the students about 30 seconds to think of their response. When they have thought of a response they can open their eyes.

4. Repeat the prompt, and then answer it yourself.

5. Then unravel a few feet of yarn, hold onto the end, make eye contact with a student and lightly toss the ball of yarn to her, keeping hold of the end.

6. The new student must now repeat the prompt giving her answer, then hold onto a piece of the yarn and toss to a new player.

7. This should continue until every student has had a chance and is holding onto a piece of the yarn.

8. The result should be a beautiful web!

9. Discuss how this web is a visual representation of all the new connections and ideas that were formed today. And that by sharing and connecting they have created something strong.

**Hot Spot**

**Type:**Raise-energy.

**Purpose:** Designed to get people to act quickly, spot patterns and “get out of their heads.”

**Procedure:**

* Hot Spot begins with the group standing in a circle.
* A suggestion may be given, but it is not necessary. One person will step into the center of the circle and begin singing a song, preferably a song most of the group already knows.
* After a few brief lines of song someone must tap out the player in the center and take their place. That player then begins singing a new song somehow inspired by the previous song.
* That becomes the pattern, as player after player tap into the the center of the circle to sing a song.
* Players in the surrounding circle may support by singing along, clapping hands, impersonating instruments, etc.
* The circle also provides support by tapping in to move the exercise along and not leave the singer in the center for too long.



**Exaggeration Circle**

**Type:**Warm-Up, Break Out of Shell

**Purpose:**A simple way to get some of even the shiest kids acting bold in front of the group.

**Procedure:**

1.  Players stand in a circle.

2.  One player starts a small gesture.

3.  The next player takes it over and makes it even bigger.

4.  This continues all the way around until the last person takes it to the EXTREME.

5.  After a couple times with just movement, tell the players they can add a sound as well.