

Program Title	INSANE IMPROV
Grade Level	4 to 12
Allotted Time	2 ½ to 3 Hours
Objective	Girl Scouts will learn to think on their feet, build a scene, and play a a character through really fun improv games! (Add what Journeys/Badges may be earned/worked on)
Equipment/Supplies	<p>Kit Includes:</p> <ul style="list-style-type: none"> • Program Instructions • Index cards • Pens • Assorted accessories/props <p>Shopping List:</p> <ul style="list-style-type: none"> • Snacks and Drinks • M & Ms • Additional props from the girls <p>We suggest having a pizza party and snacks!</p>

Allotted Time	Topic	Instructions	Supplies
10 minutes	Registration and Activity	While girls are registering	
10 minutes	Ice Breaker	<p>Don't Eat the M & Ms Pass around the M&Ms and ask girls to take however many they would like (but leaving some for the rest of the group!). After girls have passed the bag around, have them go around in the circle and tell one thing about themselves for each M&M they took.</p> <p>OR</p> <p>Zip Zap Zop Have the girls stand in a circle. A girl starts by clapping her hands together and pointing them at another girl in the circle while saying "Zip!" That girl then claps her hands together and points at another girl while saying "Zap!" The third girl claps her hand together and points at another girl and says "Zop!" That girls starts it all over again and claps to a new girl and says "Zip!". The goal is to get the rhythm going as quickly as possible and if a girl says the wrong word, you start again. If the girls get particularly good at the game, you can add "boing" where a girl who is receiving a motion holds up her hands and says "boing" which then returns the motion to the other girl and she has to find someone new to point to.</p>	M & Ms

15 minutes	Activity	<p>Animal Pairs</p> <p>Each person receives a piece of paper with an animal name written on it. There should be two of each animal. Everyone takes on the attributes of that animal until they are found</p>	Scraps of papers with the names of animals on them
15 minutes	Learning	<p>Intro to Improv and the 10 rules of improv</p> <p>Discuss the difference between improv and regular acting with the girls. Brainstorm those items that actors typically rely on (such as a script, costumes, props, scenery) and then compare to improv where all those items have to be made up on the spot using whatever is available.</p> <p>Review the 10 rules of improv with the girls and discuss why they are important.</p>	10 rules of improv
15 minutes	Activity	<p>Three Lines</p> <p>2 players initiate a scene; the scene is broken off after 3 lines. The goal is to establish as much as possible as fast as possible. We want to understand the Platform, the Characters, the Environment and the points of view or drivers of the characters. Once 3 lines of dialog have been uttered, restart a different scene. (this is much harder than it sounds!)</p>	
15 minutes	Snack Break	<p>Time for a party and some hang out time</p> <p>We will be moving onto scene work after this, so while they're eating, explain the dos and don'ts of Improv</p>	<p>Snacks and drinks</p> <p>Rules of Improv</p>
15 minutes	Activity	<p>Props</p> <p>In this game the players need to come up with an original/funny use of a prop. They cannot use the prop the way it is supposed to be used for, obviously. You could really use any object as if it were a cell phone, but that is not the idea of the exercise. Look at the object (or it's parts) and see what inspires you.</p> <p>Have the girls get in a circle and take one of the props to put in the middle. Have girls jump in as inspiration strikes and act out how they would use the prop.</p> <p>Examples: We once saw a player, given a chair, who turned into a prisoner. The back of the chair became the bars of this cell.</p>	Props box

30 minutes	Activity	<p>Scene Replay</p> <p>Ask 2 players to play a short scene. For inspiration, they might play a scene from a favorite movie or fairy tale or based on a familiar subject such as “your day at school” or “a trip to the movies.” One could limit the scene to 8 lines of dialog per player. Then ask the players to replay the scene, based on some audience suggestions for:</p> <ul style="list-style-type: none"> • a particular emotion. Also known as Emotion Replay. • an era. Also known as Through the Ages. Also known as Historical Replay. • a different location • a film / TV / literature style. Also known as Style Replay. • in Gibberish • backwards. Also known as Backwards Scene. 	Can use the props box
30 minutes	Activity	<p>The Party/Party Quirks</p> <p>One player (you can have pairs too) plays a character that is having a party. The other players will be the guests, and the audience provides us with who the guests might be (famous people, a type of animal, a particular fear or personality quirk, etc). The guest interact with the host while acting out their quirk.</p> <p>Of course the host does not know who the guests are. Her task is to guess who the guests might be, based on hints the guests offer. You can choose characters or oddities. The games is over as soon as the host has guessed all guests.</p>	Can use the props box
20 Minutes	Activity	<p>The Bucket</p> <p>Everyone writes a simple sentence on slips of paper. Those go in a big bucket.</p> <p>A scene is improvised based on a starting topic (again, something simple like day at school, vacation, trip to space, ect), and at random moments the players don’t just invent a line of dialog, but use a line off a piece of paper drawn from the bucket. Anything said is accepted, heightened and integrated.</p>	Bucket notecards
10 minutes	Wrap Up	<p>Remember, a Girl Scout always leaves a place better than she found it! All should help clean up!</p> <p>Sing a few Girl Scout Songs</p> <p>Friendship Circle</p>	

David Alger's First Ten Rules of Improv

1) Say Yes-and...!

For a story to be built, whether it is short form or long form, the players have to agree to the basic situation and set-up. The who, what, and where have to be developed for a scene to work.

2) After the `and` add new information.

An improvised scene can't move forward or advance unless we add new information. That is why new information is added after the Yes of Yes-and!

3) Don't Block.

The opposite of saying yes-and is blocking or denial.

4) Avoid Questions.

A form of blocking (in its more subtle form) is asking questions. Questions force our partners to fill in the information or do the work. It is a way of avoiding committing to a choice or a detail. It is playing it safe. However, on more advanced levels, questions can be used to add information or tell your partner the direction to go in.

5) Focus on the Here and Now.

Another useful rule is to keep the focus on the here and now. A scene is about the people in the scene. The change, the struggle, the win or loss will happen to the characters on the stage. Focus on what is going on right this at this moment.

6) Establish the Location!

Good scenes take place somewhere and at sometime. They do not take place on an empty stage. A location can easily be established in one or two lines without breaking the scene.

7) Be Specific- Provide Details!

Details are the lifeblood of moving a scene forward. Each detail provides clues to what is important. Details help provide beat objectives and flesh out characters.

8) Change, Change, Change!

Improv is about character change. The characters in a scene must experience some type of change for the scene to be interesting. Characters need to go on journeys, be altered by revelations, experience the ramifications of their choices and be moved by emotional moments.

9) For serious and emotional scenes, focus on characters and relationships.

A long form improv set should contain a variety of scenes. Some scenes will be emotional, some will be tense, and some should be funny. The easiest way to make a scene serious is by focusing on the relationship of those on the stage (their characters).

10) For humor, commit and take choices to the nth degree or focus on actions/objects.

A good long form set is balanced. Shakespeare knew that too much pathos was wearing on the audience; hence, he had minor characters in humorous scenes such as the drunken porter in MacBeth.