

# Breaking Barriers with Improv: Unlocking Communication & Connection

with Nadia Adams

# Welcome

- Hi! I'm Nadia
- We are here to try Improv – it's like acting without a script
- Improv is mindfulness, communication, teamwork, creativity and play
- Improv teaches you to calmly listen, receive information and discover the wonderful together

# Mindfulness

- Clear your mind so you can receive new information
- ACTIVITY: Leaves on a stream

Huh? What are we doing?

Imagine yourself sitting by a stream watching leaves float by

As thoughts from your mind pop up, place them on a leaf and allow them to float away

It's ok to have lots of leaves or not many leaves, just observe

If a leaf won't drift away, just observe it as present in your stream

# Mirroring

- This part is about listening to non-language information (body language, tone etc)

- Activity 1: Mirroring

Working in a circle mimicking the person opposite you, sometimes lead sometimes follow.

- Activity 2: Would you like some Coffee?

Working in pairs one person offer the other a cup of coffee, say 'Yes' but mimic the body language and tone of the offer. Repeat a few times and then swap.

# Yes, and...

- The first rule of Improv is “Yes, and..” Listen to what you have been given, accept that. Then add to it.

- Activity: I am a Tree

Together we build static scenes. The first player starts with acting out ‘I am a tree’, another person will add to the scene, and a third person will complete the scene. We keep the third player and begin to build a new scene repeating in the same manner.

# Let's have some fun

- Observe the information you have been given and add to it

- Activity: Freeze Tag

Two players act out a scene while the rest of the group watches from the side. At any point, an observer can yell "Freeze!", forcing the actors to freeze in whichever position they were in. The observer will tag (lightly tap) one player to swap places and assume the same position they froze in. Then, they will begin a brand new scene that explains why the new characters are in that position.

# Reflection

- What did you gain from this?

- Activity: Three words only

Standing in a circle and taking it in turns to answer the question “What did you gain from this session” using 3 words only.

# Now what?

- Practice Makes perfect!

Try using something you did here in an interaction with someone at the conference today.

Try using something you did here in your work or relationship.

- Join your local Improv group!

Bunbury Improv Group meets on Monday nights at 6pm at the New Lyric Theatre

There are even ones online!



# Thank you!

Time to go now bye!

