Our top 5:

**Machines**
One player begins by making a movement and noise, repeating it again and again. A second player has to connect an action and noise to the first person’s action while physically linking together. Continue adding players until everyone is attached. Speed up, slow down, malfunction, etc. Try giving the machine a name or create a use for the machine.

**Negative Space**
Player 1 strikes a pose. The body fills positive space and air is negative. Player 2 must try to fill that negative space with his or her body without touching the first player.

**Sculptures**
Partner off. Players take turns sculpting (or posing) their partner into anything they’d like. Instead of allowing players to touch one another’s faces, have them mirror each other’s faces. Experiment with different types of sculptures, like sports action sculptures or dancing sculptures, etc.

**HA!**
Stand in a circle. One person begins by clasping hands together and pointing at a person across the circle, saying “Ha!” That person then raises his hands, pointing at the sky, while the two neighboring players clasp hands and point at the middle person – all saying “Ha!” The middle person then sends the ha to a player across the circle and so on and so forth.

**Bippity, Bippity Bop**
Players stand in a circle with one in the middle who wants to get out! This can happen in the following ways:
1. Middle player can approach a player in the circle and say, “Bippity Bippity Bop”. The player on the outside can avoid getting into the middle of the circle if he or she can say “Bop” before the middle player.
2. Middle player can approach a player in the circle and give a command, which the player in the circle and the two neighboring players must complete before the middle player can count to 10.
   - Charlie’s Angels: person in middle puts both hands up (prayer hands; please, no guns) and neighboring players kneel facing out with hands up.
   - Elephant: person in middle makes an elephant’s trunk and the neighboring players create the elephant’s ears.
   - Jell-o: neighboring players create a bowl with their arms and the middle person stands in the middle and jiggles like jell-o.
   - Make others up with your group. There are multiple possibilities.

**PHYSICAL WARM-UPS**

**Tape Game** (Stand in a circle. Put a piece of masking tape under your feet. One person is in the middle….trying to get someone else’s tape spot as they switch spots. Take a risk. Now, blow a whistle. Everyone has to switch! Be aware! Now try TEAM Tape Game in partners!)

**Mirror** (Designate a leader. All students “mirror” the leader’s physicality.)

**Guess the Mirror** (Designate a leader while another student has their eyes closed. Then guess who the leader is.)
Rock-Paper-Scissors (Use your whole body instead of your hand to act like each. Try this with BEAR-HUNTER-NINJA. Same game. Different sounds/movements.

Name Writing (Imagine your whole body is a giant crayon. Now write your name…in cursive.)

Tractor Tires (Big John Deere tractors tires with your arms. Lil’ International tires with your legs. Use all parts of your body.)

Fruit Roll Up-Roll Down (Imagine your spine is a fruit roll-up. Gently roll down one vertebra at a time. Now roll up….slowly.)

Movement Echo (One person does a movement. Everyone quickly react and repeat that movement. Next person….you do a movement. And now everyone. Go all the way around the circle.)

Sound/Movement Echo (One person does a sound and a movement. Stay away from sounds. Use words. Now everyone react! Next person….your turn!)

Foot Fire (Same as Sound/Movement Echo….except everyone keep the fire under your feet. Keep moving. I’ll tap you on your shoulder and then you run to the middle of the circle. Do your sound and movement in the middle. Everyone will run and join you! Here we go………)

Big Face/Small Face (Next, make your body as big and small as you can. Now try different emotions with the face, with the arms, with the whole body.)

Paper Toss (Scrunch up a piece of paper. Keep it up in the air. Everyone counts. The same person can’t hit consecutively. A easy version of hacky sack.)

MENTAL WARM-UPS

Number Stand Up/Number Sit Down (In a circle, everyone only gets to say one number. Your goal is get everyone standing up by only saying one number at a time. Don’t plan it out. Let it happen. If you were “1” last time, you can’t be “1” again.)

Number Stand Up Eyes Closed (Now do it with your eyes closed. Trust!)

Clapping to a Song (Sing “Happy Birthday” together. Now clap it. NOW, clap it, but only 1 person gets a “clap” at a time. Try “Row, Row Your Boat.”)

Gimme 5 Beside Me (In a circle, open up both hands to your side, facing up. The person on your left rests their right hand on your left hand. One person starts. Gives the person to the left “5”. Pass it around the circle. Quickly!)

Gimme 5 Across the Circle (Now, pass the “5” across the circle. You’ll give them “5” by using an assertive body position, and good eye contact.)

Gimme 5 Even Numbers (Now, continue giving each other “5” across the circle. This time, add an even number with it. 2,4,6,8,10 and back down….8,6,4,2,4,6,8,10,8. Concentrate. Send the movement. Send the number. Stay focused.)

Gimme 5 Odd Numbers (Try it with odd numbers. 1,3,5,7,9,7,5,3,1,3)

Scott’s Game (In a circle, number off. The goal is to be #1. #1, the leader, begins. She clap, clap, clappity, clap, claps. The group echoes. She jumps, claps, says a number….not her own. For example, she yells “4”. #4 then jumps, claps, says another number…not his own. This continues until someone messes up. In that case, she goes to the end of the line and if affected everyone’s number changes. )

Ball Games (Grab tennis balls. Establish a pattern with only 1 ball. Then continue the pattern. Add other balls. REVERSE IT!!! Now, try to see how many balls can go through the pattern without being dropped. If you drop it, keep going. Otherwise, known as GROUP JUGGLING. Think of all the variations you can do! Use basketballs. One on one side of the circle. One on the opposite. They have an imaginary rod between them. Pass them. They must stay together. Now GROUP JUGGLE….at the same time!)
Pass the Sign (One actor is in the middle of the circle. The group has agreed on a “sign” such as the wrist to the cheek move. Now, “pass” that sign to someone else in the circle. Don’t get caught by the person in the middle passing the sign.

BAAA (One actor passes “Baaa” to the left or right. Simple. Pass it on. Keep the beat. Don’t change the rhythm. Pick up your pace!)

VOCAL WARM-UPS

Mirror Speech (Same as “Physical Mirror”, use word instead. Talk REAL slow. Really punch those consonants. Elongate those vowels.)

Sound Echo (Same as “Movement Echo”, use sound instead. Not words. SOUNDS. Go quickly around the circle.)

Tongue Twisters (You’ve got your own favorites. Ask the kids to create.)

Blowing Bubbles (Buzz those lips. Get the spit flying.)

Kissing (Pucker up. Imagine that person right in front of you!!)

Whistling (“I hold my head erect and whistle a happy tune and no one will suspect.”)

NOTES:

Materials collected using the following sources: Des Moines Playhouse - Melissa Chavas(Miller), Chelsea Cunningham(Haaland), Sarah Rinner, West Des Moines - Stacy Hansen, Allison Kooztz.