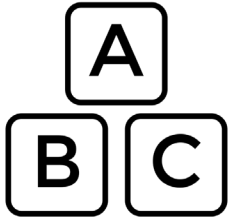


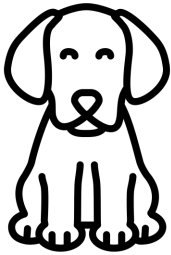
THEATRE GAMES



NAMES AND ACTIONS

Skills: Movement, Vocabulary

- Everyone stands in a circle/group.
- Tell children to think of their first name and the letter their name starts with. Then tell them to think of a word that begins with that same letter which they can act out. It can be an action, adjective (describing word), animal, etc.
- Start with your own name as an example (ex. "Jumping Jessica"), showing them how to do a movement that corresponds with your descriptive word-name combination.
- Everyone repeats the word-name combination while doing the movement. You may need to help younger children when it becomes their turn.
- Come up with a lot of different actions that start with the same letter in your name!



SLEEPING ANIMALS

Skills: Movement, Imagination

- Everyone spreads out around the room. Tell them that you are turning off the lights (don't be scared!) and they should pretend to go to sleep.
- When the lights come on, call out the name of an animal and have everyone move around the room pretending to be that animal.
- When the lights turn off they go back to sleep. Repeat several times with different animals.
- Encourage children to use their entire body and face to become the animal.



IF YOU'RE HAPPY AND YOU KNOW IT

Skills: Movement, Music, Portraying Emotion

- Sing the song, "If You're Happy and You Know It"
If you're happy and you know it, clap your hands!
If you're happy and you know it, clap your hands!
If you're happy and you know it, then your face will really show it;
If you're happy and you know it, clap your hands!"
- Do the standard verses, then repeat with different actions like "turn around," "laugh out loud" and "take a bow."
- Encourage children to come up with new actions as well.

Possible actions:

... shout/say, 'Hooray!'

... slap your knees!

... turn around!

... snap your fingers!

... nod your head!

... tap your toe!

... honk your nose!

... pat your head!

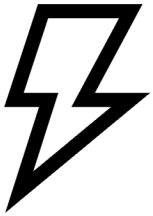
... shout/say, 'We are!'



FOLLOW THE LEADER

Skills: Movement, Focus

- Everyone lines up behind you as the leader.
- Explain that each person needs to follow the person who is right in front of them (this is a surprisingly hard concept for very young children, so it might take some practice) and not get out of line.
- Have them follow you around the room in a variety of ways: marching, hopping, skipping, tiptoeing, ice skating, flying, swimming, riding a horse, like a robot, etc.
- After you get the hang of it, switch leaders!



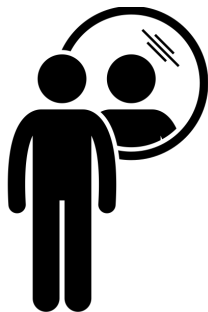
ZIP ZAP ZOP

Skills: Rhythm, Focus, Small Group Exercises

- Stand in a circle.
- Repeat the words “Zip, Zap, Zop” three or four times, all together.
- Now to start: One person sends energy to another person in the circle, using their hands, body, eyes and voice to contact the other person. They say “Zip.”
- The receiver of the energy immediately passes it to another person the same way, but they say “Zap.”
- Again, the receiver of the energy passes it to another person the same way, but they say “Zop.”
- The cycle continues, with the energy being passed around and the “Zip, Zap, Zop” sequence being repeated.

Tips:

- Encourage all players to use their whole body to send energy and to make eye contact. They can send the energy to whomever they want, but the goal is to include all players.
- If there is a mistake, encourage children to simply resume playing without discussion (this isn’t about pointing out mistakes!). The challenge is to go very quickly and stay consistent in rhythm.
- If children struggle, pause the game, discuss how to make the game easier (eye contact, big movements that are obvious to all players) and try again.



MIRROR MIRROR

Skills: Ensemble Building, Focus

- Pair children up and tell them to pick an A and B.
- Tell A’s that they are looking in the mirror. (Tip: For younger children, tell them it is morning and they are getting ready for the day.)
- Tell them to move VERY slowly, like they’re trapped in jello. B’s are the mirror and must follow A so closely that an observer would not be able to tell who is leading and who is following. Encourage them to mirror not only body movement but also facial expression.
- Have them switch after a few minutes or so. Then tell them that neither is the leader or follower. You will probably have to tell them to go slower a few times.
- Start again with A’s but this time tell them that they are talking to themselves in the mirror as B’s follow. Again, let them switch and then try it with no leader and no follower.
- This game can be adapted for various ages depending on how difficult you want to make the rules.



WORD TENNIS

Skills: Word Games, Memory, Word Association, Vocabulary

- Pair up – designate each person as an “A” or a “B” (or “1” or “2”).
- Give a category (list below).
- Signal when to begin. Person A throws a word to B; B should immediately throw a word back to A that fits the category but has not been said. Continue until a mistake is made (word repeated) or it takes more than 5 seconds for either person to come up with another word (you can go longer if playing with younger children).
- Repeat the process with a new category – this time, Person B starts.
- For advanced players: Encourage children to play off of their partners instead of thinking ahead – for instance, if one person says “beans,” another person can follow up with specific beans – “lima beans,” “soybeans,” “kidney beans.” Pairs that listen to each other will find themselves lasting longer in the game.
- This game is good for various ages, it just depends on the categories you choose and how you set the rules. Feel free to adapt for your specific players.

Suggestions for categories:

- Things that are red (green, yellow, orange, etc.)
- Things that you can do (jump, run, eat, sleep, etc. – naming verbs)
- Places you can go (school, work, home, park, etc. – naming nouns)
- Food
- Movies or TV shows
- Characters
- Sports and Sporting Events
- Historical Events
- Clothing