

Guillaume

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## **Bilingual Improv Theater**

双语即兴话剧

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## Introduction

This book offers an introduction to improvisational theater games both in English and Chinese, and can be used as a manual for improv workshops. You can use this book either as a workshop leader or as a player.

We have ordered our chapters in a certain way, to facilitate use of the book as a progressive manual. We encourage you to follow this structure, but you may have a different point of view, or your group may have different needs. We have arranged the various games to build up a season of themed workshops. Each workshop is designed to last between one-and-a-half and two hours in total. There are eight lessons altogether: seven lessons are dedicated to the practice of seven core improv skills, and the final lesson is a schedule for a stage performance. The games are inspired by the content of Beijing Improv Bilingual workshops that took place in Beijing in 2007-2008.

For the seven key skills chapters, we have divided each lesson into three parts: warm up, exercises, and stage performance. We encourage you to open every new session with an energetic warm up, to put your group members in an enthusiastic mood for improv. The eighth lesson is the performance lesson. In this lesson only features warm ups and performance games. This is an opportunity to review all the skills learnt over the season in the format of a small show – improve is, after all, all about performance!

To the reader hoping to lead improvisation theater workshops, we encourage you to organize warm ups as well as simple 'closing' games at each workshop. A good closing game could be a "war cry". These simple games should be played at every workshop. Making small openers and closes part of the routine of workshops will help build your performers into a strong team.

## 编者的话

编者的话

我们希望通过中英文双语向大家介绍即兴话剧。这本指导书可以用作即兴话剧的指导工具，大家可以用这本书参与即兴话剧的表演或指导即兴话剧。

我们是按照一定课程顺序编写这本指导书，我们希望大家按照本书顺序进行训练，也鼓励大家按照自行安排顺序。我们编排了若干个即兴话剧的训练游戏，每节课程历时1个半小时至两个小时，总共八节课。前七节课主要训练即兴话剧的基本表演技巧，第八节课作为最后的汇报表演。这本指导书是依照2007年-08年北京双语即兴话剧的工作室的课程编排。

我们将七节基础练习课每节都设计为：热身，练习，和舞台表演三部分。我们鼓励大家认真对待每节课的热身部分，带着能量和热情进行热身。热身可以帮助大家进入即兴表演的状态。在第八节课，我们只安排了热身和舞台表演两部分内容。第八节课是一个很好的汇报表演机会，将大家所学的技巧展现出来。

对于有意与指导即兴话剧工作坊的读者，我们鼓励你，每节课需要进行一个简单结束活动。结束活动可以是大家一起喊一个口号，这个结束活动可以帮助大家在意识上建立一种习惯，（在做热身运动和结束练习的时候，你的大脑就自动告诉你即兴开始和结束了）它可以帮助大家建立团队精神。

## Thanks

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Special thanks also go to our workshop leaders and translators: Jonathan, Angela, Kajsa, Lynne, Lottie, Xiaolu and Guillaume.

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我们特别感谢我们的即兴话剧双语工作室的领导和翻译，此书来自于他们的智慧精华。

Jonathan, 歆, Kajsa, Lynne, Lottie, 小路, Guillaume。

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## Lesson 1: Basics/ Say Yes

### Note

The basic rule in improvisation is to "say yes" and accept the propositions or 'offers' of other players.

- Warm Up -

### **1-2-3-4-5**

#### Aim:

Physical warm up

#### Description:

1. Players stand in circle.
2. Together, the players shake their right hand five times and yell "1-2-3-4-5" in time with each shake. Then players shake out their limbs in the following order: left hand, right foot, left foot, and whole body for five shakes per limb.
3. Repeat the same actions but for four shakes. Repeat again for three shakes, then two and finally one shake per limb.

#### Tips:

The players should play the game with energy, increasing the speed at each repetition.

### **Name Ball**

#### Aim:

Warm up, introduction of players

#### Description:

1. Players stand in a circle.
2. The first player throws an imaginary ball to someone else in the circle. When he launches the ball, he says his own name to the other player
3. The receiver receives the imaginary ball, and repeats the name of the sender. Then he sends the ball with his name to another player someone else. And so on...

#### Tips:

This is a good exercise to learn names of newcomers in a workshop.

### **Sound Ball**

#### Aim:

## 第一课：基础练习：说是

### 介绍

第一节课练习说“是”。只有一直接受队友建议，好的故事情节才能顺利发展。

- 热身 -

### **1-2-3-4-5**

#### 游戏目的:

热身，体力热身

#### 游戏介绍:

1. 参与者围成个圈。
2. 所有人同时甩右手五次，边甩手边喊“1-2-3-4-5”。换甩左手五次，甩右腿五次，甩左腿五次，最后是全身摇摆五次。
3. 新一轮，逐次递减。记住甩动次序：右手+左手+右腿+左腿+全身。减至三次，两次，最后一次。

#### 游戏秘诀:

这个练习的作用是让大家都热身。需要大家用力地甩动全身，大声地喊出次数，动作越快越好，确保整个团队能量集中。

### **传递名字**

#### 游戏目的:

热身，自我介绍

#### 游戏介绍:

1. 参与者围成一圈。
2. 发球者发出一个假想球，同时喊出自己的名字，任意抛给圈内的其他参与者。
3. 接住球的人，重复一遍发球者的名字，接着喊出自己的名字，再传球给下一个人，游戏继续下去。

#### 游戏秘诀:

游戏可以帮助参与者增进了解，记住每个成员的名字

Warm up, focus

Description:

1. Players stand in a circle.
2. The first player throws an imaginary ball to someone else in the circle. He will use a sound (any sound) to launch it.
3. The receiver mimes catching the imaginary ball and the sound, repeating the same sound the ball was thrown with. Then he throws the ball to someone else, using a new sound. And so on...

Tips:

1. The sender has to ensure that the receiver gets the ball. (use eye contact).
2. Several balls can be thrown out by the leader simultaneously to different people in the circle.
3. As this is an energetic exercise, player speed is important.
4. Players should train not to think ahead but use the first sound that comes to their mind.

## **"Yes, let's!"**

Aim:

Warm up, accept offers

Description:

1. The players move freely about the space.
2. One of the players makes an offer for an action: "Let's do ...". The remaining players respond enthusiastically "Yes, Let's", and mime the action collectively until someone else makes a new offer.

Example: One player says "Let's ride a bicycle", everybody replies "Yes, Let's!" and mimes riding a bicycle.

## **Misname Objects**

Aim:

Find ideas, imagination

Description:

1. Players move freely around the space.
2. They point at objects and name them with a loud voice. (play a while with step 2, then continue to step 3)
3. They point at objects and give them a different name, with a loud voice.

Example

## **传递声音球**

游戏目的:

热身, 锻炼注意力集中

游戏介绍:

1. 参与者围成一个圈。
2. 一个人作为发球者向圈内任意一人扔出一个带有声音的假想球, 发球者在抛出球的同时抛出一个声音 (任意的声音)。
3. 接球人配合做出接球的动作, 重复发球者发出的声音。依次传递, 接球者再向圈内另外一人抛出这个声音假想球, 游戏重复下去。

游戏秘诀:

- 1) 发球人要确保别人能够接到他的球: 发球和接球人使用眼神交流)
- 2) 为了锻炼注意力集中, 指挥者可同时向多个人发出不同的球。
- 3) 这是训练能量集中的游戏, 所以游戏需要快速进行。
- 4) 接球人要训练使用脑子里想到的第一种声音来发球, 不要事先准备。

## **"是的, 让我们做吧!"**

游戏目的:

热身, 接受别人提议

游戏介绍:

1. 参与者在空间内随意走动。
2. 一个人提出一个动作提议: "让我们做\*\*\*\*吧!" 大家一起回答: "让我们做吧!" 并模拟做所提议的动作, 直至有新的建议提出, 大家再模拟新的动作。例如: "让我们骑车吧!" 大家回答: "是的, 让我们一起骑吧!" 并开始模拟骑车的动作。

## **新名字—指鹿为马**

游戏目的:

锻炼想象力和反映力

游戏介绍:

1. 参与者在空间内随意走动。
2. 随机指着空间里的一个物件, 把物件的名称大声地喊出来 (练习一段时间, 再做第3步的练习.)
3. 指着一个物体, 大声地喊出其它的名称。



2. A player points at chair and says "Chair"
3. A player points at chair and says "Banana"

Tips:

Player speed is important – the faster the better.

Players can follow a theme to make it easier (list of animals, places, fruits etc.)

- Exercises -

## “Yes, and...”

Aim:

Accept offers

Description:

1. Players work in pairs. One player is A, the other is B. They will switch, using the following patterns
2. First Pattern: A proposes something to B, and B replies "No, because...". Switch A and B after 5 propositions.
3. Second Pattern: A proposes something to B and B replies "Yes, But..." , Switch A and B after 5 propositions.
4. Third Pattern A proposes something, B says "Yes, and..." before adding something to A's proposal. Then B proposes something to A etc...

Example:

First Pattern

A: "Let's hold a party tonight!"

B: "No, because I have an exam tomorrow, I want to rest."

A: "Let's..."

Second Pattern

A: "Let's hold a party tonight!"

B: "Yes, but don't spend too much money on booze, we don't have much money."

A: "Let's..."

Third Pattern

A: "Let's hold a party tonight!"

B: "Yes, and we can invite a band to perform!"

A: "Yes, and we will record the music and put it on the web!"

B: "Yes, and ..."

例如：第二步练习中：指着‘椅子’，大声地叫“椅子”；第三步练习中：指着“椅子”，大声地叫“香蕉”

游戏秘诀:

游戏快节奏地进行, 名称不能重复.

在第3步的练习中, 最简单的方法就是按照一个物种的系列起名字, 比如说动物系列. 这样可以提高反应速度.

例如: 指着屋子里的桌子板凳, 一股脑地叫“猩猩, 河马, 大象”.

- 练习 -

## “是的, 而且...”

游戏目的:

接受提议

游戏介绍:

1. 两人一组, 参与者 A 和参与 B 相互交换来完成练习. 此游戏将通过三个步骤来.
2. 第一步: A 向 B 提出提议, B 要拒绝 A 的提议, 回答“不行, 因为.....”. 例如: A 提出“我们去动物园吧!”, B 回应: “不, 我不喜欢动物.” 五次练习后, 双方交换练习.
3. 第二步: B 半接受 A 的提议, 说“行, 但是...”. 五个提议后, AB 交换练习.
4. 第三步: B 完全接受 A 提议, 并提出新的建议, 说“行, 而且...”. 接着, A 在 B 新提议的基础上, 再增加另外一个提议. 练习继续下去.

示范:

第一步:

参与者 A 提议: “我们明天开个派对吧!”

B 回答: “不行, 我明天要考试, 我想安静安静。”

A 再提出新的建议...

第二步:

A 提议: “我们明天开个 Party 吧!”

B 回答: “行, 但开 party 就别买酒了, 花钱太多。”

A 提议新的主题...

第三步:

A 提议: “我们明天开个 Party 吧!”

B 回答: “行! 而且我们要找个乐队现场演出。”

A 回答: “行, 而且我们还可以把演出放到网站上。”

B 回答....

## **Presents**

### Aim:

Accept offers, open offers

### Description:

1. Players work in pairs. One player is A the other is B.
2. A gives an imaginary present to B. A has to be precise about the size, the shape or the weight of the present, but does not name it.
3. B receives and opens the present and names it, according to the mimed hints given by A. (B accepts the offer of A)
4. After practicing a while, A and B exchange their role.

### Example:

2. A gives a present, the size of a fist and say "Happy birthday! I have a present for you."
3. B opens the present the present, says: "Oh! this is a Ming dynasty goblet, it's very valuable".

## **"I am a tree!"**

### Aim:

Warm up

### Description:

1. Players stand in a circle.
2. The first player goes to the middle of the circle, freezes, mimes a tree and says "I am a tree". A second player comes and takes a position linked with the tree and names it. A third player comes and repeats as the previous player.
3. The first player chooses one of the two other players to leave the scene with him.
4. The player who stayed on stage keeps his position and repeats what object/person he is. The next player joins the game and builds a new picture and so on until a player retakes the position of the tree.

### Example:

- 1st player: "I am a tree."  
2nd player: "I am the plum on the tree."  
3rd player: "I am a monkey picking the plum."  
1st player: "I'll take the plum." and leaves with the plum.  
3rd player: "I am a monkey."  
4th player: "I am a lion."  
5th player: "I am a flea on the monkey."  
3rd player: "I'll take the flea." and leaves with the flea.

## **送礼物**

### 游戏目的:

接受提议, 开放的建议

### 游戏介绍:

1. 两人一组, A 和 B。
2. A 赠送 B 一想象的礼物, 并比划出礼物的大小重量, 但不要说出礼物的名称。
3. B 打开礼物, 按照 A 给出的暗示, 说出礼物为何物, 并描述礼物。
4. 练习一段时间, AB 交换角色。

例如: 1. A 拿出一个拳头大小的礼物。说: “这是我送你的生日礼物。”  
B 打开礼物, 说 ” 谢谢! 这是明朝官窑的茶杯, 好名贵啊! ”

## **"我是一棵树!"**

### 游戏目的:

锻炼想象力的连续性, 和肢体语言

### 游戏介绍:

1. 参与者围成一圈。
2. 第一名走进圈内, 模拟出树的形态, 静立于圈中央, 说 “我是一棵树”。第二名走到 ‘大树’ 旁, 发挥想象, 用肢体模拟出与这棵树相关联物体的形态, 并说出该物体 “我是\*\*\*”。第三名参与者进入圈内, 重复第二个人的过程, 想象自己是个相关物体, 做并说出该物体 “我是...”。
3. 第一个人选择并带走其中一个人。
4. 留下的那个人保持动作, 大声地重复他所扮演的物体 “我是...”, 。游戏继续下去, 直至回到 “我是一棵树” 结束。

例如: 第一个人开始 “我是一棵树”。

第二个人进来 “我是树上的李子”。

第三个人进来, ”我是一只摘柿子的猴子”。第一个人说 “我要选走李子” 并带着 “李子” 离开,

第三个人重复 “我是只猴子”。

第四个人再进入, “我是只狮子。”

第五个人进入, “我是猴子上的跳蚤”

第三个人说 “我要选走跳蚤。” 并带着 “跳蚤” 离开。

### 游戏秘诀:

做出显而易见的物体或有直接有关联的物体, 不必另求新意。如 “我是太阳”。

不要重复所提到的物体。

...

Tips:

Don't try to be too 'creative', or to confuse other players, just choose the most obvious objects/characters.

Try to not repeat the same characters during the game.

## **“What are you doing?”**

Aim:

Find ideas, be spontaneous

Description:

1. Players work in pairs. One player is A other is B.
2. Player A mimes an action. Player B asks him "What are you doing?" Player A answers with an action which he is NOT doing. Player B mimes the action given by player A.
3. Exchange roles: player B asks A "What are you doing?" And so on...

Example:

A is running

B asks: "What are you doing?"

A says: "Brushing my teeth."

B brushes his teeth

A asks: "What are you doing?"

B says: "Swimming."

Tips:

To add a challenge, the game can be played competitively:

Players stand in a circle, two players are in the middle and play the game, increasing the tempo as they go along.

When one of the players hesitates or uses an action already done etc... he is 'out', leaves the middle of the circle and is replaced by another player.

## **Machine**

Aim:

Group collaboration

Description:

1. Players stand in a circle.
2. One of the players stands at the centre of the circle and performs a mechanical, repetitive action, accompanied by a repeated sound.
3. A second player jumps in, performs a different repetitive action and sound that connects in some way to the first player.

## **"你在干什么?"**

游戏目的:

反应力

游戏介绍:

1. 两个人一组, A 和 B。
2. A 做出一动作, B 问 A: “你在干什么?” A 回答一个与自己动作完全不相干的动作名称, B 开始做 A 说出的动作。
3. 交换, 现 A 问 B: “你在干什么?” .....

游戏继续进行, 直至有一方反应慢, 或动作重复, 该方出局, 换新人继续 PK 赢家。

例如: A 做跑步的动作。

B 问: “你在干什么?”

A 回答: “我在刷牙!”

B 要一直做刷牙的动作。

A 问 B: “你在干什么?”

B 回答: “我在游泳!”

A 作游泳状 ...

游戏秘诀:

为了提高挑战性, 可将此游戏作为竞赛游戏。

形式: 大家围成一个圈, 两个人站在圈的当中, 游戏过程相同。当其中一个人反映慢, 或重复以前提到过的动作, 都算输。此人将回到圈子, 新人再继续与留在圈子的人 PK。

## **发动机**

游戏目的:

结束游戏

游戏介绍:

1. 大家围成一个圈。
2. 一个人进入圈内, 重复发出一个声音, 和做出一个简单的动作。
3. 第二个人来到第一个人的身边, 重复发出一个新的声音和动作。
4. 其他人也依次地进入圈内, 与以前的人连接到一起, 重复发出一个声音和做出一个动作。在每个人各就各位后, 每个人好像是在做往返运动的零件, 最后集体组成一个大“发动机”。

游戏秘诀:

指挥者可以控制“发动机”的运行, 如: 让大家动作的频率或快或慢, 声音或大或小。

4. One by one, other players jump in and perform actions and sounds, connecting to the players already in place. The idea, when everyone has taken their place, is to have a fully working machine.

Tips:

The leader can ask the players to speed up their machine (all the players together) or slow it down. He can also ask the machine to be louder or quieter.

- Stage games -

**“Yes, and...” On Stage**

Aim:

Accept Offers, Build Scenes

Description:

1. Two players on stage: player A and B
2. The leader gives an indication of a location and the relationship between the characters.
3. A begins the dialog by making an offer, B replies "Yes, and...", making another offer.
4. And so on, to reach a total of 6 lines.

Example:

In a hospital, A is a nurse, B is a patient.

A: "It's time for your medication."

B: "Yes, and I would like a glass of water."

A: "Yes, and you have to go to sleep."

B: "Yes, and you need to tell me a bed time story."

A: "Yes, and you should pay me for that."

B: "Yes, and here is the money."

Tips:

It can also be played in pairs.

- 舞台演出 -

**“是的，而且...” (舞台表演节目)**

游戏目的:

接受提议

游戏介绍:

1. A 和 B 两个人上台。
2. 指挥者给出 A 和 B 的身份和所在的地点。
3. A 通过给 B 一个建议开始对话, B 回答: “好的, 而且...”来给出一个新的建议。
4. 至少进行六句对话。

例如: A 和 B 是医院里的护士和病人。

A 说: “吃药的时候到了。”

B 说: “好的, 而且我需要多加一次服药。”

A 说: “好的, 喝完水后, 你就睡觉吧。”

B 说: “好的, 睡觉之前你要给我讲故事。”

A 说: “好的, 你要付我讲故事的钱。”

B 说: “好的, 给你钱。”

游戏秘诀:

可以作为两人练习的游戏。

## Lesson 2: Offers / Objects / Stage

### Note

It is important to handle objects properly so that the audience believes in what the actor is doing.

- Warm Up -

### **1-2-3-4-5**

See Lesson 1

### **Sound Ball**

See Lesson 1

### **Misname Objects**

See Lesson 1

### **Monster Chasing**

#### Aim:

Energy, character building

#### Description:

This is a tag game.

1. All players are in pairs, spread in the room, except two.
2. There is a player playing a Monster and another player playing the Prey. The Monster chases the Prey.
3. When the Monster tags the Prey, they exchange roles.
4. The Prey can join a pair of player by grabbing another player's arm. The other player in the pair has to leave and becomes the Prey.

#### Tips:

Safety first - be careful when running around!

The goal is not to catch the Prey as soon as possible, but to act as Monster and Prey and have fun with it.

- Exercises -

## 第二课： 舞台空间/舞台道具

### 介绍

第二课练习利用舞台空间，并学会利用舞台动作表演。

- 热身 -

### **1-2-3-4-5**

请见第一课

### **传递声音球**

请见第一课

### **新名字—指鹿为马**

请见第一课

### **怪物追人**

#### 游戏目的:

能量热身, 建立角色。

#### 游戏介绍:

此游戏与贴人类似。

1. 以两人一组分散在屋子各处。
2. 选出一组人，一人追，一人跑。追的人是可怕的怪兽，跑的人是受惊吓的猎物。
3. 猎物被逮到，怪兽和猎物彼此交换身份；
4. 猎物为了活命，也可以转贴到一组人。通过抓住其中一个人的手臂，猎物和被抓住手臂的人留下，另一个人开始被怪兽追赶。

#### 游戏秘诀:

安全第一，追逐的时候注意安全。

重点不是在追跑上，而是在扮演出恐怖怪兽和受惊吓猎物的角色中，乐在其中就行。

## ***Make an Object***

### Aim:

Shared control

### Description:

1. The players work in pairs.
2. The leader names an object. Within in each pair the players have to quickly make a statue that represents this object, without speaking.
3. Repeat point 2 a few times.
4. Same exercise with groups of 4 players.
5. Same exercise with all players.

### Example:

For pairs or 4 player groups : Vase, Coffee machine..

For all players : Airplane, train ...

## ***Drinking Game***

### Aim:

Mime practice

### Description:

1. Players spread out in the space.
2. Players individually mime drinking a bottle of soda. Players must pay attention to all the specific details of the action: taking the cap off, drinking, and putting the bottle down.
3. Players individually mime other actions, continuing to pay attention to how they use objects.

### Tips:

When picking up or dropping an object, make a "click" with the tongue to call attention to it.

## ***Reuse and Add***

### Aim:

Building a Space

### Description:

1. Players are in small group of three to five.
2. In each group, one player acts a very short scene, miming the use of an object.
3. The second player enters, reuses this object and adds new objects. Repeat. Scenes should be conducted in silence.
4. The game continues until all players have contributed.

## ***组建物体***

### 游戏目的:

默契

### 游戏介绍:

1. 游戏分为两人一组。
2. 由指挥者提出一个物体的名称，两个人用自己的身体搭建出这个物体，不能用语言沟通。
3. 重复第二步多次。
4. 相同的练习可增至四人组。
5. 相同的练习，可集合所有人。

例如：指挥者在两人或四人练习时，可提议：花瓶，咖啡机。

集体游戏时可提议一些综合物体，如飞机

## ***喝饮料***

### 游戏目的:

练习哑剧

### 游戏介绍:

1. 大家分散在屋子里。
2. 假想手中拿着一罐芬达，集体练习拿起芬达，打开芬达，喝芬达，放下芬达。
3. 各自练习如何使用物体。

### 游戏秘诀:

在移动任何假想道具的时候，舌头在轻轻地嘴里咳一下。

## ***再利用***

### 游戏目的:

创造道具

### 游戏介绍:

1. 以三到五个人的形式分为若干组。
2. 第一个人用哑剧的方式，使用一个物体，开始表演一个场景；

### Example

The first player takes a glass from a table, drinks and put the glass back on the table.

The second player takes the glass on table, opens the microwave and puts the glass in it and heat the glass. Then he takes back the glass and puts it on the table.

#### Tips:

Players need to respect the location of the objects, and not change the position of any of them. It will look more real to an audience. For example, a table, unless deliberately moved, is always in the same place. The glass, unless smashed against the wall, is always in the same position on the table...

- Stage games -

## 10 Seconds

#### Aim:

Group collaboration

#### Description:

1. Players are in groups of four or five.
2. Leader asks a team to take the stage, and gives them a location.
3. The players have 10 seconds to take their positions in a tableau illustrating the location.
4. The team plays the very beginning of the scene

#### Example:

A place that smells bad, a dark forest...

## Leave Together

#### Aim:

Group collaboration

#### Description:

1. Four players are on stage, sitting on four chairs facing the audience. The leader gives them a location.
2. Without speaking, the players have to find a reason to stand up and leave the scene, together.

## Little Voice

#### Aim:

Shared control

3. 第二个人在第一个离开以后，进入这个空间，重复使用这个物体，再增加一个新物体。整个游戏不要发出声音。

4. 游戏进行下去。

例如：

第一个人拿起一个杯子，喝水，再放回桌上；（第一个人建立的物体是杯子和桌子）

第二个人从桌上拿起杯子，放入微波炉加热。加热后再将杯子放回桌子上。

（第二个人使用第一个人的杯子和桌子，并加入微波炉。）

#### 游戏秘诀:

表演者不要随意改变假想道具的位置，需要尊重这些道具的空间位置。从观众的角度，舞台看上去会很真实。例如：桌子永远在一个位置，桌子上的水杯使用完还要放回原处。

- 舞台演出 -

## 十秒钟

#### 游戏目的:

默契

#### 游戏介绍:

1. 四五个人为一组，分为若干组。
  2. 指挥者选出一组上台，给出一个地点的提议。
  3. 该组人在 10 秒钟内，在没有语言沟通的前提下，相互配合各就各位。表现出该地点的场景。指挥者控制时间，十秒钟叫停，场景静止。
  4. 该组人表演简短的一小幕。
- 例如：指挥者可提议：很臭的地方，或黑森林。

## 同时离开椅子

#### 游戏目的:

默契

#### 游戏介绍:

1. 四个人来到舞台，面对观众坐在椅子上。指挥者给出所在地点。
2. 在没有语言沟通的条件下，大家同时找到同一个原因离开椅子。

### Description:

1. One player is on stage, one player is offstage
2. The player on stage begins a scene, alone.
3. The off-stage player uses his voice to play the role of an object that makes up part of the scene.
4. The player on stage interacts with this magical talking object.

### Tips:

To make the scene more interesting, the object can ask the character to fulfill an important wish it has.

## 小声音

### 游戏目的:

互动

### 游戏介绍:

1. 一个表演者在台上，一个表演者在台下。
2. 在台上的演员开始一段独角戏。
3. 另一个演员在台下，只用自己的声音表演在这个情景中小物体。
4. 台上的演员与台下的小声音互动。

### 游戏秘诀:

为了让故事丰满，小声音可让这个表演者帮助它完成一个重要的心愿。



## Lesson 3: CROW

### Note

In a scene, it is very important for the audience to know basic information about characters. We call it CROW.

C for Character : who are they ?

R for Relationship : what are the link between the characters (Husband and wife, boss and employee...)

O for Objective : what does the character want, what is their target (e.g: repair a car, break up a relationship...)

W for Where: what is the location of the scene (In the bedroom, in an airport...)

- Warm Up -

### **1-2-3-4-5**

See Lesson 1

### **Sound Ball**

See Lesson 1

### **Monster Chasing**

See Lesson 2

### **"I am a tree!"**

See Lesson 1

- Exercises -

### **CROW Building**

Aim:

CROW

Description:

## 第三课： 四要素： 角色/关系/目的/地点

### 介绍

第三节课 建立四要素 即：

角色： 人物；

关系： 角色之间的关系；

目的： 为什么要做这件事

地点： 故事发生的地点。

四要素是表演即兴话剧的核心，需要在故事最开始的时候交代这四要素。也为以后故事主线的发展理清脉络。

- 热身 -

### **1-2-3-4-5**

请见第一课

### **传递声音球**

请见第一课

### **怪物追人**

请见第二课

### **"我是一棵树!"**

请见第一课

- 练习 -

### **CROW 练习**

游戏目的:

四个要素 CROW 的建立。

1. Players are in pairs: A and B

STEP 1: A mimes an activity. B offers the first line of dialogue, revealing the activity A is miming. Repeat several times with different activities and switch A and B.

STEP 2: Add the following to STEP 1: A reveals the relationship between A and B. Repeat several times with different activities and switch A and B.

STEP 3: Add the following to STEP 2: B reveals the location of the scene. Repeat this game several times with different activities and switch A and B.

STEP 4: Add the following to STEP 3: A reveals the motivation of both characters. Repeat this game several times with different activities and switch A and B.

Example

STEP 1:  
A is cooking,  
B says "Mmm your pasta smells good."

STEP 2:  
A is cooking,  
B says "Mmm your pasta smells good."  
A says "Yes, darling. I know you like my pasta!"

STEP 3: A is cooking,  
B says "Mmm your pasta smells good."  
A says "Yes, darling. I know you like my pasta!"  
B says "It was a good idea to rent this yacht!"

STEP 4: A is cooking,  
B says "Mmm your pasta smells good."  
A says "Yes, darling. I know you like my pasta!"  
B says "It was a good idea to rent this yacht!",  
A says "Yes especially for our anniversary."

## ***Digging a Hole***

Aim:

CROW

Description:

游戏介绍:

此练习两个人一组，A与B。

第一步: A表演一个动作(不出声音), B开始与A对话。在对话情节中B要指明A在做什么。重复几次后, AB交换, 继续练习。

第二步. 重复第一步的练习, 在B表明A做什么之后, A的对话要指明两者之间的关系。重复几次后, AB交换, 继续练习。

第三步. 重复第二步的练习, 在A表明两者之间的关系后, B的对话要指明地点。重复几次后, AB交换, 继续练习。

第四步. 重复第三步的练习, 在B表明地点后, A的对话要指明做该动作的目的。重复几次后, AB交换, 继续练习。

例如:

第一步:  
A在做饭。  
B说: “嗯, 你的面条好香啊。”

第二步:  
A在做饭。  
B说: “嗯, 你的面条好香啊。”  
A说: “亲爱的, 我知道你想吃面条了。”

第三步:  
A在做饭。  
B说: “嗯, 你的面条好香啊。”  
A说: “亲爱的, 我知道你喜欢吃我做的面条。”  
B说: “租下这艘游艇真是个好主意。”

第四步:  
A在做饭。  
B说: “嗯, 你的面条好香啊。”  
A说: “亲爱的, 我知道你喜欢吃我做的面条。”  
B说: “租下这艘游艇真是个好主意。”  
A说: “这是为我们的结婚纪念日准备的。”

1. Players stand in a circle.
2. One player goes in the middle and mimes digging a hole. A second player enters and begins a short scene with the first player. The scene should introduce CROW quickly. When CROW is established, the first player finds a reason to leave and leaves.
3. The remaining player begins to dig a hole. Then another player comes and so on...

Example:

A mimes digging a hole.

B: "David, I think it's deep enough."

A: "You're right, darling, the pool is ready."

B: "Yes, I think we can fill it up now."

A: "I'll go and get the hose."

A exits.

Tips:

This exercise can be played in pairs.

## Freeze Tag

Aim:

CROW

Description:

1. Players stand in a circle.
2. Two players step into the middle and begin a short scene.
3. At any moment, another player calls "FREEZE". The players freeze.
4. The caller designates one of the players by touching their shoulder. The designated player leaves the scene and the new player takes up exactly the same position of the leaving player. The new arrival then begins a new scene with the remaining player in the circle, justifying their position in its new context.
5. The game continues.

In this lesson the players should focus on CROW and establish it as soon as possible. Other players should wait for CROW to be established before calling "Freeze".

Tips:

Players should make big movements and to change their body posture during the scene in order to guarantee interesting suggestions for the next scene.

## 挖洞

游戏目的:

四个要素 CROW 的建立。

游戏介绍:

1. 大家围成一个圈。
2. 第一个人进入圈内，开始哑剧的形式表演挖一个坑。第二个人进入圈内，两个人要配合表演一个情节，介绍四个要素（角色，关系，地点，及挖洞的原因）。四个要素一经演出，第一个人找一个理由离开。
3. 第二个人开始挖洞，下一个人进入，游戏进行下去。

例如:

A 在挖洞;

B: "David, 我觉得挖得够深得了!"

A: "亲爱的, 你说得对! 水池挖好了。"

B: "好, 我们可以放水了。"

A: "我去把水龙头打开。"

A 离开。

游戏秘诀:

也可以两个人一组做练习。

## Freeze tag

游戏目的:

四个要素 CROW 的建立。

游戏介绍:

1. 围成一个圈。
2. 两个人进入圈的当中，开始表演一个情景。
3. 第三个人在合适的时候喊“Freeze”使两个人保持当时的动作。
4. 第三个人选一个人离开，站到离开的人的位置上，重复离开的人的动作，开始与留下的人表演新的情景。
5. 游戏进行下去。

这个练习主要是来建立四个要素，CROW. 所以两个人在表演情景的时候，要表演出角色，关系，地点和两个人在做什么。

游戏秘诀:

第一个在给动作暗示的时候，尽量做大动作，改变站立的位置，有利于推动新的情节和新意的产生。

## - Stage games -

### **Space Jump**

#### Aim:

Justification

#### Description:

1. A group of four players (A, B, C, D) comes on stage.
2. Player A begins a scene, alone on stage. At some point, the leader calls "Freeze" and player A freezes. Player B enters stage and begins a new scene, using the frozen position of Player A.
3. At some point the leader calls "freeze", C joins the stage and begins a scene utilizing the frozen positions of A and B.
4. Same thing for Player D: he begins a new scene with 4 characters.
5. When the leader calls "Freeze!", D leaves the scene. The 3 remaining players (A, B, C) will continue the scene they were playing together before D's arrival, but have to use their current frozen position.
6. Leader calls "Freeze!". C leaves the scene. Players A and B continue the scene they were playing before C's arrival, but justifying their current frozen position.
7. Finally, the leader calls "Freeze!" B leaves the scene. And A finishes his scene alone, starting with his current frozen position.

### **Words of wisdom**

#### Aim:

Team building, lesson ending game

#### Description:

1. Players stand in a circle.
2. One by one, players say one word each to compose a sentence.
3. Once the sentence feels finished, it has become the group's "words of wisdom". Everybody says "Yes, yes, yes" and tap their fingers together sagely.
4. Repeat a few times.

### **空间跳跃**

#### 游戏目的:

演员们通过相互配合, 演绎新的情节

#### 游戏介绍:

1. 四个人一组 (ABCD)。
2. 现由 A 开始一段独角戏 k, 指挥者叫'停', B 进入, 利用 A 的静止姿势, 与 A 配合开始一个新的情景 kk。
3. 指挥者叫停, C 加入, 方法一样, 利用 AB 的静止姿势, 与 AB 配合开始一个新的情节 kkk。
4. 然后 D 加入, 方法一样, 开始一个新的四个人的情景 kkkk。
5. 指挥者叫停。D 离开, 剩下的三个人 ABC 保持静止的动作, 恢复原先三个人的情景 kkk。
6. 指挥者叫停, C 离开, 恢复 AB 的情景 kk。
7. 最后, 指挥者叫停, B 离开, A 恢复他原先独角戏的情景 k。

### **名言**

#### 游戏目的:

游戏课程结束 team building

#### 游戏介绍:

1. 大家围成一个圈。
2. 每个人依次说一个词, 组成 1 个句子。
3. 每说一个完整的句子, 大家都要当作是至理名言, 鼓掌说: “是是是”
4. 多重重复几轮。

例如:

我-喜欢-大海-当-我-恋爱-的时候。大家鼓掌说 ‘是是是’

## Lesson 4: Status

### Note

It is nice to see clearly the status of characters in an improv scene. It is also important to see characters' statuses change during a scene. The basic status transactions for a player are the following:

Lower your own status  
Raise your own status  
Lower your partner's status  
Raise your partner's status

- Warm Up -

### **1-2-3-4-5**

See Lesson 1

### **Sound Ball**

See Lesson 1

### **Body Part Walking**

#### Aim:

Character building, warming up

#### Description:

1. Players move freely around the space.
2. They have to move as if they were pulled by a part of their body. The leader names the body parts.

### **Walking with Status**

#### Aim:

Status

#### Description:

1. Players move around freely in the space.
2. Leader calls out a status (high or low). Players have to adopt this status in their movement and interaction with one another.

## 第四课：身份

### 介绍

第四节课练习表现地位。情节是依角色的身份、地位改变而发展的。身份、地位表现的是一种社会关系，它决定着与其他人接触与交流的态度和方式。利用地位的变化，可以为自己和队友找到一个合适的推动情节发展的动力。通常身份、地位的变化包括：

降低自己的身份；  
提高自己的身份；  
降低别人的身份；  
提高别人的身份。

- 热身 -

### **1-2-3-4-5**

请见第一课

### **传递声音球**

请见第一课

### **用身体部位走路**

#### 游戏目的:

热身，建立角色

#### 游戏介绍:

1. 大家分散在房间内走动。
2. 听指挥者的命令，大家好像是被别人牵着身体的不同部位走路。

例如：

指挥者说：“用鼻子走路。”好像是被人拉着鼻子在走路。指挥者可以下命令：用头发，肚子，膝盖，脚底板. 走路.

3. Leader calls out the opposing status, and players' movement and interaction changes accordingly.  
For example: the leader says 'walking with low status.' Then all walk with low status, like beggars, waiter...'

- Exercises -

## Card Cocktail

Aim:

Status

Description:

1. Leader distributes one playing card to each player. The card designates the status of the player, with Ace as the highest status and 2 as the lowest status.
2. Players put their card on their forehead, without looking at it. Then they move freely around the space and react to other players in a manner appropriate to the card that player is displaying.
3. The player, through the interaction with the other players, will eventually sense their own status level. At the end of the game, the leader asks the players to form a line in front of him or her, from lowest to highest status. The players can then have a look at their card and check if they guessed correctly.

Example Scene:

A cocktail party, a wedding, a premiere...

## Move on!

Aim:

Status

Description:

1. Players stand in a circle.
2. One player(A) sits on a chair in the middle of the circle.
3. A new player (B) enters and begins a dialog with A that uses a status transaction in order to force A out of the chair.
4. Once A leaves the chair, B may sit down.
5. The next player in the circle (C) enters and repeats Step 3.
6. When all have played, the status transaction changes and the game is repeated with the new transaction.

The four status transactions to use are:

- 1) Lowering others' status

## 身份地位行走

游戏目的:

表现角色的身份与地位，并用地位与别人交流

游戏介绍:

1. 大家随意地行走。
2. 指挥者提出要表现一种地位高或低的身份，大家把这种身份特征融入行走中，并与别人接触。
3. 指挥者提出相反的地位，大家要进入到新的身份状态，并与别人相互接触。

例如:

指挥者说：“地位低地行走”大家要行走得像一个地位低的人，如仆人，乞丐。

- 练习 -

## 鸡尾酒会

游戏目的:

角色身份地位的练习

游戏介绍:

1. 指挥者分扑克牌给大家，一人一张牌。牌的大小顺序代表人在鸡尾酒晚会中社会地位的高低。A 是最高的，2 是最低的。
2. 拿到牌后，不要看牌，立刻将牌面朝外贴到脑门上，在屋子里行走，与其他人互动。
3. 在与其他人的交流中，大家都可以感受出自己的社会地位。最后指挥者命令大家按照社会地位的高低站成一排。大家需要按照自己所感受的社会地位来排序。此时，玩家可以参照牌面查看自己对地位的估计是否正确。

例如:

鸡尾酒晚会 有人是保安 门童 侍者 随从 记者 来宾 中高级官员 等等。

## 坐椅子

游戏目的:

社会地位

游戏介绍:

- 2) Raising others' status
- 3) Lowering your own status
- 4) Raising your own status

Example:

- 1)  
B: "Sorry sir, but your ticket is 2nd class."  
A leaves and B sits.
- 2)  
B: "Mr. President, your plane is waiting for you."  
A leaves and B sits.
- 3)  
B: "We have arrived, the taxi fare is 20 RMB."  
A leaves and B sits.
- 4)  
B: "I am pregnant, could I please sit here?"  
A leaves and B sits.

## Status War

Aim:

Status

Description:

1. Players work in pairs. They act out a short scene using only the lines below:  
-Hello.  
-Hello.  
-Been waiting long?  
-Ages.
2. The goal is to attain high status in the scene. Play it several times.
3. The goal is now to attain low status in the scene.

Tips:

Let players discover what makes someone high or low status. For example and generally speaking:

- 1) A character standing up often has a higher status than a character who is sitting.
- 2) A character who loses his temper can easily lower his status
- 3) A character who stays still will often have higher status than a character who moves about erratically.

This can be played on stage, with the audience voting for the winner.

- Stage games -

1. 大家围成一个圈。
2. 第一个人 A 坐在圈子当中的椅子上。
3. 第二个人 B 来到 A 跟前，与 A 交谈，找到一个原因，利用地位转化，让 A 离开椅子。
4. A 离开椅子，B 坐到椅子上。
5. 第三个人 C 来到 B 跟前，重复第三步。
6. 一轮过后，大家按照新的地位转化，再进行一遍。

说明：这个游戏主要练习地位的改变。在每轮游戏的时候，圈内人都要按照一种改变地位方式进行练习。

- 1) -提高自己的地位。
- 2) -降低自己的地位；
- 3) -提高他人的地位；
- 4) -降低他人的地位。

例如：

- 1)  
B: "对不起，先生，您的票是在二等舱。"  
A 离开，B 坐到椅子上。

- 2)  
B: "总统先生，您的飞机准备好了。"  
A 离开，B 坐到椅子上。

- 3)  
B "我们到了，出租车费 20 元。"  
A 离开，B 坐到椅子上。

- 4)  
B "我怀孕了，能让我坐会吗？"  
A 离开，B 坐到椅子上。

## 四句话表现地位

游戏目的:

锻炼社会地位以及态度

游戏介绍:

1. 两个人一组练习。用下面的四句对话的方式展开一个情景。

## **Status Goals**

Aim:

Status

Description:

1. Four actors on stage. They choose a number between 1 and 4 without informing others.
2. "1" is the lowest status, "4" is the highest status.
3. They play a short scene in which they have to act according to the number of their status.
4. Following the scene, the audience will guess the number the players have chosen according to their performance. Then the players disclose their numbers.

## **Yearbook Photo**

Aim:

Justification

Description:

1. A group of players freeze in a 'yearbook photo' tableau.
2. One by one each player steps forward and tells the audience who they are and what their relationship is to the other characters in the photo.

Tips:

It is important that each player accepts what other players say as true.

- “你好”

- “你好”

- “等了很久了吗？”

- “等了半天了”。

2. 第一组练习的目标是在所表现的情景中，两个人竞争地位高。练习几轮。

3. 第二组练习的目标是在所表现的情景中，两个人竞争地位低。练习几轮。

游戏秘诀:

在练习中，大家来体会如何提高和降低地位，可以由指挥者组织大家展开讨论。例如：一般来说，

1) 坐着的人比站着的人地位高；

2) 容易发脾气的人会降低自己的地位；

3) 保持冷静的人，不经常移动的人会提高自己的地位。

这个练习可以搬到舞台上表演，让观众点评，评票给赢家。

- 舞台演出 -

## **舞台上表现地位**

游戏目的:

锻炼表达地位

游戏介绍:

1. 四个人上台表演。从1到4的数字中，各自选一个数，只有本人知道自己的数字。

2. 数字代表地位，1是最低，4是最高。

3. 四个人表演一个短剧，在剧中，要表现出他们地位的高低。

4. 四个人表演完毕，观众结合他们的表演，猜出演员的数字。最后演员们展示给观众他们的数字。

## **集体照**

游戏目的:

演员们通过动作，语言的解释，使自己的身份合理地在集体照中表现。

游戏介绍:

1. 一组人各摆出自己的姿势，组成一个集体照的画面。

2. 每个人分别走出照片，介绍自己以及与其他人的关系。

游戏秘诀:

需要接受其他人提出的信息



## Lesson 5: Character Building

### Note

In each scene, the actor will personify a character. It is important that the actor fully endorses the characteristics of the character in order to make them as believable as possible.

- Warm Up -

### **1-2-3-4-5**

See Lesson 1

### **Sound Ball**

See Lesson 1

### **Body Part Walking**

See Lesson 4

### **Animal Walking**

#### Aim:

Character Building, Body language training, Physical warming-up

#### Description:

1. Players move freely in the space
2. The leader names an animal. The players have to adopt the characteristics of that animal in their movement and interaction with one another.
3. Leader names a new animal. Repeat several times..
4. Players now choose their own animal, and adopt its characteristics in their movement and interaction with one another.

#### Tips:

The players can explore their behavior as animals and reuse some properties to build a character in a scene.

- Exercises -

## 第五课：角色

### 介绍

第五节课练习建立角色。在每个表演情节中，表演者都应该细化角色的性格，要把性格的特点真实地刻画出来，这样才能使表演惟妙惟肖。

- 热身 -

### **1-2-3-4-5**

请见第一课

### **传递声音球**

请见第一课

### **用身体部位走路**

请见第四课

### **动物行走**

#### 游戏目的:

角色建立，肢体语言的练习，身体热身。

#### 游戏介绍:

1. 大家随意地走动。
2. 指挥者提出一种动物，大家模仿此种动物的个性走动，互相交流。
3. 指挥者再喊出其他动物，大家可多几次练习。
4. 之后，大家可以自己选择动物个性，模仿该动物特性走动，相互交流。此练习可多重几次。

#### 游戏秘诀:

大家要了解动物的个性，可以把所发现的元素运用到以后的情节中。

- 练习 -

## Naming

### Aim:

Invent characters, find names

### Description:

1. Players stand in a circle.
2. A player (A) points to another player (B) in the circle. A gives the occupation and a description of a character to B, then B has to give a name to the character.
3. B points to another player (C) and continues the game.

Example :

A: "A rich tailor."

B: "John Smith."

### Tips:

Try not to use real names (like team members or celebrities), but imaginary names.

Try to connect the character's name to his occupation and description.

You can give more details in the description.

## Arms

### Aim:

Shared Control, character building

### Description:

1. Players are in groups of three: A, B and C.
2. Two players (A and B) will play one character : A must sit in a chair and clasp his or her hands behind their back, then B kneels behind A and puts their arms through the spaces between A's arms and torso. A speaks while B performs the corresponding hand gestures.
3. C is the interviewer; while the character played by A+B is the interviewee. The players choose a topic which A+B is an expert on.
4. C asks A+B questions. A answers the questions vocally, with B providing hand gestures.
5. When the interview has ended, players switch roles and the game is repeated, with C playing the interviewee, A playing the arms and B playing the interviewer. The game is repeated three times in total.

### Tips:

This is a shared control exercise. The hands have to listen to the voice and the voice has to respond to the movements of the hands.

The leader can ask the interviewee to give a specific flavor of the character, like being slow, being fast, being physically low or being physically high.

## 起名字

### 游戏目的:

建立角色，并为角色起名字。

### 游戏介绍:

1. 大家围成一个圈。
2. 第一个人(A)指向圈内另一个人(B)，A 给出一个假想人物的职业和性格描述。B 要给这个人物一个名字。
3. B 再指向另一个人 C, 将游戏传递下去。

例如:

A: "一个宋朝的侠士，武艺超群。"

B: "展南飞"

### 游戏秘诀:

尽量不要用真实的名字。

尽量将名字与职业和性格描述匹配。

尽量给予细节的描述。

## 双簧访谈

### 游戏目的:

手臂与说话者相互支配，建立角色

### 游戏介绍:

1. 三个人组成一组，A, B 和 C。
2. A 和 B 两个人表演一个角色：A 表演‘说话者’，将自己的手臂藏在身后；B 表演‘手臂’，站在 A 的身后，B 将自己的手臂从 A 的臂窝中伸出，作为 A 的手臂。
3. C 表演采访者，A+B 表演被采访者。采访选好一个领域的主题。AB 扮演该领域的专家。
4. C 向 A+B 提问，进行采访。A 用自己的声音回答问题，B 作为 A 的手臂与 A 配合。
5. 采访结束后，三个人轮换角色，再进行练习，共进行三次练习。

### 游戏秘诀:

这是个相互支配的练习。‘手’要配合‘嘴’说的话，‘手’的动作也可以引导‘嘴’的语言。

指挥者指定 A+B 的性格和身体特点：急性子，或慢性子，身材高大，或矮小。

## ***I am, I am coming from, I am going to***

### Aim:

Character

### Description:

1. Players form 2 lines (Line 1 and line 2), facing each other.
2. The first player of line 1 crosses the room and walks to line 2.
3. During his walk, he acts a character and says "I am ...", "I am coming from ...", "I am going to ..." Thus the player names their character, their origin and their destination. The player should walk as his character would walk.
4. Then the first player of line 2 crosses the room to join Line 1, then the 2nd player of line 1 and so on.

## ***Silly Walks***

### Aim:

Character building, using observations to build characters

### Description:

1. Players are in pairs (A and B), but only one pair plays at a time, and all the other player watch.
2. A crosses the room, walking normally.
3. B crosses the room, imitating and exaggerating the first player's way of walking.
4. Repeat for every pair in the group
5. Exchange roles (A and B)

- Stage games -

## ***Switch Left (with character assignment)***

### Aim:

Character development

### Description:

1. Five players on stage. One player is MC, the others are acting (A, B, C and D). They stand as shown in the picture below.
2. Whenever the MC calls "Switch Left" the players rotate the square anti-clockwise, with A moving to D's position, B moving to A's position, C moving to B's position, and D moving to B's position. (see picture).
3. A is on the left-hand-side facing the audience (upstage right). He or she asks the audience for a character.

## ***我来自何方，我去往何处***

### 游戏目的:

角色建立

### 游戏介绍:

1. 大家分两排面对面地站着，第一行和第二行。
2. 从第一行开始，每个人依次从第一行出发，走向第二行的位置。
3. 这个人要在开始行走的时候，大声宣布他是从..来，要去...，并以自己走路的方势来体现这个角色的特征。
4. 第二行也是同样的方式进行游戏。

## ***夸张地走路***

### 游戏目的:

建立角色。观察别人，来练习角色的建立

### 游戏介绍:

1. 两个人 (A 和 B) 一组做练习，其他组观看。
2. A 用正常走路方式横跨房间。
3. B 夸张地模仿 A 走路方式，横跨房间。
4. 每个组轮流一遍练习。
5. AB 交换角色。

- 舞台演出 -

## ***换左***

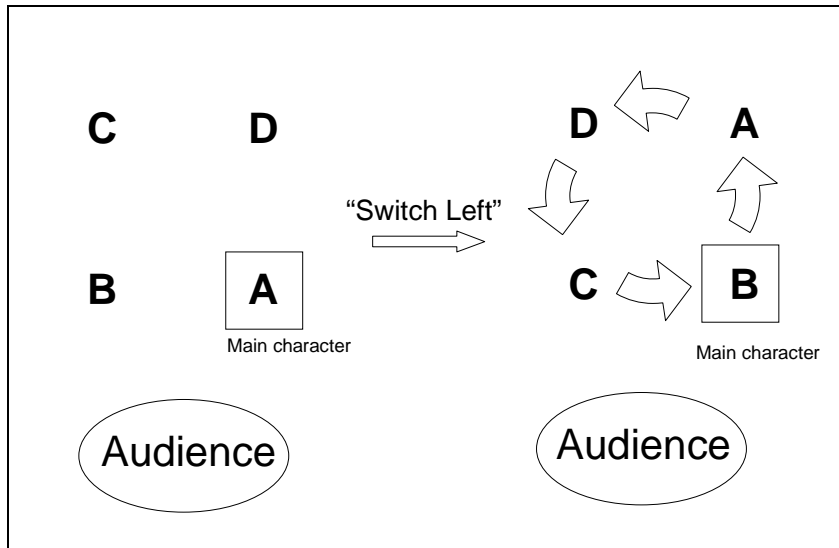
### 游戏目的:

建立角色

### 游戏介绍:

1. 五个表演者上台，一个是主持人，其余四个表演 (A, B, C, D) 他们站立的位置如图解。
2. 当主持人要求“换左”，四个表演者按逆时针交换他们的位置。(如图解)
3. 站在右前方的表演者 (A) 向观众问取一个角色的建议。
4. 主持人喊“换左”
5. 新的表演者 (B) 站到右前方，向观众问取另一个角色。
6. 重复以上过程，四个表演者都得到一个角色。
7. A 回到原右前方的位置，大声地向观众重复他的角色，“换左”，其他人重复此步骤，重复出他们的角色。

4. MC calls "Switch Left".
5. The new player upstage right (B) asks the audience for a character.
6. MC calls 'Switch Left'. Repeat until all four players have a character.
7. When A is back in his original position, they repeat in a loud voice their character. MC says "Switch Left", and this continues until all four players have repeated their characters.
8. When A is back in his original position, they begin a scene with player B.
9. The character standing upstage right leads the scene. (See picture)
10. The MC will say "Switch Left" and B and C begin a scene. And so on.
11. When the 2 first players (A and B ) are back in their starting positions upstage, they should continue the scene they played at the beginning.
12. This continues for several repetitions, or until a natural ending is reached.



## Dinner party

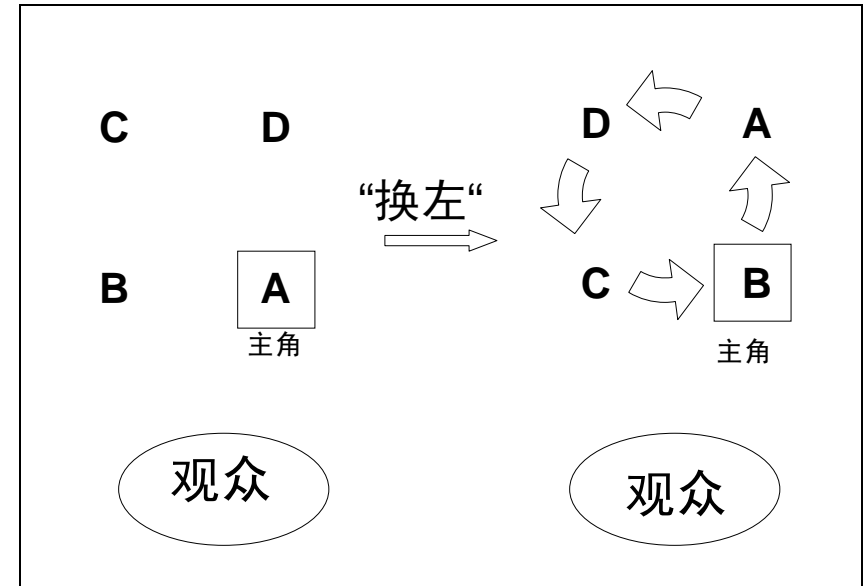
### Aim:

Character building

### Description:

1. Players are split into 4 groups: Mothers, Fathers, Sons and Daughters.
2. Each group must have a specific characteristic, for example: Fathers are knowledgeable, Mothers are hardworking, Sons are happy, Daughters are sad...
3. One player from each group goes on stage to play a member of a family. They act out the scenario of a family dinner.

8. A 回到原右前方的位置，和 B 开始表演情景。
9. 右前方的位置是主要角色的位置，表演要围绕主角的角色进行。（见图解）
10. 主持人叫“换左”，表演者换位置，围绕新的主角表演新的故事。
11. 当 A 和 B 回到前排的位置，AB 继续他们原先的故事情景。
12. 重复此步骤的表演，每个情景需要重复 3-4 次，直到每个情景都自然地找到结尾，结束。



## 晚餐

### 游戏目的:

角色建立

### 游戏介绍:

1. 全体人员按‘爸爸’，‘妈妈’，‘哥哥/弟弟’，和‘姐姐/妹妹’分成四个组。
2. 每个组有各自的性格特点。妈妈总是很勤劳，爸爸总是知识渊博，哥哥/弟弟总是很快乐，姐姐/妹妹总是很悲伤。
3. 四个组各选出一名代表上台表演，组成一个四口之家进行晚餐。
4. 表演一个情景，最终由一个成员离开餐桌，演出结束。
5. 换其他成员，可多练几遍。

### 游戏秘诀:

4. The rule is that the scene continues until a member of the family leaves the table.

5. Change the group and repeat several times.

Tips:

It is interesting to have strong characters in the scene.

Before the scene, the leader can ask to each group to discuss the specifics of the characterization, for example; why is the daughter sad? The player can use ideas from the discussion in their performance...

## **Arms (on stage)**

Aim:

Shared control

Description:

1. Five players on stage.
2. One player is the interviewer and the four others will act as two interviewees as in the game "Talking arms".
3. The two interviewees know each other, and the interviewer asks them about their relationship.

Example: If the two interviewees are a couple, the interviewer might ask them about their first date.

Tips:

The interviewer can ask the audience for a suggestion for the relationship between the two interviewees.

四个家庭成员最好表现得性格鲜明，可使情景更生动有趣。

在表演之前，指挥者可以组织各组成员讨论人物的性格特点，如：女儿组讨论什么原因使得女儿伤心痛苦。表演者可以从讨论中得到启示，用到情景中表演。

## **双簧**

游戏目的:

手臂和说话者的相互支配。

游戏介绍:

1. 五个人上台表演。
2. 一个是访谈节目的主持人。剩下四个人按照‘双簧-访谈’的方式表演两个被采访者。
3. 两个被采访者相互认识，主持人采访他们的关系。

例如:

两个被采访者是对夫妇，主持人访问他们的第一次约会。

游戏秘诀:

主持人可以让观众建议两个被采访者之间的关系。

## Lesson 6: Emotions

### Note

The sixth lesson involves developing emotive ability as a performer. The actor builds a character but also needs to show emotion and the change of emotion.

- Warm Up -

### **1-2-3-4-5**

See Lesson 1

### **Sound Ball**

See Lesson 1

### **Emotional Walks**

#### Aim:

Emotion, communicating emotion

#### Description:

1. Players move around freely in the space.
2. The leader calls out an emotion, and players temporarily adopt this emotion in their movement and interaction with one another.
3. Leader calls out other emotions, and players adopt them accordingly. Repeat.

- Exercises -

### **Rant**

#### Aim:

Emotion, stress relief

#### Description:

1. Players are split into 2 groups facing each other.
2. Each member of the first group yells a story that happened to them recently and made them angry. All members of the group yell in the direction of the other team simultaneously.
3. The teams exchange their role.

## 第六课：情感

### 介绍

第六节课练习情感建立。表演者在建立角色的同时，也要注意表现角色的感情及变化。鲜明的情感表演与变化，也会帮助表演者找到推动剧情的线索。

- 热身 -

### **1-2-3-4-5**

请见第一课

### **传递声音球**

请见第一课

### **情感行走**

#### 游戏目的:

表现情感，并利用表现出的情感与其他人交流

#### 游戏介绍:

1. 大家随意地行走。
2. 指挥者提出要表现一种情绪，大家要把这种情绪融入行走，带着情绪与别人接触。
3. 指挥者随后提出表现其他情绪，将游戏进行下去。

例如：

指挥者说：“悲伤地走路” 大家很就带着各种神情很难过地走路。

- 练习 -

### **出气**

#### 游戏目的:

情感的建立，缓解压力

#### 游戏介绍:

## **Raise Emotions**

### Aim:

Emotion, find degrees in emotion

### Description:

1. Players stand in a circle.
2. Leader chooses an emotion.
3. One player acts this emotion at level 1 (very light), the next players in the circle raise the emotion to level 2, and so on until level 7. At this level the performance becomes extreme.
4. Leader chooses another emotion, and this new emotion moves around the circle from Level 1 to Level 7.

Example emotions:

Happy, sad, angry, nervous, bored, shy, in love, embarrassed...

## **More**

### Aim:

Emotion

### Description:

1. Two players are on stage.
2. One emotion is chosen by the leader. The players act the emotion out, with gradually increasing intensity. Beginning at a low level, the intensity increases as the performance progresses. The audience should yell "More! More!" to encourage them to push the emotion to the extreme.

The players really have to go to the very limits of their designated emotion using facial expression, vocalization and body language but without playing a scene.

3. Do it with another emotion and different players.

### Tips:

This game can be done with one, two or three players but not more.

- Stage games -

## **Taxi Driver**

### Aim:

Emotion

### Description:

1. Two players on stage. Two chairs are placed on stage: one in front, one behind.

1. 分为两组，面对面站好。
2. 第一组将最近发生的触怒他们的事，大声地喊向第二组人。
3. 由指挥者控制时间，再换组练习。

## **情感1到7**

### 游戏目的:

锻炼情绪的表现，体会不同程度的情感

### 游戏介绍:

1. 大家围成一个圈。
2. 指挥者提出一种情绪。
3. 从第一个人开始，表现出这个情绪的第一级别（非常轻），第二个人依次加深，直到第七个人，完全爆发出这种情绪的最终级（最强烈）。
4. 指挥者再提出新的情绪，进行新一轮的从1到7的情感递增。

例如:

高兴，伤心，生气，紧张，无聊，害羞，恋爱，窘迫...

## **情感升级**

### 游戏目的:

情感练习

### 游戏介绍:

1. 两个人站在台上。
2. 指挥者指定一种情绪，两个人表演这种情感。随着观众喊‘升级！升级！’，演员随之逐步把该情感升级，直至最后爆发到最终极。表演者要真实地表现出情感，使用面部表情，肢体语言。不需要两个人表演一个情节。
3. 换新人，选择新的情感，多练习几遍。

### 游戏秘诀:

演员数量控制在1-3人，不能再多。

- 舞台演出 -

## **出租车**

### 游戏目的:

情感练习

2. One player sits in front and acts as the taxi driver, the other acts as a customer.
3. The customer chooses an emotion, and acts with this emotion. He takes the taxi, and the taxi driver acts with the opposite emotion.
4. To finish the scene, the customer has to find a reason to leave the taxi.

## ***Emotion Zones***

### Aim:

Emotion

### Description:

1. The stage is divided into 3 zones. Each of them is associated with an emotion.

Whenever a player is in a zone, he has to adopt the corresponding emotion.

2. Two or three players perform a scene, using the rules above.

### Tips:

Players have to pay attention to move between zones during the scene.

### 游戏介绍:

1. 舞台设定：两个椅子前后摆放好。两个演员上台。
2. 一个人坐在前面，扮演出租车司机，另一个人扮演需要搭车的乘客。
3. 在乘客上车的时候，他要决定出自己要表现的 情感，比如表现出悲伤来。出租车司机要准确看出乘客的情感，随之表现出相反的情绪，比如“快乐”。
4. 两个人表演一段场景，乘客找个原因离开出租车，故事结束。

## ***情感区域***

### 游戏目的:

情感建立

### 游戏介绍:

1. 舞台分三个情感区域，凡进入该区域就被感染上此种情感。
2. 两或三个开始一个情景，利用情感区域，使演员表演出那种情感；演员可以在区域中跳跃穿梭，来改变自己的情感，同时也推动情节发展。

### 游戏秘诀:

为了使故事有趣，表演者需要在不同的区域之间跳动，同时表演出该区域的情感。



## Lesson 7: Narrative

### Note

The story told by the actors has to be clear, as structured as possible, with a beginning, an end, and connecting elements that move the action forward.

- Warm Up -

### **1-2-3-4-5**

See Lesson 1

### **Sound Ball**

See Lesson 1

### **Misname Objects**

See Lesson 1

### **Presents**

See Lesson 1

- Exercises -

### **Gibberish Expert**

#### Aim:

Justification

#### Description:

1. Players are in groups of 3. One of the players is the interviewer, one is the expert, the third is the translator.
2. The interviewer asks the expert questions in English, the expert replies using Gibberish, and the translator translates his answers to English.

## 第七课：叙述故事

### 介绍

第七节课练习叙述能力。台词都由演员自己即兴创作，所以要求演员在表述内容的时候，言语清晰，思路敏捷。合理的语言能够渲染并烘托演员的情绪，能够推动故事情节的发展。语言的结构性，逻辑性以及趣味性都是本节课练习的重点。

- 热身 -

### **1-2-3-4-5**

请见第一课

### **传递声音球**

请见第一课

### **新名字—指鹿为马**

请见第一课

### **送礼物**

请见第一课

- 练习 -

### **未来语专家采访**

#### 游戏目的:

诠释理解：-----通过语言和动作的解释，使‘未来语’看上去更合理。

#### 游戏介绍:

1. 三个人为一组，分为记者，专家和翻译。这位某一领域的专家说的是未来语；

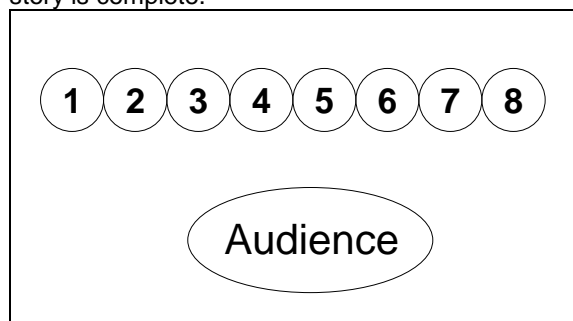
## String of Pearls

### Aim:

Story telling

### Description:

1. Eight players go to the side of the stage.
2. The first player takes a position (any position) in the "string of pearls" (see picture).
3. He speaks a sentence.
4. One by one the other players take position in the "string of pearls".
5. When they take their position, they speak a sentence which has to be linked with the other sentences.
6. After each person speaks, all the players that have already contributed to the "string" repeat their sentences once more in order to give the next "pearl" a good understanding of the narrative progression.
7. The game ends when all the players are in the string of pearls and the story is complete.



### Tips:

The number of players can vary but should be around eight.

The first players to join the string of pearls should give unrelated propositions in order to make completion of the story challenging.

## TV Sports

### Aim:

Story telling / emotion

### Description:

1. Two players are on stage, facing the audience.
2. They pretend to watch a live sport event on TV.
3. They use language, body language, emotion to show to the audience what is happening on TV.

2. 记者用中文采访专家，专家用未来语回答采访，翻译用中文翻译，表演一个情节。

### 游戏秘诀:

何谓未来语:

使用未来语的人用自己的声音，语调，手势，表情组成一种新的语言，言情表意。

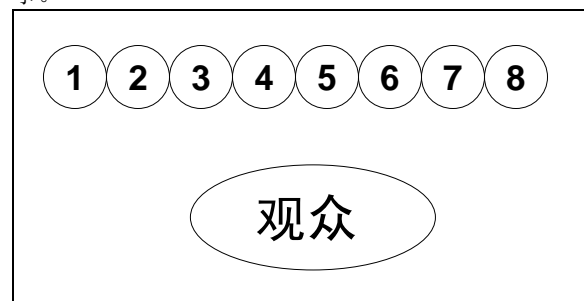
## 串珠子

### 游戏目的:

锻炼逻辑思维

### 游戏介绍:

1. 八个表演者来到舞台一侧，备台。
2. 第一个表演者选择任意一个位置站好。（如图解）
3. 第一个表演者说一句话。
4. 其他表演者依次地来到“珍珠项链”的位置站好。表演者可以自行选择站立的位置。
5. 每次当一个人就位后，这个人要说一句与前面听过的话有联系的句子。
6. 当这个人说完他的句子后，已就位的人按顺序重复他们各自的句子，为后面的表演者，以及为故事的连贯性进行提示。
7. 当八个人都就位后，这八个人所说的句子应组成一个前后呼应的完整的故事。



### 游戏秘诀:

多于或少于八个人都可以进行练习。

先上台的人说的话跳跃性越大越好，为后面人的创造留出空间；

## Once Upon a Time

### Aim:

Story telling

### Description:

1. Players sit in a circle.
2. Each player in the circle, one by one, makes a sentence, with the following openers for each sentence:
  - Once upon a time...
  - And every day...
  - Until one day...
  - And because of that...
  - And because of that...
  - Until finally...
  - And ever since that day...
  - The moral of the story is...

- Stage games -

## Typewriter

### Aim:

Shared control

### Description:

1. On stage, one player sits in the corner of the stage. He portrays author typing his book on a typewriter. He begins to tell a story.
2. Two or three players go on stage to act as the characters of the story.
3. During the scene, sometimes the author is speaking and tells the story, sometimes he is silent and the players continue the scene by themselves.
  - When the author speaks, the players have to listen to his narrative and act accordingly.
  - When the players are acting, the typewriter has to take into account what the players are doing when he resumes his narrative.

### Tips:

This is a shared control game: both actors and author can push the story forward.

## Gibberenglish

### Aim:

Justification

## 观看运动比赛

### 游戏目的:

锻炼讲故事的能力/情感练习

### 游戏介绍:

1. 两个人面对着观众站在舞台上。
2. 表演者假装是在观看实况的体育比赛。
3. 他们要用生动的语言，表情，和肢体动作展现给观众这场比赛。

## 很久以前的故事

### 游戏目的:

锻炼叙述和编故事的能力

### 游戏介绍:

1. 大家围坐一圈。
2. 每个人按给好的关联词造句，关联词作为句子的起始词。每个句子要有联系，最后组成一个完整的故事。

### 关联词:

- 很久以前...
- 每天...
- 有一天...
- 然后...
- 因为这样...
- 因为这样...
- 直到最后...
- 从那一天起...
- 从这个故事，我们知道...

### 游戏秘诀:

1. 叙述故事时的人称保持一致，要有固定的主人公。

- 舞台演出 -

## 作家

### 游戏目的:

演员之间互动

### 游戏介绍:

### Description:

1. Two or three players come to the stage and perform a short scene in Gibberish.
2. Other players come to the stage and play the same scene, but in English. They have to demonstrate their own interpretation of the scene.
3. Then other players can then step in and perform the scene in English with their own interpretations

### Tips:

The team that plays in English needs to respect the story structure and reuse as many details as possible from the gibberish story.

1. 一个演员饰演坐在打字机前的撰稿作家，坐在舞台的角落里。作家开始讲故事。

2. 其他的两至三个演员扮演作家小说中的角色。

3. 作家叙述故事，随着剧情的发展，引导角色们进入他所叙述的故事中。时而作家讲述故事，推动剧情前进；时而作家闭语不言，由角色们演绎故事，推动故事发展。

-当作家讲述故事的时候，角色们倾听，并把故事如实地表演出来；

-当角色们自己表演时，作家要表演出正在记录角色们发生的故事。

### 游戏秘诀:

作家和角色们互动，推动故事发展。

## 未来语

### 游戏目的:

通过演员们的语言和动作的解释，使故事情节看起来更合理。---中文组在重新表演未来语组的故事时，要演出自己的理解，并让故事发展的合理，尊重原版本的未来语组的故事。

### 游戏介绍:

1. 2~3个人为一组，上台用未来语表演一个情景。

2. 另外的一组人要用中文，重复未来语组每个细节动作，相同的故事结构，但是要表演出中文组队未来语组对故事的理解。

3. 其他的语言, 英语, 法语, 或其他方言, 表演出各自组的理解。

### 游戏秘诀:

其他语言组必须要尊重第一组（未来语组）的表演，尽量多运用和重复第一组的表演细节。

## Lesson 8: SHOW

### Note

In this lesson, the players will only do a warm up and play games on stage. This is an opportunity to invite family and friends to practice and show what they have learned.

- Warm Up -

### **1-2-3-4-5**

See Lesson 1

### **Sound Ball**

See Lesson 1

- Stage games -

### **Space Jump**

See Lesson 3

### **Freeze Tag**

See Lesson 3

### **Typewriter**

See Lesson 7

### **New Choice**

Aim:

Justification

Description:

1. Two or three players begin a scene on stage.

## 第八课：汇报演出

### 介绍

第八节课汇报表演。课程要求是：演员们先开展热身练习，之后直接进入舞台进行表演。汇报表演是一个向亲朋好友展现所学的表演即兴话剧技巧的好时候。

- 热身 -

### **1-2-3-4-5**

请见第一课

### **传递声音球**

请见第一课

- 舞台演出 -

### **空间跳跃**

请见第三课

### **Freeze tag**

请见第三课

### **作家**

请见第七课

### **新选择**

游戏目的:

演员们通过更换新的台词，使剧情合理地向前发展。

2. At any moment, the leader can call "New Choice". The player who was speaking has to change their last words and propose new ones.
3. Leader can call several "New Choices" in a row, until the answer is sufficiently interesting for the scene to move forward.

Example:

"May I have a cup of coffee?"

"New Choice!"

"May I have a cup of tea?"

"New Choice!"

"May I have your phone number?"

Tips:

The leader can ask several times for a new choice, until the player has an idea which is sufficiently different from the first proposition. The goal of New Choice is to incorporate unexpected elements into a scene.

## **Little Voice**

See Lesson 2

## **Taxi Driver**

See Lesson 6

## **Fill the Picture**

Aim:

Warming up, closing session

Description:

1. The leader chooses a non-geographical location i.e. a bank, a lake, the desert
2. All the players take a position and freeze to illustrate the location, without speaking. It has to be done quickly, less than 5 seconds.

Example:

The leader calls "The beach"

The players take positions that represent the beach: people lying on the sand, fishes, the sun, children playing...

游戏介绍:

1. 两或三个人上台表演一个情景。
2. 任何时候，台下的指挥者叫‘新选择’，台上的演员就要把刚才提到的台词换一句新台词，以推动情景发展。
3. 指挥者可在同一时间叫多次新选择，直到新台词更有意思或推动故事有新的发展。

例如:

在舞台上的演员说：“可以给我一杯咖啡吗？”

“新选择”

“可以给我一杯茶吗？”

“新选择”

“可以给我你的电话号吗？”

游戏秘诀:

指挥者可对表演的一句台词叫多次新选择，直到表演者对新选择的要求黔驴技穷。叫新选择的目的是为了推动故事新的发展。

## **小声音**

请见第二课

## **出租车**

请见第六课

## **(照相) 静态**

游戏目的:

热身游戏/结束游戏

游戏介绍:

1. 指挥者选择一个地点。
2. 其他人在五秒钟之内，用静止的姿势把该地点表现出来。大家不能用语交流。

例如:

指挥者说“沙滩”。

大家用自己的姿势表现出沙滩的情景。如：有人躺在沙滩上晒太阳，玩沙子的小孩，海水里的小鱼，沙滩上的海星，天空的太阳。

## ***Yearbook Photo***

See Lesson 4

## ***String of Pearls***

See Lesson 7

## ***Emotion Zones***

See Lesson 6

## ***Genre Zones***

Aim:

Justification

Description:

Same as Emotion Zone, but each zone is associated with a movie/entertainment genre (Western, Horror, Romance...)

## ***集体照***

请见第四课

## ***串珠子***

请见第七课

## ***情感区域***

请见第六课

## ***主题区域***

游戏目的:

演员们通过改变主题形式，推动剧情发展。

游戏介绍:

与情感区域相似，每个区域是一个电影主题，表演者在区域之间跳动，表演不同的主题形式，推动情节发展。如：歌舞剧，恐怖电影，喜剧。

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