

# IMPROVISATION IN PAIRS

## STORIES, AS ONLY YOU CAN CREATE THEM!

To improvise ist to create things spontaneously.

Often the first things that come into your head are the best! Unfortunately in everyday life, we are used to working through different possibilities first, and then judging our own ideas: Is it good enough? Clever enough? Witty enough? Too stupid?

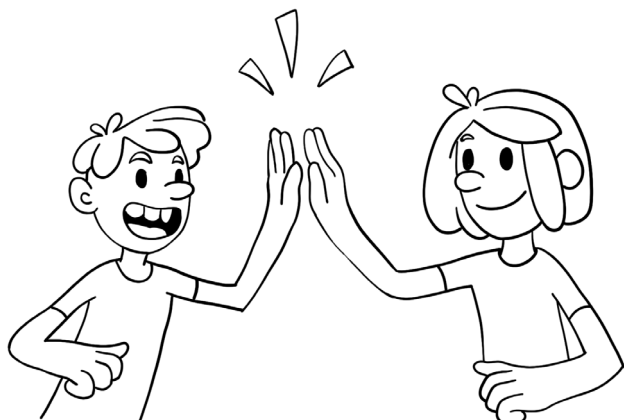
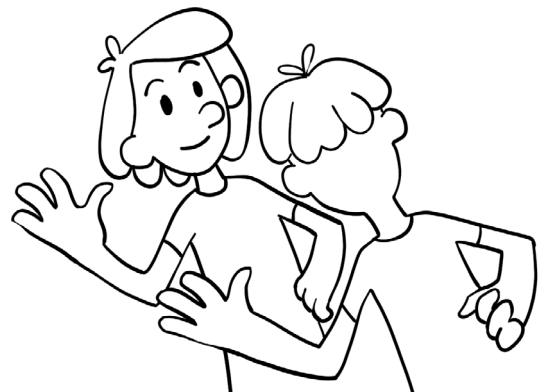
It doesn't matter! Allow all your ideas in and get carried away with creating the strangest, craziest or funniest stories you can! It's even more fun with a friend: it sharpens your mind and trains your laughing muscles! We wish you lots of fun with the following exercises!

If you're feeling brave, film yourselves at it and send us a short video with the hashtag **#mstdigital** and **#mstchallenge**!

**IMPORTANT: We want you to stay healthy. So play these games either with other family members or meet a friend outside and keep the appropriate distance. Many of these exercises also work with a digital presence via video chat.**

### MIRRORING

Stand opposite each other. Player 1 is the mirror image (reflection). Player 2 creates movements, which Player 1 has to copy. Player 1 reacts like a real reflection, e.g. when Player 2 waves with the right hand in front of the mirror, the „reflection“ (Player 1) waves with the left hand. Go slowly with the movements and challenge yourselves! Then change roles!

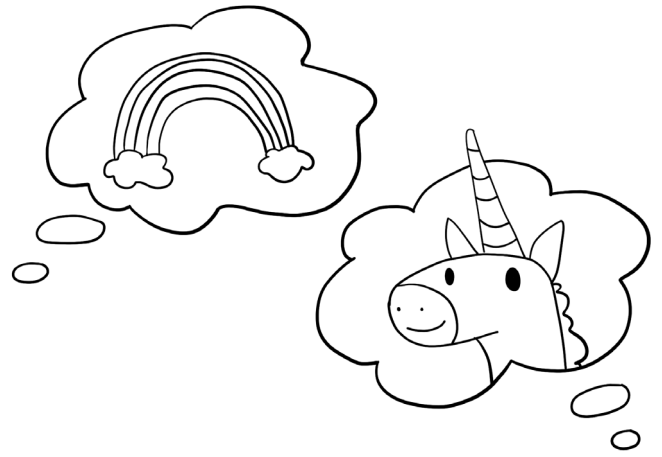


### IMAGE DIALOGUE

You begin standing opposite each other. Behave as if you want to greet each other, and shortly before you touch, both of you hold still in position (Freeze). Player 1 stays in the freeze, Player 2 changes posture and then holds a new freeze. Then Player 1 reacts by taking on a new position and freezing. Keep taking turns. Make sure your next position somehow suits the posture of the other player. The result is a conversation without language.

## CHAIN OF ASSOCIATION

Player 1 says a word. Player 2 says the first word that occurs to him or her in response to the word (an association). There are no taboos, try not to think about it! Now Player 1 says another word and so on. Make sure that the associations are always directly in response to the last word said.

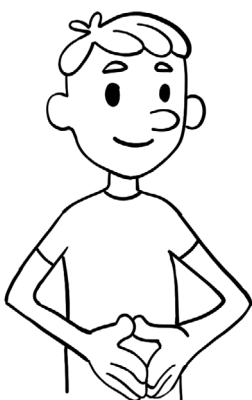


## ONE-WORD-STORY

You tell a story together like this: each of you takes turns saying only one word each. A tip: write the story down as you create it and then read it again together afterwards!

## PHYSICALISING FIGURES OF SPEECH

Think of different figures of speech, which you could perform physically, perhaps with suitable sounds/ noises. Figures of speech are phrases like „to give someone the cold shoulder“, „loving someone to pieces“, „to jump in at the deep end“ ... Can someone else recognise the figures of speech you perform for them?



## CELEBRITIES

You begin standing opposite each other. Player 1 gives Player 2 the name of a famous person. Player 2 takes on the first physical posture, which occurs to him or her in relation to this person. Then Player 2 names a famous person and Player 1 takes on a spontaneous physical posture and so on.



## THE GIFT

One player presents the other with an imaginary gift. The receiver is delighted and thanks the giver. Let a small dialogue arise out of this situation. There are two variations to this exercise:

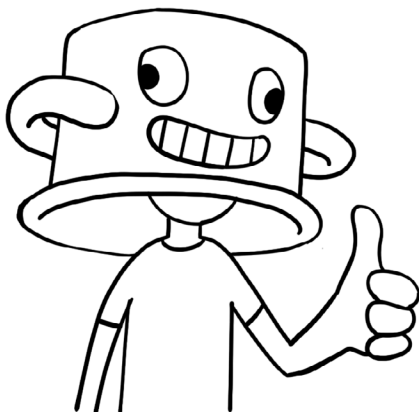
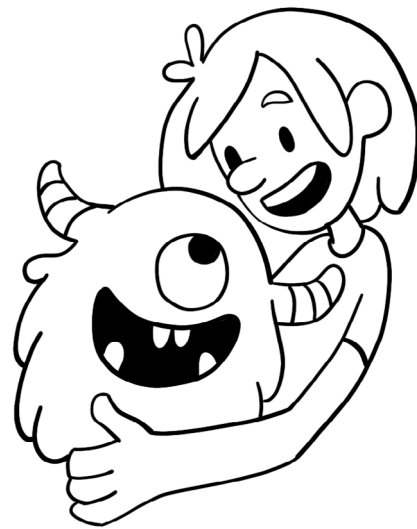
- a) the giver decides what the gift is, or
- b) the receiver decides what was given.

Now try the game again, and this time only with reactions but no words!

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## MY PET AND I

Both players each choose an animal – it can also be something really exotic – and imagine that they had this animal as a pet. Each of you plays with your imaginary pet, without saying what it is: speak to it, feed it etc. Then you meet each other and start a conversation. You are not allowed to say what your animal is, but you may give it a name (e.g. you chose a crocodile and call it „Snuffly“). Can you guess each others' animals?



## RE-INTERPRETATION

Choose any random object (e.g. a toy, a decoration, a piece of clothing or – in the time of Corona – toiletpaper etc.) and find a new use or meaning for this object. Take a short time to prepare yourself, and then give a sales pitch, in which you reveal the (new!) name for, plus uses and advantages of, this object. How much can you convince your public to pay for it now?

## THE NEWS

Each partner gives the other three words, which they must incorporate into their text. Now you have to create the text for a news item (write it down if you prefer) with these words in it, and speak the text to an (imaginary) camera.



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## DECLARATION OF LOVE

Each of you chooses a random object. You will now declare your love for this object, by giving it compliments, praising it and describing your feelings for it in depth! The more specific your compliments and the description of your feelings are, the better! For example, if your object is a cup, you could talk about how you always feel warm inside, when you kiss it.

Variation: Instead of making a declaration of love for your object, you could try abusing or insulting it.



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## GROMMOLO

Grommolo ist simply nonsensical gibberish with lots of vowel sounds, whose meaning is created by how you create emphasis. Try out different styles of speaking. You can begin for example by combining a consonant with a vowel e.g. ma, me, mi, mo, mu. Let your imagination run free. Perform different scenes with this gibberish language: a marriage proposal, going shopping, TV genres (animal documentary, the news, sports reporting) ... What other scenes can you think of?

