



Digital Access Program

## Improv for Wellness-Introduction

Created by STG Teaching Artist: Teague Parker

This curriculum is tied to an interactive lesson plan:  
<https://www.youtube.com/watch?v=WYkdlos2XjY>

**Description:** Participants will be introduced to improvisational skills through 3 improv activities: [Declaration](#), [Word Association](#), and [Yes, And](#).

**Goal:** Provide participants with tools to uncover their creative impulses, while developing a mindset of self-reflection, openness, and curiosity.

Grade(s) /Age(s): 12+, family friendly	Video Length: 23 minutes. Lesson can extend beyond that time for activities.
Materials: Your imagination Control button to pause video. The teacher will give you moments to pause the video for activities.	Space needs: These activities can work for any space. Some activities give the option to partner with someone else.

### WARM UP

Pat the Body

- Lightly pat down each body part to wake yourself up.

Copy/Paste (Variant)

- Teacher will demonstrate a gesture. Participant will copy the gesture.

General note: It's impossible to do the same exact thing, as every individual is different. Give yourself the liberty to not perfect a gesture and focus on commitment and intention.

## "Yes, And" Demonstration

- Teacher will ask a question. Student will respond, "yes" every time.
  - For example Teacher will ask:

Teacher: "Would you like to hear a story?"

Student: "yes"

Teacher: "Is this story about a dragon?"

Student: "yes"

Teacher: "Is the dragon going to fly through the sky?"

Student: "yes"

General note: Foundation of improv is to react honestly in the moment.

TIP: If you say "No" the activity will not go on.

## EXERCISES/ACTIVITIES

### 1. Declaration!

Level 1- Move around the room. Whenever something catches your eye, go up to it, point at it, and declare what it is with 100% confidence.

For example: If you have a couch in your living room you will

- Move towards the couch in confidence
- Point at it
- Declare it by saying couch in a strong and sturdy voice

General Note: Repeat this with various objects for example: lamp, couch, table, plant, chair, window...etc.

Level 2- Exact same exercise, but this time when you point at something, you must declare anything that it is not. There's no wrong way to do this. You can point at an object and declare silence, gibberish, anything at all! Challenge yourself by going faster.

For example: If you have a couch in your living room you can:

- Move towards it in confidence
- Point at it
- Declare it by saying "tomato" in a strong and sturdy voice

General Note: Repeat this activity with items from your home for example: lamp, couch, table, plant, chair, window...etc.

## 2. Word Association

Level 1- Walk around the room. Think of a word in your head, and then say it out loud. After you say the word, follow it up with the phrase, "Makes me think of..." and say the first word that pops into your head.

For Example: Seattle, makes me think of water, makes me think of lemon juice, makes me think of kitchen, makes me think of dishes, makes me think of food, makes me think of... etc.

Level 2- Same activity, but now take out the phrase, "Makes me think of" and simply go from word to word.

For Example: "Tree. Wood. Fire. Smoke. Tar. Jungle...etc.

Level 3 (Optional)- If able, partner up with someone and play word association with them. One person starts with a word and says it out loud to the other. The other person responds with the first thing that comes to their mind. Maintain eye contact through the whole activity. Continue this back and forth for 1-2 minutes.

For Example:

Student A: Shoe.

Student B: Runner.

Student A: Trail.

Student B: Bear.

Student A: Teddy.

Student B: Candy

General Note: The words do not need to connect or make sense: simply follow the impulse of the first thing that comes to your mind. Gibberish and silence are acceptable answers. Challenge yourself by picking up your speed.

### 3. Yes, And! (Partner & Solo Variant)

Level 1 (With a partner)- partner up with someone. One person starts by saying a simple sentence such as "There is a tree." Partner then responds by saying "Yes" and then repeating exactly what their partner just said, then saying, "And" and adding a small sentence.

For example:

Person A: There is a tree

Person B: YES, there is a tree, AND it has apples

Person A: YES, it has apples, AND they're on fire

Person B: YES, they're on fire, AND they smell like roses

Person A: YES, they smell like roses, AND they taste like bananas

Repeat back and forth until the activity comes to a natural end.

Solo Variant- You are now person A and B. Start by saying a simple phrase like, "There is a tree" then repeat exactly what you just said but include the Yes, and. For instance, "Yes, there is a tree, and it has apples" Then repeat the last part of what you said, and add to that.

For example:

Person A: YES there is a tree, and it has apples.

Person A: YES it has apples, and they're on fire."

Person A: YES they're on fire, and the fireman just arrived

Level 2 (Solo & Partner)- Same exact game, but now you have the option to say "Yes, and..." or "Yes, Because...". See how this changes the direction of this activity.

### REFLECTION

- Celebrate yourself for allowing yourself to explore your impulses in a creative way. This can be in form of a self-hug, air high five, or just a smile!
- Keep doing these activities as much as you want.
- Push yourself outside your comfort zone and remember to ALWAYS HAVE FUN!

## SHARE YOUR FEEDBACK

We appreciate and welcome your feedback! You can share your experience from any of our pre-recorded video sessions with us in this anonymous survey - <https://www.tfaforms.com/4765455>

## SHARE A PHOTO/VIDEO

If you tried any of these activities, please feel free to share a photo or a short video! We'd love to share what people are doing via our socials!

- Instagram @stgpresents
- STG facebook page - <https://www.facebook.com/stgeducation>

## ABOUT THE TEACHING ARTIST

Teague Parker



Teague M. Parker (he/him) is an actor, playwright, improviser, producer, and teaching artist. A graduate from Western Washington University, he received a BA in Theatre with concentrations in Acting and Playwriting. He founded Come Up Productions which highlights up-and-coming artists, while bringing Free Theatre & Live Events to the Washington community. As a teaching artist, he brings Improv for wellness workshops/classes/training to various groups, organizations, and people looking to develop a better love and awareness of themselves. Teague has performed around the country and internationally in plays such as Topdog/Underdog by Suzan-Lori Parks, won the KCACTF Region VII Award for best full-length play, and provides Improv workshops & masterclasses ranging from local theaters including Seattle Theatre Group, Seattle Children's Theatre, and Village Theatre: Kidstage, to graduate programs such as University of Florida. His goal is to unite artist and audiences to form mindful communities.