

Theatre Games - Socially Distanced Edition - 75 minutes

Teach and lead the theatre games, beginning with explanation and how it is played in a socially distanced environment. End each game with reflection on skills learned and required. All games are meant to build an ensemble within a group.

- **Quad**

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This is a Frantic Assembly favourite that will build up the stamina and sweat in the room! The group is placed into a grid formation, all facing the same way. The front row bounce on the spot eight times in unison, shoulders and hands relaxed.

On the eighth count the front row turn to face the row behind and on the next 'one' the second row now bounce in unison eight times, and then turn 180 degrees to face the row behind them. When the back row complete their eight jumps, they rotate 180 degrees to face no one and then keep going starting on one and turning 180 on six this time. They will then be facing a row again, who now go one to six and turn, etc. This keeps going back and forth up and down the grid turning on 8, then 6, then 4, then 2 and finally 1. Have PowerPoint slide 4 up while this activity is taking place and call students' attention to it if you notice they are tensing up.

Quad extension

Different moves can be added to numbers once the group appears comfortable with the activity. It could be they raise their arm on every 3 they call out, or a clap on every 5 that is called out. They must add in these whilst still keeping with the same original structure of bouncing and turning.

- This warmup gets an ensemble moving and working together in unison. The grid can be spaced to provide ample "bubble" space between the group.

- **French Telephone (Do Nothing)**

- Group stands in a circle. Each person is instructed to look at the person 4 along from him to his left (if the group is an uneven number). The group is instructed to "Do Nothing". However, if the person he is watching makes any movement, he should copy that movement precisely. The leader can then instruct the group to copy any movements that are made and to make them more grotesque, much larger or more emotional (with more happiness, sadness etc.)

- This warmup works on building detail observation skills, and as the movements happen, they get passed around the circle and build as people try to replicate it and do it differently. The circle can be spaced out so that ample “bubble” space is provided.

- **Walk Together (Ensemble)**
 - Everyone starts walking with a soft-focus, and stops when you say, “Stop.” Do this a couple of times, but then try and do it without talking, focus and work together to start and stop as one unit.
 - This gets the group to pay attention to all the other people in the room, and with experienced groups, helps get the energy in the room focused on the production or work they are doing. The walking for a socially distanced environment should be done in a large enough space that everyone’s bubble is maintained.

- **Wah!**
 - This is a 3-beat rhythm-based game. The three beats come from the 1. Send, 2. Receive, and 3. “Chop.” The idea is to send, receive, chop, send, receive, chop, and get into a rhythm that keeps going and gets everyone in tune with each other.
 - This requires paying attention to the group, as well as eye contact, you have to know that the person you’re sending the Wah to knows to receive it, otherwise, the rhythm is thrown off. The circle can be spaced out so that ample “bubble” space is provided.