Hands

Synonyms

Squeezer

Introduction

This warm-up is to get us all working together and listening with our bodies as well as our ears. Everyone into a circle and join hands.

Description

One person squeezes that hand that they are holding. The person that received the squeeze squeezes the hand of the other person that they are connected to. This should generate a squeeze pulse that races around the circle. A second squeeze can start circling in the opposite or same direction. There should be no clue that they are receiving the hand squeeze, and therefore no one can really predict when it will come to them. The exact same warm-up can be done with the players contacting palms and giving a push instead of a squeeze. This is more obvious when the pulse moves around the circle. Sometimes the palm pushing wave can generate considerable force.

Gimmicks

None

Variations

Squeezes can be started in different directions. The rate that the squeeze travels can also be adjusted. The player cannot squeeze the next person until the squeeze on their hand is over. So a long squeeze will take longer to travel around the circle. This would allow different pulses to travel overtop of each other and in different directions.

Credits

None

Bippity Bippity Bop

Synonyms

Elephant, Bunny Bunny

Introduction

Everyone into a circle with one person in the centre. This warm-up breaks the ice, gets people listening and gets the blood flowing.

Description

The person in the centre of the circle starts to spin madly. They rapidly count up to ten while spinning around. Once they arrive at the number ten they point to one of the people in the circle. The person pointed at sticks their arm in front of their face and dangles it like an elephant trunk. The people on either side of the "trunk person" must make the ears of the elephant. So the person on the left side uses their left arm to touch their head, and the person on the right uses their right arm to form the right ear. Yes it does look really silly. Meanwhile the dizzy person in the centre yells "Bippity Bippity Bop". The elephant must be formed before the centre person gets to "Bop". If the elephant does not have ears and a trunk by the time "Bop" is called then someone has to replace the person in the centre of the circle. Whichever person is responsible for the part that was not formed by the time "Bop" was yelled has to go into the centre. I.e., if the elephant has a trunk and a right ear, but no left ear then the person to the left of the trunk goes into the circle. Ties are decided by someone from the circle. This is continued until someone vomits.

Gimmicks

Make more complicated animals that involve several people and are not symmetrical.

Variations

Count silently, form a bunny instead of an elephant

Clap Focus

Synonyms

Snap Focus

Introduction

This warm up is to get people listening, responding fast and reacting without thinking. Everyone gets into a large circle.

Description

One person in the circle picks a random person in circle and claps at them. Sometimes taking a half step into the circle while doing so. The person that was singled out with the last clap immediately picks another random person out, by clapping at them. In turn the clapping flies back and forth across the circle. Ideally there will be a constant clapping noise. Eventually the players will be so attentive and so quick to respond it sounds like one person clapping rapidly. This warm-up usually ends when people’s hand are denuded of flesh.

Gimmicks

Distractions–those that are not clapping are snapping their fingers

Variations

Listening can be made harder as the players by allowing the players to only point to the next person in turn. Eventually just eye contact is used as an acknowledged look flies around the room. Lastly the players stand silent, immobile, and with their eyes closed as they telepathically communicate amongst themselves. Once this warm-up is mastered more it can be combined with Word At A Time Story.

Credits

None

Slow Motion Samurai

Synonyms

Poison arms

Introduction

This warm-up will get us feeling silly, get the blood flowing, and help get us working together. Start milling about the room.

Description

Once everyone is milling about comfortably they are told to start moving in slow motion. Once a stable rate of speed is determined the players all become Samurai with poisonous blades built into their fore arms. The object is to kill all the other Samurai in the room. If anyone is touched by the fore arm of another player they must die a poisoned death in slow motion. It is important that players keep their speed continuous. The point is not to win the warm-up, but to have fun. If players are moving too fast and massacring everyone else simply tell them to slow down. It helps people work together. The warm-up usually ends when there is a large pile of bodies on the floor.

Gimmicks

None

Variations

Players are allowed to block attacking Samurai poison fore arms with their own fore arm. The workshop can be divided into two groups, having a little feudal war.

Credits