Zip Zap Zoop

Synonyms

None

Introduction

This warm-up gets our brains acting without thinking. Everyone into a circle.

Description

This is another motion around the circle warm-up. In this warm-up one of the players points to another player to one side of them and says ‘zip’. That player turns to the next player in the circle, points to them and says ‘zip’. Thus the ‘zip’ zips around the circle in one direction. At any time a receiving player can say ‘zap’ to the person pointing at them. When they do the player that said ‘zip’ and was pointing at them must change direction of the pointing. This means that they must quickly turn around, point and say ‘zip to the person that just pointed at them. Now the ‘zip’ can zip around the circle, but changing direction every time there is a ‘zap’. Lastly the person that receives the ‘zip’ may elect to yell ‘zoop’ and point at someone anywhere in the circle. That player then restarts the ‘zip’ going in the direction of their choice. The group must really pay attention for this to work.

Gimmicks

None

Variations

None

Credits

Yes Let’s

Synonyms

None

Introduction

This warm-up focuses on accepting offers and getting silly. Start milling about the room.

Description

Someone will loudly suggest an activity for all the group to mime. Everyone simultaneously yells ‘yes lets’, and starts the do the activity. Once the activity has been mimed for a while another one is yelled out and the group responds with ‘yes lets’ and starts the activity. For example, if someone calls out let’s all dig holes. The group responds with “yes let’s all dig holes”, and every manner of hole digging mime will begin (complete with sound effects). The someone will suggest a new activity and the cycle continues.

Gimmicks

Someone yells out ‘let’s finish this exercise’, or ‘let’s all sit down.’

Variations

None

Credits

None