

Warm up

- Physical
- Breathing
- Team work/concentration: throw and catch calling out names. Then throw-catch-move.

Game

- **Creating physical moments of conflict/tension.** Walk around the room randomly, using all the space. In your mind pick a spot on the floor, this is your spot, memorise it. Then pick a person, don't make it obvious who you have chosen but be aware of the person and where they are in the room. When I call out, "Go!" you must drag your person to your spot. When I call out "Freeze!" you must freeze in position do not change your facial expression or your body position. Note the tensions in your muscles are you defensive – pulling away? Are you aggressive? How does it feel physically, mentally? If I touch you on the shoulder come out of the frozen position – look at a group or pair – what comes to mind – what does the scene resemble? Do a couple of times and then ask the frozen group to improvise around the idea suggested.
- **Mime Actions.** Mime is drama with actions but without words, therefore the actions must be made very clearly, so that if you are miming sewing we can see the needle and the thread – is the light bad, are you struggling to thread the needle, do you prick yourself with the needle – imagine precisely what size the needle is, what type of fabric are you sewing – thick/thin or are you sewing on a button. Do you use scissors or bite the thread? Make the mime real in your imagination. **Concentration is key.** If you are painting what is the picture – oil or watercolour? If you are writing a letter who is it to see you using a pen or pencil or feather quill?
 1. Practice just miming – use cards groups guess the mime.
 2. Then do mimes in character eg. eating an apple nervously again use cards and group guess the mime and the adjective.
 3. Mime words eg. football group guess the word

Props

- Using a prop as starting point for character improvisation Pick a bag. Take your character from the bag – are you a harried housewife, a homeless person, a business person, a student, a model, a child etc. etc. Take turns introducing your character individually, how they walk, move etc. What is in the bag? Use mime to suggest situation and location. Then give a scenario pairs working together, meeting at a train station, in a shop, stuck in a lift etc. How do they interact, how do they speak to each other, do they know each other or are they strangers, are they hostile, suspicious or friendly? Improvise a scene with characters entering and leaving be aware of developing the scene, taking cues from each other, reacting to what is going on in the scene, working as a group.
- Using a prop as a starting point for a situation: The candle. The group faces a defined performance space on which stands a candlestick with an unlit candle. Ideally the candle is a specific type resonating a time and place. Talk for a few minutes about what they see and what they are reminded of.