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Exercises  
Improvisations  
Leading  
Acting Exercises  
and Improv  
Scenes The  
leading  
characters in a  
good play or  
film often need  
to overcome many  
difficult  
obstacles before*

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Acting can  
accomplish their  
objectives. Some  
of these  
obstacles may be  
physical,  
perhaps  
involving  
destructive  
forces of  
nature, time  
limitations, or  
the interference  
of others.

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exercising for  
your drama  
classroom? Here  
are 5 of

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1." Channel That  
Fear " . Fear is  
such a wonderful

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motivator for  
characters and  
it has both  
positive and  
negative  
connotations.

*Top 5 Acting  
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Leslie Abbott.

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Star Publishing,  
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Improv is all

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Acting Exercises Improvisations Leading To Performance

about listening.  
In fact,  
listening is a  
key skill for  
all actors,  
allowing them to  
work off each  
other. In  
today's busy  
world it can be  
hard to shut out  
the noise and be  
aware of ...

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## 8 Ways

*Improvisation*

*Exercises*  
*Can Make You*

*Improvisations*  
*Into a Better*

*Leader . . .*

*Leading To*  
The facilitator

*Performance*  
talks the group

through the

exercise.

"Everyone is a

piece of corn,

the floor is a

big pan, and

we're going to

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make popcorn. We slowly start heating the pan." As the pan gets hotter, the corn starts to `pop.` A player `pops` by jumping up, clapping hands above their head, and saying `pop.` Make sure the `popping`

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## Exercises 13 Fun Improv Games and Exercises for Kids / Kid Activities

Leader: You who  
jump with ropes.

Group: Ropes,  
ropes, ropes,  
ropes, ropes,  
ropes, freeze!

The leader then



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cues the next movement and the process repeats itself. If a person loses composure or breaks the freeze before the leader calls "Yoo-Hoo" again, that person is out. The last person remaining is the winner.

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*Theater and  
Exercises  
Improv Games for  
the Classroom  
and Beyond*

The group sits  
or stands around  
the acting  
space. Two  
people enter the  
space and begin  
to improvise a  
scene, with  
dialogue and as

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much physical action as possible. At any moment, anyone else in the group may shout, "FREEZE!" The actors freeze instantly and exactly. The person who stopped the scene taps one of the actors on

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the shoulder.

## Exercises *Some* *Improvisations* *and Drama* *Warmups*

Abbott L. (1987)

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Improvisations

*Acting in*  
*character /*

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Improvisational

Acting

Techniques, 5

Key Points To

*Page 29/47*

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Awareness,  
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Exercises  
Improvisations  
Will Make You a  
Better Actor,  
The . . .  
Leading To  
Performance

5

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Acting*

*Techniques That  
Will Make You A*

. . .

Actors are  
guided step-by-

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step through the process of creating more fully developed and usually more thorough dramatic pieces or full length plays, sometimes even utilizing sets, lights, costumes, etc. Of course, devised work can



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stop at the  
classroom level  
instead of  
growing into a  
full production  
- the choice is  
up to the leader  
and the ...

*Improvisation:  
Five Approaches  
- One Stop DRAMA  
Shop*

Stick your

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tongue in and out 6 times to stretch the tongue. Smile and pout x 6. Circle your tongue slowly 4 times right 4 times left with mouth closed. Chew an imaginary piece of toffee use all your jaw and

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Imagine what it tastes and feels like. Have a little laugh to yourself to think about opening the vocal folds.

*Drama /  
Improvisation  
Worksheet*

Every acting  
teacher has a

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stockpile of  
exercises – role-  
playing  
scenarios,  
simple games,  
basic  
improvisations –  
to pull out in a  
pinch during  
rehearsal or in  
class. The rules  
and restrictions  
of the game free  
the players to

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be someone else  
for an instant,  
or even to be a  
more authentic  
version of  
themselves.

*Circles,  
Mirrors,  
Transformations:  
Acting Exercises  
and ...*

ACTING— EXERCISE  
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Abbott. ACTIVE  
ACTING:

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Star Publishing,  
(revised) 1993  
Stella Adler.

THE TECHNIQUE OF  
ACTING. Bantam  
Books, 1990 With  
a full course of

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exercising and  
examples taken  
from Stella  
Adler's classes.  
Hardie Albright,  
Arnita Albright.

*AN ACTOR'S  
BOOKSHELF*

There are number  
of techniques  
actors can  
develop in  
rehearsal to

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develop these  
skills. From  
playful games  
and exercises  
designed to  
ignite  
creativity,  
through to  
identifying  
'states of  
being' to help  
'switch on'  
energy and  
charisma. These



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are acting  
techniques which  
can be developed  
through practice  
and repetition.  
The master of  
...  
...

*What is  
Improvisation? -  
Improv Acting &  
Improv Comedy  
...*

The stages of  
*Page 41/47*

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Acting : a  
practical  
approach for  
beginning actors

/ by: Owen,  
Mack. Published:  
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through

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synthesis of  
classical and  
contemporary  
approaches / by:  
Gronbeck-

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Tedesco, John L.

*Exercises  
Creating a  
Improvisations  
character : a  
physical  
Leading To  
approach to  
Performance  
acting*

Here are five  
acting exercises  
from my book 100  
Acting exercises  
for 8-18-Year-  
Olds to help  
children and

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teenagers to  
improve their  
acting  
technique: 1.

Packing a bag  
with given  
circumstances.

An acting  
exercise where  
students do a  
simple action  
and add  
dimension to it  
by applying

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given  
circumstances.  
Age: 8 plus.

## Improvisations

*Five Acting  
Exercises for  
8-18-Year-Olds -  
Theatre Nerds*

The Suzuki  
Method of Acting  
Great Japanese  
director Tadashi  
Suzuki came up  
with this

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extremely  
physical regime,  
which trains  
actors to work  
from their core  
and builds  
discipline,  
strength, and  
focus.

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