

DRAMA GAMES WARM UP

123

Age: 5 to adult

Players: Pairs

Time: 5-10 minutes

Skills: Concentration, Group Dynamics

A quick and easy warm-up game which involves counting from one to three – but takes a lot of concentration.

Instructions:

This is a fun introductory warm-up and concentration game. You can begin sitting down or standing up. In pairs, face each other. Start counting from one to three between yourselves, over and over. Once you get the hang of that part you are ready for the next stage. Instead of saying the number “one”, you should clap your hands – but you would still say “two” and “three” aloud.

Once everyone has mastered that, the next step is that instead of saying “three”, that person should bend their knees. You should still clap your hands for the number “one”. This is a bit like trying to pat your head and rub your stomach at the same time – in fact, you could try that afterwards!

A: “One” (Claps hands)

B: “Two”

A: “Three” (Bends knees)

B: “One” (Claps hands)

A: “Two”

B: “Three” (Bends knees)

Tip: Make sure you allow time to encourage pairs to show everybody else how they are doing after each step. It’s fun watching people trying to concentrate, especially if it goes a bit wrong!

If you have extra time, pairs can make up their own movement and/or sound for the number “two”

For language teaching, ask players to make up a word or phrase plus an action to replace the number two, for example ‘cup of tea’, ‘umbrella’ or ‘smile’

DRAMA GAMES MAIN ACTIVITY

One Word at a Time

Age: 7 to adult

Players: Whole Group, Small Groups, Pairs

Time: 10 minutes

Skills: Storytelling, Speaking and Listening, Co-operation

A story is told, with each person adding one word at a time.

Instructions:

In a circle, the story is started, with each person in turn adding one word. It usually starts with 'Once – upon – a – time'. The idea is to keep your thoughts free flowing, so that you don't try to guess what is coming or force the story in a particular direction. It is not always easy to maintain a logical flow for the story, although it is always amusing. If the group is too large, break into smaller groups or pairs.

Variations

- Players can say “full stop/period” to end a sentence
- Play the game in pairs, where both participants act out the story as it is told. In this case, tell the story in the present tense and as 'we'. For example, 'We – are – climbing – a – mountain. – Look – a – giant -spider – coming – towards – us. Quick – run!' You can soon create an adventure story in this way
- You can also use the one word at a time technique to create characters made up of two or more people – great fun for interview scenes!
- Throw or roll a ball around the circle in any order. Add your word then pass the ball to the next person. (This variation ensures that players pay more attention)

Play Online

Using Zoom or other video-conferencing software, demonstrate the game with around five students (making sure they are unmuted). Give each student a number so that they know whose turn it is. Then divide the class into break-out rooms to play the game in small groups.

Socially Distanced

The game can easily be played if students are spaced out on a grid (marked on the floor) or at desks. They can then play the game in small groups or as a whole class.