

# A Selection of Favourite Drama Games and Exercises

## Warmups

Under 10 years	Over 10 years
Funky Chicken	Elbow to Elbow
Venga	EastEnders's Foosh
<p><b>5 seconds to...</b></p> <p><b>Age Range:</b> Suitable for all  <b>Room Set Up:</b> Big clear space with participants scattered and standing in neutral.  <b>Skills Practised:</b> Team work, memory, focus, strategy.</p> <p>This is a running around game with an element of focus, so a brilliant way to engage the group with a high energy warm up whilst maintaining control.</p> <p>You must decide on five actions and explain to participants that their challenge is to: (E.G)</p> <ul style="list-style-type: none"> <li>• Touch something <i>Blue</i> (not an item of clothing)</li> <li>• Touch something <i>Silver</i> (not an item of clothing)</li> <li>• Touch something <i>Green</i> (not an item of clothing)</li> <li>• Touch two opposing walls</li> <li>• High five three different people</li> </ul> <p>But they only have 30 seconds to do it in!</p> <p>The rules are:</p> <ul style="list-style-type: none"> <li>• You must start by standing in neutral</li> <li>• Once you have completed the tasks, you must return to your starting position and stand in neutral.</li> <li>• You must help each other.</li> <li>• You can complete the tasks in any order.</li> <li>• Once everyone is standing in their original places (in neutral!), the timer will be stopped.</li> </ul>	<p><b>Bunny Number...</b></p> <p><b>Age Range:</b> 10 years + (but you may have younger groups that you think would enjoy this)  <b>Room Set Up:</b> Participants stood in a big circle.  <b>Skills Practised:</b> Vocal dexterity, rhythm, memory, focus.</p> <p>Begin by numbering everyone in the circle in chronological order, making sure that you are 'Bunny Number 1', the person next to you is 'Bunny Number 2' etc, etc.</p> <p>Establish the phrase of the game with the group:</p> <p><i>Bunny Number _ , Bunny Number _ to Bunny Number _</i></p> <p>Model on yourself:</p> <p>"Bunny Number 1, Bunny Number 1 to Bunny Number 4"          And then Bunny Number 4 would say:          "Bunny Number 4, Bunny Number 4 to Bunny Number 6" (for example)</p> <p>The rules are:</p> <ul style="list-style-type: none"> <li>• If you are speaking as the bunny, you must hold two hand above your head as bunny ears.</li> <li>• If your neighbour is speaking, you must lean and listen in with your hand to your ear.</li> <li>• You cannot hesitate, stumble or change the phrase in any way.</li> <li>• If you break any of the above rules, you must sit down (meaning that the remaining players must remember NOT to say your number)</li> </ul>

Once they have achieved the tasks within 30 seconds, shave 5 seconds off each time and see if they can get down to 15 seconds!	
Zoooo warm up	Tiddly Dee, Tiddly Dee..
Oooh a lay a lay	Action Sequence
Fruit Salad	Pass the Energy
The Penguin Song	Articulation tongue twister
Captain Jack	Humming
Boom Chicka Boom	Stretching
Banana Song	Row Boats
DUDE!	Bomb and Shield
Hunter	Walking on the Grid – speed variations
Cat and Mouse	Prisoner and Guard / Eye Contact
Opposite Land	'Netball' game
Bippity Bippity Bop	Sit/Stand/Lie
Big Fat Pony	Bip, 2, 3

## 'Arcade Games' *(quick, high energy games)*

7Up
I accuse / Teacher's Pencil
Splat
Ultimate Splat
Act Off
Zeus – Hades / King of the Jungle
Evolution
Hedgehogs
Ninja
Shwa Whoop Ya
Wizards/Giants/Goblins

## Focus Games/Exercises

Under 10 years	Over 10 years
<p><b>Museum</b></p> <p><b>Age Range:</b> 5 – 10 year olds.  <b>Room Set Up:</b> Big clear space with participants scattered and posing as different statues or pieces of art.  <b>Skills Practised:</b> Creativity, focus, body control, strategy</p> <p>It still baffles me how popular this game is with younger children, considering a big part of it is being silent!</p>	<p><b>Romeo</b></p> <p><b>Age Range:</b> 9 years +  <b>Room Set Up:</b> Big clear space with participants scattered and standing in neutral.  <b>Skills Practised:</b> Listening skills, focus, body control, strategy</p>

<p>In this game, you will take on the role of 'The Caretaker' and explain that the room has turned into a museum and all of the children are statues in that museum. It is closing time and all of the visitors have gone home; it is just you and all of the statues. You must work the night shift to make sure that there are no intruders. Give the children 5 – 10 seconds to perfect their statues whilst your back is to them. Turn around explore the museum.</p> <p>The rules are:</p> <ul style="list-style-type: none"> <li>• The statues cannot talk or make any sounds.</li> <li>• The statues cannot move when the caretaker is watching them</li> <li>• If any of the above rules are broken then the caretaker will realise that you are an intruder and not a statue and will ask you to leave.</li> </ul> <p><i>The children should be encouraged to change positions when the Caretaker isn't looking. End the game by realising the night has passed and it's time to reopen the museum.</i></p>	<p>This has never failed (touch wood!) to pull in the focus of an unruly group – but it is also a fantastic focus game for all.</p> <p>In this game, there is one person who begins as the 'Romeo'. Everyone else must close their eyes (whilst you are demonstrating they can keep their eyes open). It is Romeo's mission to recruit more Romeos and the only way they can do that is by tapping on other people's shoulders. However, Romeo can only tap on someone's shoulder once they have stood approx. a foot behind the target and counted to 5, clearly using the fingers on their hands (not vocally). If Romeo counts to 5 and is uninterrupted by the target, they can tap the target on the shoulder and the target will open their eyes and become another Romeo in the pursuit to recruit. If participants sense that Romeo is behind them, they can say 'Romeo', meaning that if Romeo is mid count, then they must move on to the next target (but can return at a later point). The last person standing with their eyes closed is the winner and is called Juliet!</p> <p>The rules are:</p> <ul style="list-style-type: none"> <li>• Eyes must be closed</li> <li>• If you say 'Romeo' and there is no one behind you, that's one strike – three strikes and you are out.</li> <li>• Counting must be fair and stood directly behind target</li> <li>• If you talk (other than to say Romeo) then you are out</li> </ul>
Keeper of the Keys (circle)	1 – 20, no duplicates
Rhythm Master	Challenge Chair
Bob the Fish	Silent Ninja
Sea of Multicolours	Blood Potato
Grandma's Knickers	Mirroring
Clapping Patterns	Blind Man's Bluff
Spot the Difference	Honey, I love you

## Team/Ensemble Building Games

Under 10s	Over 10s
Zombie Penguins	Chair Race
Keeper of the Keys	Werewolf
The Great Bogga	Human Knot

Rhythm Master	Who's The Boss?
Sculpture Park	Viewpoints – Grid Work
Sound Scape	Murder in the Dark
Wink Murder	

## Character Building Games and Exercises

Under 10s	Over 10s
Can I Come To Your House?	Character Bus
Emotion Bus	Motive in a Lift
1, 2, 3... what are we going to be?	Brutopia
What's my Walk?	Hot Seating
Apple Pie and Custard	One Minute Monologues
HASH : 1 – 20 (Counting as Happy, Angry, Sad, Happy)	Lists
	Animal Work
	Leading with different parts of the body
	Um, sigh, inflect your line!
	Yes, No, Maybe

## Improvisation Exercises

Under 10s	Over 10s
What are you doing?	Survivor
Buzzy Bees	Freeze Improv
<p><b>Musical Pictures</b></p> <p><b>Age Range:</b> Suitable for all  <b>Room Set Up:</b> Big clear space with participants sat as an audience facing an empty stage area.  <b>Skills Practised:</b> Team work, creativity, storytelling, facial expressions  <b>Equipment needed:</b> Speaker and access to music (phone/laptop etc)</p> <p>I love this exercise because it involves music and I try to use music in my workshops wherever possible.</p> <p>This may require a little planning for the first time in delivering this exercise.</p> <p>Planning:</p> <ul style="list-style-type: none"> <li>Choose 5 x songs (I usually go for instrumental pieces), try to choose tracks that have quite different styles, tones and tempos.</li> </ul>	<p><b>Word Smuggling</b></p> <p><b>Age Range:</b> 13+  <b>Room Set Up:</b> Big clear space with participants sat as an audience facing an empty stage area.  <b>Skills Practised:</b> Quick thinking, improvisation,</p> <p>This may require a little planning for the first time in delivering this exercise.</p> <p>Planning:</p> <ul style="list-style-type: none"> <li>Prepare a list of approx. 30 x random words</li> </ul> <p>Split the group into groups of three. Each group of three will take it in turns to be on the stage. Give each member of the group 3 random words that they must remember and cannot share with anyone else. Whilst you are doing that, the audience must think of a location for the scene to take place.</p>

<ul style="list-style-type: none"> <li>Decide on 5 captions (E.G 'A King's Banquet'), one to go with each song (they don't necessarily need to match perfectly – and actually could be more interesting if there is some contradiction with the track and caption).</li> </ul> <p>Explain to the group that they will all be making a big tableaux altogether on the stage that they are facing. The challenge is to respond to the piece of music that is played and the caption of the tableaux that they are given. Participants will be chosen one by one to add themselves to the tableaux (you can call out names when you are ready for the next person to join in).</p> <p>The rules are:</p> <ul style="list-style-type: none"> <li>You cannot talk or discuss ideas, only look!</li> <li>You cannot change your position once you are on stage</li> </ul> <p>Once the group have got used to the format, you can develop this exercise with thought tracking and then bringing the scenes to life.</p>	<p>The challenge is for the group to smuggle in their words to the improvised scene as seamlessly as possible (trying to make sense of the location given and the other characters in the scene). While the scene is happening, the audience will (silently) be trying to figure out which words have been smuggled. Once the scene is over, confirm that they performers managed to smuggle all of their words so that the audience know how many to guess. The audience can guess the smuggled words. If the audience guesses more than were successfully smuggled then the audience gets the point but if the performers smuggle more than were guessed, then they get the point.</p> <p>The rules are:</p> <ul style="list-style-type: none"> <li>Performers can't share their words with anyone</li> <li>Groups only have 2.5 minutes to perform</li> </ul>
Park Bench	Space jump
Yes, let's!	1 - 60
Toy Shop	Celebrity Cafe
One word story	Fortunately/Unfortunately
Magic Box	Musical Pictures +
Arm in the Air	Mime Whispers
	Story Death
	Hitchhiker
	Two Truths, One Lie
	Speaking of FISH

## Devising Movement

Flocking
Hymn Hands
Abstract Sequencing
Sculptor/Sculpture
Action Sequencing in a round
Under Under/Over Over
Bamboo Sticks
Mask Work

