

ACTIVITY	TYPE	DESCRIPTION	TIMING
Party circle	Get to know	Everyone is in a circle, two people make eye contact, one calls the other pretending they haven't seen each other for so long, and invites him/her to go to the center with "that party movement" they used to do back in time. They go back to their places. Another couple goes next.	20 min
Houses-people	Energyzer	We build houses with three people. Two of them are the walls edging at the roof, and one of them is the person that leaves in. We say "houses move" or "person" move, so they have to find new houses to fit in or new people to cover. We repeat it several times.	20 min
Fish tank	Group Awareness	We are fishes in the sea moving around the space. When someone stops, the rest has to stop asap. When someone starts again, the rest moves again til someone else is stopping.	20 min
Fish tank 2	Group awareness	We move in the space following different instructions that are randomly said within the group. 1 clap means jump. 2 claps means falling down. A boat means everyone is going to the same direction to wave at the boat. A monster means everyone is moving the furthest from that point. When we say a name, everyone goes around and claps him/her. When we say "I'm falling", everyone goes around that person and holds her/him avoiding the fall.	20 min
Mood walk	Body awareness	We walk arund the space emodying different elements (sand, ice, fire, honey...). Later is the surface the one that is embodying different elements and we have to walk around aknowledging it.	20 min
The chorus	Body awareness	The group is divided in two big groups. One is the orquestra and the other the chorus. Everyone is moving around the space. The chorus are eyes closed. The orquestra are moving making different sounds and the chorus have to dance accordingly. Later we change groups.	30 min
Dancing pairs	Body awareness	We make pairs that find a spot in the space. We play music and pairs dance accordingly. When the music stops, pairs have to start a brief impro following tha last movement they were	30 min

doing before stopping.

Train of people	Building trust	We divide the group in groups of 4 or 5 people. Each group is a train. The last person is the machinist that leads the group by touching right or left elbow for directions or head and neck for stop-start. We change positions til everyone has been in each one.	30 min
How do you feel?	Sharing moods	In pairs we share with the other how do we feel. The other has to figure out how to translate that mood in to a theatrical figure that represents it. We show and explain to the group or mood-figures.	30 min
Statues	One to one	In pairs, one person decides which material wants to be and the other sculpts him/her according to this material. Later we can give life to this sculpture that can do a brief impro.	30 min
Jiversih	Impro - One to one - no dialogue	We make two rows, one in front of the other, making pairs. Pair by pair, row A goes to B with gesture and incomprehensible short sentence. B, replies back. A resolves and goes back to place.	
Fireworks	Impro - one to one- no dialogue	We make two rows, one in front of the other, making pairs. At the same time, row A goes to B pretending to be a firework that goes from small to big (as we approach the other). Later we do it the other way, from big to small.	30 min
The present	Mime	We are in a circle. One by one, one person goes to another miming a gift. The one who receives the gift, takes it acknowledging sizes, weight... and replies "thanks for giving me a..." and makes up something. That person goes to another person with a different present.	20 min
The story	Story telling	In a circle. One person starts explaining a story. The group can say "yes", "no", "more" or "less", so the explainer has to modify the story accordingly. We keep changing the person who explains but the story has to be followed.	30 min

