

CORNERSTONE 2022 RESOURCE

The Art and Act of Improv, *Elective*

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SUMMARY:	In this session we will explore the fundamentals of Improvisation, as originated by the "Jewish Mother" of Improv, Viola Spolin, to strengthen our abilities to play, empathize, and build community mindedness at camp. No improv experience is required as we will learn that improv is not about being funny; it is about connecting!
ABC GOALS:	<p>Affective: Participants will feel...</p> <ul style="list-style-type: none"> • The power of connection that improv builds • Free to express their ideas and body in a safe container • Ready to bring the practices back to their campers <p>Behavior: Participants will be able to...</p> <ul style="list-style-type: none"> • Respond authentically to one another • Tap into a spirit of "yes and" thinking • Share the spotlight and feel when to take it and when to give to someone else <p>Cognitive: Participants will know...</p> <ul style="list-style-type: none"> • That improv skills can be used on stage as well as in day to day life • That the heart of an improvisational mindset is about being present and connecting • How to instill the values of improv in Jewish Camp's daily life
AUDIENCE:	20 campers. Any age group.
TIMING:	1 Hour
APPENDICES:	None
MATERIALS NEEDED:	An Empty Space and chairs

SET-UP DETAILS:

Any space with a large playing space and room to move around.

SESSION TIMELINE

- 00:00-00:10 - Name Game
- 00:10-00:25 - “Yes and”
- 00:25-00:35- Give and Take
- 00:35-00:55- Give and Take scenes
- 00:55-1:00- Closing

SESSION OUTLINE:

00:00-00:10 Name game

I am ____ and you are _____ and That’s a Wonderful Thing. In this game a tone of belonging is set in the room. Everyone is welcomed. Says their own name and lets the next person know it’s wonderful that they are here, too!

00:10- 00:25 Judaism is “Yes And”

Yes And circle- A quick introduction to the idea of “yes and”-ing an idea. Session leader will begin a story and have the person to their right add to it by saying “yes and” finding new details to build the story.

“Yes and” is predicated on agreeing on what has already come and adding to it. In improv we accept things as they are offered and do not negate the ideas that have come before. It’s more important to move the story forward and to “keep it building” than to be funny.

Debrief

What is inherently Jewish about “Yes And”

When was that challenging?

When was that easy?

When do we Yes And each other at Camp?

Where could we start?

00:25-00:35 Give and Take- Session leader will call out someone’s name to get them to begin a repeatable motion. The entire group should watch closely and try to replicate the action. After a few moments of everyone being in synch, the session leader will quickly call out another person’s name and they should begin taking the lead in an action that everyone

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can follow. After everyone has gone, Session leader explains they will no longer be calling out names and that the group should watch each other for the changes. When participants feel someone new has taken the lead it is the up to the group collectively to begin to follow along.

Debrief

- Where does this idea of "giving and taking" reveal itself in our camp lives
- Why does this strengthen community mindedness?

00:35-00:55 Give and Take Scenes (with a side of Shma)

Four people take the stage in two groups of two. They are given a location that they share. a bus, a dining hall, the lake etc.

Team A will begin a conversation inspired by the location. Team B will be in the scene, quiet to begin with, but listening. At a moment Team B feels ready to "take", someone from the pair will jump in and begin their own conversation inspired by anything they heard Team A say. Team A will "give" the stage to Team B by fading out and begin listening. Teams will go back and forth "taking" and "giving." until the Session Leader calls scene and welcomes up the next group of 4.

How might this game help us practice building empathy?
How does this relate to strengthening community mindedness?

00:55-1:00- share your biggest take away from today

BRINGING IT TO YOUR CAMP:

- All of these games can be played sitting or standing to accommodate the needs of all campers. Feel free to connect these and other improv games to any strengths you are building that summer or Jewish values and content.