



CREATE YOUR OWN PUPPET SHOW

DRAMA 1: - Drama Warm Ups and Improvisation

Drama Warm Ups: Playing Drama games

Improvisation: Using your creativity and your imagination on the spot

All the exercises in this session can be done individually or with multiple people.

Drama Warm Ups

1. Name and Action Exercise (KS1 / KS2)

Say your name out loud and add a describing word then an action to go with your name, the action can start with the first letter of your name. For example; 'Telescope Taylor', 'Happy Hannah', 'Football Freddie'. So, as an example, if your word is 'telescope' you would do an action that would show you are holding a telescope. This can be done individually or can be done with others and you can all copy of each other's actions.

2. The Bean Game (KS1 / KS2)

In 'The Bean Game' there are different types of Beans and each Bean has an action.

String Bean = Be as tall as you can and reach to the sky!

Broad Bean = Try and be as wide as you can!

Jelly Bean = Wiggle a best as you can!

Microwave Bean = Move in slow motion!

Frozen Bean = Freeze on the spot!

Running Bean = Run on the spot!

Keep repeating these actions, get someone to call out the different types of beans and the other person has to do the actions. You can swop and change who is the caller and who does the actions. You can play this by yourself by writing the bean names on pieces of paper, putting them into a hat and pick one bean action out at a time.

3. Counting to Eight (KS1 / KS2)

Wave your hands very slowly eight times, counting to eight for each wave. One wave = One number, say the number out loud as you wave your hands.

Example: *Hand Wave 'One'* – *Hand Wave 'Two'* – *Hand Wave 'Three'* etc. Until you reach Eight, then start back to one again.

Then to test yourself, you can change the action from a **hand wave to a clap**. But only change one number at a time.

Example: *Hand Wave 'One' – Hand Wave 'Two' – Clap Hands 'Three' – Hand Wave 'Four'*
etc.

So, in this sequence we have changed number Three to a clap whilst all the other numbers are still a hand wave. You can keep building on this, adding more actions to the different numbers.

Example: *Stomp Feet 'One' – Hand Wave 'Two' – Clap Hands 'Three' – Hand Wave 'Four'*
etc.

To make it challenging play around with speeding up the actions. You could have different actions for all the numbers one to eight. Again, this you can do as a group or individually.

4. Sweet Shop (KS1 / KS2)

This exercise is a face warm up. To get your muscles in your face warmed up.

Imagine you have walked into a sweet shop and you have a bag full of sweets. We are going to try one sweet at a time, but each sweet we try changes our facial expression to match the flavour of the sweet. Here are some examples.

Yellow Sour Sweet = Squeeze your face as small as you can, like you are eating something sour and pretend to chew your sweet.

Red Spicy Sweet = Stick your tongue out and shake your hand by your mouth like you are putting out a fire.

Pink Bubble Gum = Chew your mouth as big as you can and pretend to blow a bubble, then let it pop at the end by clapping your hands.

Rainbow Sweet = Yum, Yum the most delicious sweet. Rub your tummy and have a happy face.

You can also make up your own flavours if you like!

5. Tongue Twisters (KS1 / KS2)

- a. 'If a dog chews shoes, who's shoes does she choose?'
- b. 'I thought a thought, but the thought I thought, wasn't the thought I thought I thought'
- c. 'There's a white van man and his name is Sam, with a red lorry, yellow lorry, friend called Dan'

When you say any of these tongue twisters, you can have fun with them and change your voice as you say the tongue twisters. I.e. You could say your tongue twister like a **robot, a queen, in slow motion, in super speed etc.** Be creative see how many ways you could say the tongue twister.

Improvisation

1. The Imagination Box (KS1 / KS2)

In this exercise you are going to imagine that your hand is a paint brush, you are going to paint an imaginary box in the air, you can paint the box any colour you like and any size you like. Remember this is using our imagination, so you won't 'really' be painting a box.

Then you will pretend to open the box and inside this box is all over your imagination and creativity.

We reach into the box and take something out, we are going to pull out something from your imagination using mime (actions).

For example: If you pulled out a feather you would hold it gently but if you pulled out a bowling ball it might be quite heavy. So, your actions will be different when you pull out different imaginary objects. You can do this by yourself, or with others everyone has their own imagination box and one at a time everyone takes out something and the others have to guess what they might have taken from the box. **I.e. an action of brushing your hair.** A bit like charades.

2. Object Game (KSI / KS2)

For this exercise you will need to find random objects from around the home, **i.e. a whisk, sunglasses, wooden spoon, scarf, empty egg carton etc.** Thinking about our imagination box and doing an action, well now you can do an action but this time you have an actual object in your hands.

For example: If you had a whisk you could pretend to mix a cake.

However, in this game you need to choose an object but instead of doing an action for what it actually is, make the whisk into another object by changing your action.

For example: 'This isn't a whisk, this is a tennis racket' And move the whisk like it is a tennis racket.

You can do this alone and play around with different objects. To do this with other people you could all collect three objects each and then take it in turns to do an action with your object and everyone else has to guess what your action is, **so don't tell them you have turned your whisk into a hot air balloon for example.**

This game really helps you to think on the spot!



Thank you, that is the end of our Drama Warm Up and Improvisation Session!