



# Milk Crate Theatre Online Program 2020

## DEVISING THEATRE – 03

### IMPROVISATION

#### CLASS:

What is improvisation? What are some examples?

What are the rules and guidelines? Why do we need these?

What does it mean to support your fellow improvisers?

### IMPROVISATION

Improvisation is a key element of Devised Theatre.

We use Improvisation to explore our themes through various art forms, exercises and tasks.

Improvisation has its own set of rules that are very important to respect. This is because when we improvise – especially in front of an audience or group – **we are being open and vulnerable**. We are offering ourselves and ideas out into the world, and it is important that we all feel **safe** at all times when doing that.

The rules are there to protect us, and ensure that we stay open to any ideas that may arise, because these ideas could be really incredible, either in the moment, or somewhere down the line.

**There are no wrong ideas** (except where we are engaging in racism and sexism etc)

First of all – **RESPECT**

This means we do not engage in offensive language, behaviour, and we respect each other's personal space and boundaries

Second is – **SAYING YES**

This doesn't mean we have to give in if we feel uncomfortable, but the aim is to take an offering and turn it into something further. We remain OPEN to the offerings of our fellow artists.

## IMPROVISATION OFFERS US:

- **Ways to bypass overthinking** – which can be a hindrance to creativity sometimes!
- **Opportunities to create new pathways for ideas** – so we come to an improvisation with no pre-polished ideas – no creativity safety nets!
- **A space to be responsive in the moment**
- **Ways to explore being adaptable**
- **Fresh an in-the-moment connection with others** – sharing a creative objective!

## Key exercises

- “Yes And”
- “Yes But”

In pairs, create a scene / story / scenario together.

The first person starts with an opening line,

for example: “I love it here in the donut factory!”

The second person needs to reply, starting their sentence with “Yes, and –“

For example: “Yes, and the air smells so sweet!”

And so on and so forth.

Now try this using “Yes, but” instead.

This part of the exercise is great for teaching us how to remain open and not block each other, even when we have to use a word as divergent as “but”!

### ***Video Demonstrations:***

Blocking offers

Accepting offers

## TASK:

Rapid fire questions !!

See video!