

“Improv routines have helped my students embrace ambiguity, while developing their creativity in the process. These routines not only make thinking and creativity visible, they make it active as well.”

-Jason Blair
Eli Penney Elementary

“Improv exercises are an invitation for students to let go of the fear of failure.”

-Mya Fannon
Deer Run Elementary

“I think this thing we are doing right now is really helping our mind to start thinking.”

-Deer Run 3rd Grader

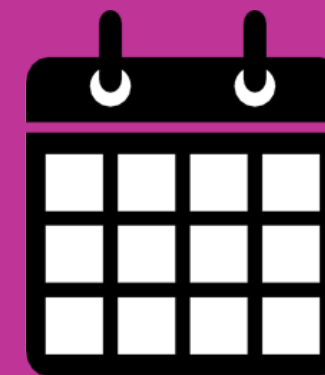


IMPROVISATION ALLOWS STUDENTS TO THINK DIVERGENTLY WHILE ENGAGING IN FUN, ACTIVE PLAY. NOT ONLY DOES IMPROV HONE COMMUNICATION AND PUBLIC SPEAKING SKILLS, IT ALSO STIMULATES FAST THINKING AND ENGAGEMENT WITH IDEAS. ON A DEEPER LEVEL, IMPROV HELPS CHIP AWAY AT MENTAL BARRIERS THAT BLOCK CREATIVE THINKING AND REWARDS SPONTANEOUS, INTUITIVE RESPONSES. PARTICIPANTS ALSO GROW IN CONFIDENCE AND FEEL MORE CONNECTED TO OTHERS.

21 DAY PLAN FOR MORE CREATIVE THINKERS

IMPROV





















BY
PATRICK
CALLICOTTE



THIS PLAN CONTAINS 21 DAYS WORTH OF IMPROVISATION EXERCISES THAT ARE DESIGNED HELP STUDENTS DEVELOP A HABIT OF CREATIVE THINKING. EACH WEEK CONTAINS TWO 3-MINUTE IMPROV WARM-UPS, TWO 10-MINUTE IMPROV EXERCISES, AND ONE 30-MINUTE DEEP FOCUS ACTIVITY.

21 DAYS TO MORE CREATIVE THINKERS

3-MINUTE IMPROV WARM-UPS
10-MINUTE IMPROV EXERCISES
30-MINUTE IN DEPTH ACTIVITIES

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
The Three Rules of Improv 	Walk This Way 	Family Portraits 	World's Worst 	I Got You a Gift 	Dance Off 	Five-Minute Invention 
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Emotional Fruit Salad 	Gibberish Definitions 	Let's Plan a Party 	Lead With a Body Part 	The Sound Ball 	Backwards Interview 	The Failure Bow 
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
The Alphabet Game 	Nice To See You 	He Said, She Said 	Dolphin Training 	Word Association Firing Line 	Machines 	Yes, and That Means 