

Let's do, yes let's

Performance

10-15 minutes

You will need:

Chairs, if your group prefers to sit

Large groups



Fun
Imaginative
Friendly

This activity is a fun icebreaker or warm-up exercise. The activity should be energetic, even if your group is seated, and there should be a sense of fun, enjoyment and exploration with plenty of laughter.

To prepare:

Set out the chairs in pairs around the space you are working in if your participants prefer to be seated.

To begin:

Invite your group to move around the space and find a partner. Encourage them to choose somebody they don't know so well or they haven't worked with before. If there is an odd number, the facilitator will need to join in to create the final pair.

Then:

One person in each pair suggests an activity by saying **"Let's..."** and then adding an action to finish the phrase. This could be anything: "look out of the window", "pretend we are swimming", "sing a song", "jump up and down", etc. Their partner then responds, **"Yes, let's!"** and they do the action together. The important thing is that there is no right or wrong answer or way of doing the action.

The partners swap roles and the activity continues with pairs changing the action frequently. This continues until a natural end arrives or the facilitator stops the activity and asks the group to change partners. When the group has warmed up with a couple of different partners, they can move on to the next stage of the activity.

Next:

Repeat the activity but for each round choose a task for the group which is modified and developed by the participants. You could decide on the task or invite participants to suggest them. For example, if the task is "Let's create a rhythm...", the pairs then work together to do this in as many different ways as they can. This might be on the table, on a chair, with their hands, on the floor with their feet, using a pencil on a cup, etc. Other ideas for tasks could be: "Let's... make funny noises ...walk in different ways... move at different speeds."

The pairs could experiment with not saying what they are going to do but just doing it, with their partner then joining in and copying.

You can carry out as many practical or imaginative activities as you like.

Credit:

Royal Exchange Theatre Elders
Company / Bill and Estelle.