

David Farmer

101

# Drama Games

& Activities

Foreword by David Wood OBE

**Disclaimer:** All these games and exercises are undertaken entirely at your own risk and the author accepts no responsibility for any accident or injury sustained while using this book.

© David Farmer 2007. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of David Farmer.

Paperback copies available from Amazon bookstores.

Full details at [www.dramaresource.com](http://www.dramaresource.com)

Published by Lulu

ISBN 978-1-84753-841-3

## Contents

<b>Advice to the players</b>	4	<b>Improvisation</b>	
		Yes, and...	24
<b>Icebreakers</b>		Alphabet conversation	25
Catch my name	6	Spin offs	25
Name show	7	Status pictures	26
Nutty names	7	Pecking order	26
Three changes	7	Make friends/argue	27
Heels and toes	8	Shoe shuffle	27
Two truths, one lie	8	Round robin	27
Greetings	9	Talk to me like the rain	28
Getting into groups	9	Hands through	28
Half-a-minute handshake	10	Breakfast serial	29
		Blank characters	30
		Future Perfect	30
<b>Warm-ups</b>		Martian and earthling	30
Space walk	12	Experts	31
Bomb and shield	13	Who am I?	31
Yes, let's!	13	People poems	32
Group juggle	14	Physical Theatre	32
Clap the ball	15	Scene from your life	33
Stick in the mud	15		
Fruit salad	16		
Kitty in the corner	16	<b>Mime and movement</b>	
Keepy-uppy	17	Follow the hand	34
Bill and Ben	18	Follow your nose	34
Sword and shield	18	Complete the image	35
Sound and action	19	Free association mime	35
Giving presents	20	Crossing the line	36
What are you doing?	20	Mirrors	36
Ten second objects	21	Mirror movers	37
Traffic lights	21	Mime whispers	37
Zip zap boing	22	Group shape	38

## 101 Drama Games and Activities

Points of contact	38	Pass the buck	56
Throw your face	39	Slap, clap, click, click	57
Animal animation	39	Betty Botter	58
Essence machines	40	Blind walk	59
Carbon copies	40	Mirror speech	60
		Desert island	60
<b>Group dynamics</b>			
Clap together	42	<b>Storytelling</b>	
Lifting a mirror	42	One word stories	62
Cross the circle	43	Random images	63
Deadly handshake	44	Random sound story	63
Energy ball	44	Story orchestra	64
Game of power	45	You're telling me	64
Human knot	45		
Hah!	46	<b>Sound</b>	
Noses	46	Beat it	66
Touch and tell	46	Rainstorm	68
Guess the leader	47	Sound circle	68
Count to 20	47	Sound pictures	69
There is only one liar	48	Walking breath	70
Trust circle	49		
Walk together	50	<b>Rehearsal</b>	
Sailboats	50	Gibberish	72
Wink murder	51	Moulding a character	72
		Script game	73
<b>Concentration</b>		Three moments	73
One-two-three	54		
Clap around the circle	55	<b>Addendum</b>	
Grandma's footsteps	55	Tongue Twisters	76
Greetings, Your Majesty	55		
Keeper of the keys	56		

## Icebreakers

*These games can be effective in many situations, providing a novel way to begin group activities and for people to begin to get to know each other.*

### **Catch my name**

A fun way of learning names. The group stands in a circle and begins by throwing a beanbag or bouncing a medium-sized ball, such as a children's football, across the circle from one person to another. Make sure people are ready to throw and ready to catch. Eye contact is important. Now, introduce yourself as you throw or bounce the ball across the circle – "Hi, I'm David". Once everybody has had a go at that, continue the game but this time say the name of the person that you are throwing to – "Jessica to Kelvin". The group should ensure that everybody receives the ball. One way of doing this is for everybody to hold one hand up until they have caught the ball, or each person folds their arms when they have thrown it.

- As a variation, the catcher can call out the name of the thrower.
- Ask everybody to call out the name of the thrower.
- More balls can be added in so that it develops into a *Group juggle*.
- Don't make name games into an actual test – people are less likely to learn names if they feel pressurised. Keep it light and enjoyable.
- A useful adaptation for language learners – use word categories so that each person throwing the ball must say a word in the named category.

### **Name show**

A fun way of learning names. Stand in a circle. Everyone must imagine that they are the host of a Game Show. One person at a time introduces themselves proudly to the rest of the group with a “signature” by saying (or even singing) their name and making an action to go with it. Everybody else then copies the name and movement. When you have gone right round the circle you can develop the game a step further. One person starts off by making someone else’s signature. That person must now choose another person in the group and make their signature, and so on.

### **Nutty names**

Going round a circle, people introduce themselves by adding a word beginning with the same letter as their first name, for example, “Peculiar Pete”, “Jumping Josephine” or “Sorted Sid”. They could also add an action.

- To help remember the names, you could pass a ball around the circle with each person saying the nutty name of the person they are throwing to.
- Or, you could go round twice and the second time they must say the name and do the action of the person on their left.
- Even the simplest name games do help you to remember names – it has been scientifically proven.

### **Three changes**

A getting to know you exercise. Two partners sit back to back and change three details of their appearance, for example the way they wear their hair, how their blouse is buttoned, which wrist they wear their watch on. They turn back and each has to try and spot the changes made.

## Icebreakers

### **Heels and toes**

A fun introductory warm up game, good for breaking the ice with a new group. First, you need to practice the technique on your own: Stand with your heels together and your toes facing outwards in a 'V' shape. Place your hands in front of you with the palms facing the floor. Bring the heels of your hands together and the tips of your fingers away from each other so that you make another V shape. Now jump up in the air and reverse the shape made by your hands and feet. When you land back on the floor, your big toes should be touching, with the heels apart, and the index finger tips should be connected to each other, with the wrists apart. Try jumping a few times, reversing the shape each time.

That was the easy part. Now comes the proper part of the game. Start again with the V shape made by your feet (heels together, toes apart), but make the *opposite* shape with your hands (index finger tips together, wrists apart). Try jumping in the air and reversing both shapes before you land. This seems nigh impossible – but comes with practice. You will find that your brain keeps trying to get your hands and feet to make corresponding shapes. When (if) you get really quite good at it, teach the whole manoeuvre to a group. They will be very impressed and find the whole thing a hilarious challenge. Great for encouraging a serious group to relax with each other.

### **Two truths, one lie**

Highly recommended for getting to know each other in a new group. Tell your partner three things about yourself – two of which are true and one of which is a lie. Now introduce your partner to the rest of the group and see if they can guess which was the lie.

Alternatively, tell your partner three true things about yourself and then swap over. Now the whole group makes a circle. Each partner introduces their friend to the group – they tell the group two of the true things and make up one lie about their partner.

### **Greetings**

Players mill around the space. On a given signal, they greet the next person they meet, then continue walking. The leader calls out a new way of greeting each time. Examples could be:

- Greet a long-lost friend
- Greet shyly
- Greet a famous person
- Greet someone you know a secret about
- Greet under water
- Greet someone on the ledge of a high mountain
- Greet as an Eskimo (rub noses)
- Greet as a Martian (make it up)

### **Getting into groups**

It can sometimes be hard to break the class into smaller groups without somebody being left over, or the same people always working with each other – so why not make it into a game? Call out a number, and people have to get into groups of that number. If they don't have enough in their group, they should make it look like there are the right number of people by spreading themselves out – making the group look bigger! The number can be as big or small as you like. Towards the end, pick a number that is the size of the group you want for the next exercise. Hopefully they will be fairly mixed up by then!



## Tongue Twisters

### Addendum: Tongue Twisters

*Here are a few tongue twisters to get your lips and teeth around. There are thousands of tongue twisters out there - these are just some of my favourites. You may also know slight variations of these - it's amazing what Chinese Whispering can do!*

*Remember, it's not just how fast you say them, but how clearly too.*

There's a chip shop in space which sells space ship-shaped chips.

I like New York, unique New York, I like unique New York.

Two toads totally tired, tried to trot to Tewkesbury.

The Leith Police dismisseth us.

A school coal scuttle, a scuttle of school coal.

Rubber baby-buggy bouncers.

Floppy fluffy puppies, floppy fluffy puppies.

Popacatepetl, copper plated kettle.

Peggy Babcock loves Tubby Gigwhip.

She stood upon the balcony, inexplicably mimicking him hiccupping and amicably welcoming him in.

Are you copper-bottoming them my man?

No, I'm aluminiuming them ma'am.

The sixth sick sheik's sixth sheep's sick .

All I want is a proper cup of coffee,  
Made in a proper copper coffee pot  
I may be off my dot  
But I want a cup of coffee  
From a proper coffee pot.  
Tin coffee pots and iron coffee pots  
They're no use to me -  
If I can't have a proper cup of coffee  
In a proper copper coffee pot  
I'll have a cup of tea.

The skunk sat on the stump. The stump thunk the skunk stunk.  
The skunk thunk the stump stunk. What stunk - the skunk or the  
stump?

What a to-do to die today at a minute or two to two,  
A thing distinctly hard to say but harder still to do.  
For they'll beat a tattoo at a quarter to two:  
A rat-ta tat-tat ta tat-tat ta to-to.  
And the dragon will come when he hears the drum  
At a minute or two to two today, at a minute or two to two.  
(Lewis Carroll)

Imagine an imaginary menagerie manager  
Imagining managing an imaginary menagerie.

How much wood could a woodchuck chuck, if a woodchuck  
could chuck wood?

Toy boats, toy boats, toy boats, toy boats, toy boats.

Peter Piper picked a peck of pickled peppers  
If Peter Piper picked a peck of pickled peppers  
Where's the peck of pickled peppers Peter Piper picked?

Paperback copies available from Amazon bookstores.  
Full details at [www.dramaresource.com](http://www.dramaresource.com)

Published by Lulu

ISBN 978-1-84753-841-3

Gain access to a personal collection of 101 highly effective drama games and activities, suitable for children or adults. Chapters include improvisation, mime, ice-breakers, group dynamics, rehearsal exercises, story-telling, voice and warm-ups. This unique book has been developed over a thirty year career in education and theatre, through workshops with actors, teachers and children around the world.

*'I have to thank you for providing the most creative resources I have ever seen to educate and entertain young children.'*

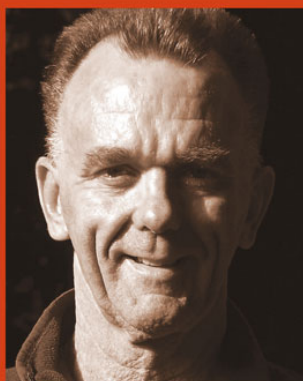
Matt Brown, Milwaukee, USA.

*'We wanted to congratulate you on a fantastic resource of ideas. We hope that you are as excited as we are that some of your games could reach up to 12,000 children this year.'*

Fiona Hahn, King's Camps, Sheffield, UK

*'I am always on the look out for resources that will help me in the studio and this book is perfect. The way in which the games are categorised into areas will save me time and ensure that my workshops are focussed in the right direction. The language used is straight-forward and the instructions are easy to follow.'*

Bernadette Collins, UK



David Farmer is a theatre director, writer and freelance drama consultant. A founder member of Tiebreak Theatre Company, his productions have been performed in schools, theatres and festivals throughout the United Kingdom and internationally.



[www.dramaresource.com](http://www.dramaresource.com)

ISBN 978-1-84753-841-3



9 781847 538413