

PASS THE ZAP!

Source: Melbourne Playback Theatre Group

Overview

A group passes a 'Zap!' around a circle. Additional actions can be incorporated to increase difficulty and extend the range of choices.

Improv Topics

- Listening and Awareness
- Being present
- Accepting offers

Purpose

- Communication
- Responding and reacting

Time

- 5 - 15 minutes

Number of players

- Various

Game Flow

Round One

- Stand everyone in a circle
- Explain that we are going to pass a 'Zap!' around the circle
- Demonstrate a 'Zap!' – focusing on the clap, sound and eye contact
- Explain that a 'Zap!' can only go around the circle, but in either direction
- Practice passing the 'Zap!' around the circle
- Send the 'Zap!' in various directions
- Have more than one 'Zap!' circulating at any time

Round Two

- Introduce the 'Whoosh', that is a 'Zap!' that is sent across the circle with a two-handed throwing action and the sound 'whoosh'
- Whoever receives a 'whoosh' can send it across the circle again as a 'whoosh' or turn it back into a 'Zap!' and send it around the circle
- A 'whoosh' can only go across the circle

Round Three

- Introduce a 'boing'
- If someone sends a 'whoosh' to you, you can choose not to receive it by raising both arms and saying 'boing'

Now play the game incorporating zaps, whooshes and boings

Suggested debrief questions

- This seemingly silly game is very powerful and can be used to explore a number of concepts, so a debrief of this game is a good idea

- What did you find easy? Hard? Why?
- What does this game reveal to us about choice?
- What does this game tell us about how we respond? Our patterns? Did you respond the same way each time? Why? Why not?