

I Am A Tree

Source: Improv theatre warm-up

Overview

A participatory activity to encourage connecting of ideas and creativity

Purpose

- Communication
- Teamwork
- Creativity

Supplies

None

Time

- 5 – 15 minutes

Number of Players

- From 4 to 40

Activity Flow

- Stand the group in a circle, with the first player in the centre
- First player strikes a pose and says I am a tree
- Second player comes in and strikes a relational pose and says what they are in relation to the tree (eg leaf, fruit etc)
- Third player comes in and completes the picture with another element
- First player says what they will keep, and they and the other player leave the centre of the circle
- Remaining player repeats what they are (eg I am a fruit) and the game continues with two more players coming in
- Continue until the game breaks down

Debrief

- How hard or easy was it to think of something?
- What is the point of this game?
- What was it like to be left in the centre without any other players?
- What encouraged or prevented you from taking part?