

Tell Us 'That' Story

Source: Improv for Humanity, Oxford, 2016

What is it for?

A way to warm people up to sharing personal stories.

What to do

Form small groups of between 4 and 6 people. This is best done standing up, in a circle. There are three rounds to this activity. Introduce each round in turn.

Round 1

- Select someone to start
- They say a single random word, then each person in the group takes a turn to also say a single random word.
- Continue for a couple of minutes

Round 2

- Continue as before, except this time, let your word be influenced by the previous word(s)

Round 3

- Continue as per Round 2, except this time, anyone in the group can point to another person and ask them to "tell us that story".

Anything else?

You may need to instruct participants to tell a short, personal, true anecdote about the word when they are asked to share a story. Some people may think that a 'story' has to be made up, fictional.

This is a useful activity when participants are reluctant to share stories of their experiences, or declare that they have no stories!