



# IMPROV FOR FAMILIES

## The Rules:

- 1. Have fun** - What's valuable about fun? Everything! Fun makes things better, keeps us alert and makes the time worth spending! Most importantly, fun helps us learn!
- 2. Dare to Fail** - Failure means risk... and we celebrate risk. Without risk taking, some of the most important inventions discoveries would never have been realized!
- 3. Be a Good Sport** - If we're taking risks and learning, then we want to be a good sport, not just to each other, but to ourselves. Take a Failure Bow: laugh it off, let it go, try again.

### Make it EPIC!

**E**nergy  
**P**acing  
**I**n the Moment  
**C**ommitment

### Set A Timer

- Take 5-10 minutes
- Focus on enjoyment over outcomes
- Remove distractions and play!

## Yes! And...

### Awareness > Offer > Acceptance > Addition

Make your response connected to what they just said or did.

Make the other person look good, look smart and look valuable.

Literally start with "Yes! And..." and then fill in the rest of the sentence.

## Take Home Games

### Two Things In Common

Ask questions to find two things in common that you didn't know already.

### First Letter Last Letter

The last letter of your partners line is the first letter of your line, and vice versa. Listen fully without planning ahead.



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## Physical/Energy Games

- 1. Stop/Go-** One person calls out the actions: Stop = Freeze, Go = Walk, Face = Funny Face, Clap = Clap (duh). Round 2: Switch the meaning of the actions. For example, when you say “Stop” people must start walking. When you say, “Go” people freeze. Have fun waking up your brain and making mistakes.
- 2. Mirror-** Face your partners. Take turns leading while the other players copy your actions like you are looking in the mirror. Round 2: stop taking turns explicitly. Lead and follow organically without talking.
- 3. Family Portraits-** Time for some selfies! Call out an adjective, count to five while you all move in to position to pretend to be that kind of family and take their photo. Capture the Stinky Family, The Confused Family, The Superhero Family, etc.

## Quiet/Table Games

- 1. Collaborative Drawing-** Draw two eyes on the page. Take turns Yes Anding each other by adding to the portrait. Then title it one word at a time. Round 2: Write letters, poems, or movie trailers by taking turns adding a word at a time to the piece.
- 2. Where Have My Fingers Been?-** Start by pointing to your partner and giving a suggestion of a place or location. Then your partner uses their fingers as puppets to act out a short scene. End the scene by saying, “And that’s where my fingers have been!” and point to the next player to suggest a place.
- 3. A \_\_\_ Walks Into A Juice Bar -** Make up your own jokes riffing on a classic joke format. For example, “A chicken walks into a juice bar. The juice bartender says, “Sorry, we don’t serve chickens here. Try the place across the road.” Pick a silly person, place or thing that could walk in and riff away!

## Bedtime Stories/Games

- 1. Story Spine-** Co-create new bedtime stories using Kenn Adams’ Story Spine. Complete each line of the story prompts in sequence. Once upon a time...And every day...Until one day...And because of that...And because of that...And because of that...Until, finally...And, ever since then...The moral of the story is... Round 2: Use this structure to tell real stories of you, your kids, or your family.
- 2. Countdown-** Try to countdown from 21 as a group. Take turns saying numbers. No one can go twice in a row. If anyone talks at the same time, you start back at 21. Focus on breathing, relaxing, and tuning in.
- 3. Improvised Lullaby-** Feeling brave? Try taking a lullaby you already know (Rock-a-bye baby, Twinkle Twinkle, You Are My Sunshine) and have your kiddo suggest a new key word to use in the lullaby. “Twinkle twinkle little balloon, I hope you will be asleep soon...” Have fun making up the new songs.