

Freeze

 10 minutes  Large groups  Distanced

This exercise will help to develop your group's improvisation skills and is great for getting the students used to performing in front of an audience.

- Ask participants to stand in a circle.
- Encourage two people to step into the middle of the circle and begin an improvisation — a theme or title can be suggested if required.
- Explain to the remaining participants around the edges of the circle that they can say 'Freeze!' at an appropriate point e.g. when the performers reach a moment of interesting physicality, or when the scene peaks.
- When 'Freeze!' is called out, the performers must stop and stand completely still without altering their position.
- The person who has called out 'Freeze!' then enters the circle and taps one of the performers on the shoulder and replaces them, replicating their exact physical position.
- Explain that the new performer then uses this position to inform the following fresh improvisation, for example if they are on their hands and knees, they may start searching for a precious lost item on the floor.
- This can be allowed to continue several times until everyone has had a chance to improvise.

