MISTAKE ME

Élményakadémia



N° of pax
min. 9 max 60

indoors | outdoors

60 mins

verbal and body improvisation activity

MATERIALS

no specific material needed

PURPOSE

- reframing mistakes
- creating a joyful atmosphere
- ice breaker and connection to new people

PREPARATION

have clear space indoors or outdoors where your participants can fit and they can easily move

INTRO

We use improvisation theater techniques to practice making "mistakes" and to present them as solely trials or experiments. These activities are funny and joyful and they present how errors are just natural outcomes of actions.

STEPS

We use improvisation theater techniques to practice making "mistakes" and to present them as These are a series of activities which are built upon each other, sometimes participants work in duos sometimes in trios.

solely trials or experiments. These activities are funny and joyful and they present how errors are just natural outcomes of actions.

A. *"Count with me!"* / **1.** Ask participants to be in pairs. First, showcase what you want them to do. The pairs stand face to face in the room/space and 1-2 meters away from other pairs. **2.** iWith the support of your pair count till 3 - in a way that it is continuous and one person can tell only one number and the other has to continue counting. Example: A -1; B-2; A-3;B-1; A;2;B-3 and so on until the time is up. *Approx. 5 mins* **3.** The next round will be leveled up: instead of saying out loud the number "2" -replace it with a clap. Example: A - 1; B - clap; A - 3; B -1; A - clap; B - 3 and so on. *Approx: 5 mins.* **4.** The coming round is a bit more advanced compared to the previous ones: instead of saying "3" replace it with a small jump. Example: A -1; B - clap; A - jump; B - 1; A - clap; B - jump and so on. Try to experiment with it for 5 minutes. **5.** As for closing this activity, ask for a presentation from a duo to show it in front of others how they "count".

B. "Team fitness"/ **1.** Ask participants to work in trios. Introduce that it will be a small competition but only in order to bring back childhood memories and to give an emphasis to our efforts - but it's a joyful competition. **2.** Showcase the activity for better understanding. The task is to have three different body positions presented as quickly as possible without verbal agreement. The positions are given: 1 team member has to lie down on the ground, 1 team member has to squat, 1 team member has to stand. In each round given, the team that takes up this unique position fastest, wins.They cannot discuss who is going to do what, they have to tune onto each other spontaneously. If 2 members are in the same position it's an error. **3.** Before starting the activity, make warming up circles, so participants understand what the activity is and how they can be in rapport with each other. **4.** Start the competition! Only one trio can win. You give a signal - clap, whistle - and they need to find their positions: the slowest trio is out of the round. You do as many rounds until there is only one winner trio left. **5.** Celebrate the activity! *Approx. 15 mins.*

C. "Tell me, what is this?" / **1.** You ask participants to work in duos. You are either indoors or outdoors, probably you have many many objects around you (table, chair, markers, ceiling, window etc.) We are going to play with the names of these objects. **2** The first round is simple : you ask the duos to choose between the role of a "Pointer" and a "Talker". One member of the duo will be either this or the other. The task of the Pointer is to point on objects (concretely) and the task of the Talker is to say out loud what it is. They need to go around in the room/space and "collect" as many objects as possible. *Approx. 5 mins.* **3.** In the next round the task is the same only they need to switch roles in the pairs. *Approx. 5 mins.* **4.** The coming round is leveled up: there has to be a "delay" in the flow of telling the objects. It means the "Pointer" shows first the window, second the floor, third the table - the Talker starts to talk only when the Pointer shows the 2nd object which is the floor, but instead of saying "floor" he/she needs to say "window" - which is the name of the first object. In the case of the third object - which is the table, he/she needs to say "floor". It means the Talker is always one step behind. *Approx. 5 mins.* **5.** Change the roles between the "Pointer" and the "Talker". *Approx. 5 mins.* **6.** The coming round is the following: the Pointer shows an object and the Talker can say anything except what the real name of the object is. For example: Pointer shows the column - the Talker says - Michael Jackson; the Pointer shows the rug - the Talker says cauliflower. Approx. 5 mins. **7.** Final round: change roles. *Approx. 5 mins.* **Come together for the final reflection of the 3 activities.**

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REFLECTION

• How were the improvisation activities for you? • What do you think a mistake is? • How can these activities support you in your well being? What did you learn about your well being?

COMMENTS

The activities are usually fun for the participants. They are not built on each other strictly - you can vary how and when you want to work with them.
If you want to frame the activity you can ask participants what they think about mistakes - at the beginning and after the experience as well - you can track the changes.
If you want to add a storytelling element - you can introduce an activity which is done in 3,4,5 people groups and one person can say only one word, but they still need to tell a well-known story - Snowhite, The 3 Piglets, Little Red Riding Hood, Cinderella etc.