

## Indoor Activities

Here are some indoor drama activities that you can try with your families at home. The name of each activity is **bolded** and the directions on what to do is underneath. 😊

### Pass the Face

- The entire group stands in a circle.
- The leader begins by turning to her/his left and passing a goofy face.
- Each person passes a different face. They shouldn't copy the face of the person before them.
- *Variation: Instead of passing goofy faces, pass emotional faces.*

### What Are You Doing?

- All of the participants pair up.
- Within each pair, one player (it doesn't matter who goes first) asks the other "*(their name), what are you doing?*"
- The second player responds by naming whatever action comes to mind, from "*I'm building Frankenstein*" to "*I'm dancing in a ballet*" or whatever.
- The first player then immediately starts performing whatever action the other player named, and while they are doing so, the second player asks them, "*\_\_\_\_, what are you doing?*" and enacts whatever action the other person names.
- This goes very quickly and, once it gets started, both players should always be doing something physically. Theoretically, this can go back and forth forever.

### Count-Off

- Arrange participants in a circle.
- Tell participants to count to the number 23 out loud, with only one person saying a number at a time.
- There can be no planning and everyone must speak once before someone can say another number.
- If two people say the same number at the same time or a number is said twice, the group must start over.

### **Two Truths and a Lie**

- Have every participant secretly write down two truths about themselves and one lie on a small piece of paper.
- Once each person has completed this step, gather in a circle and one by one state your three statements.
- The group must decide which one they think is the lie.

### **Ribbon of Sound**

- Sit in a circle.
- One person starts a sound.
- The next person picks it up and it travels around the circle so it becomes a ribbon of sound.
- Each person should pick it up and pass it on as quickly as possible.
- Transform it into another sound-with the person next to the one who started the first sound.

### **Mirror**

- Face a partner and “mirror” their actions.
- Do both big and small movements. Do both fast and slow movements.
- Switch around so that each person has a turn leading.

### **One Word at a Time**

- The object of this game is for the whole group to tell a coherent story, one word at a time.
- Around the circle, participants will add one word to the story.
- Reminder: You can start new sentences! You don't want your story to be one long sentence.
- *Variation: This game can also be played as “one line at a time.” Going around the circle, each person must add a new sentence to the story, taking turns to create a coherent story.*

### **Cooperative Stand Up**

- Choose partners.
- Sit back to back on the floor, legs straight out in front. Interlock arms.
- Try to stand up together as a unit by pushing against each others' backs.