

ATC 10: Teacher Guide to Improvisation

Dim the lights

Have students lie on their backs with eyes closed.

Instruct them to listen for a body part and an adjective (What is an adjective- a word used to describe something) and then move that body part in the way in which the adjective describes

Once you have given adjectives for each body part starting with the toes and working up to the head, students will be instructed to stand

When students are standing, this is where their own Improvisation will take place. You can instruct students to open their eyes or keep their eyes closed depending on the space you have.

Students will need to be reminded to be careful so that they do not mistakenly hit a peer (if eyes are closed)

You can direct students during the standing improvisation (see chart below)

Use a variety of instrumental music (Classical, Global, Jazz, Contemporary)

HOW	Body Part	Adjective	Alternative Adjective <i>(Teachers may wish to write their own adjective or have students work in groups to come up with other adjectives)</i>
Lying down	Toes	Wiggle	
	Feet	Scrunch	
Eyes Closed	Ankles	Roll	
	Legs	Spiral	
	Hips	Sway	
	Rib Cage	Isolate	
	Shoulders	Shrug	
	Arms	Twist	
	Wrists	Rotate	
	Head	Nod	
Standing Eyes Closed or Open	Students will be directed to slowly stand up and begin moving how they feel. Teacher may want to instruct students to incorporate other movements into their improvisation (especially for students that this activity is particularly difficult for).		
	• Incorporate the Head		
	• Incorporate the Wrists		
	• Incorporate the Arms		
	• Incorporate the Shoulders		
	• Incorporate the Rib Cage		
	• Incorporate the Hips		
	• Incorporate Turns, Locomotor Movements, Jumps, Skips, etc.		
Lying Down Eyes Closed	Students will be instructed to slowly move their way back down to the floor and end how they began, lying down on their backs. Teachers may wish to use adjectives for the movement to the ground. (Examples: melt, spiral, twist, recoil, etc)		