



Let it Flow (Intro to Improv)

Syllabus

Presented by: InspireFlow Arts LLC

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Sessions: 8

Frequency/Duration: Once per week/1 hour

Week One – *Free Your Mind & Open Your Eyes*

- Focus on having an open mind to allow stepping outside of the comfort zone to agree and say **YES**.
- Focus on creating a safe, comfortable environment for collaborating with each other.
- Improv exercises will include opportunities for self-expression, getting to know one another, and building off of each other's expressions.

Week Two – *Lend Me Your Ear & Give Gifts with Your Lips*

- Focus on active listening so that we hear each other and are heard by each other to say **YES AND**.
- Improv exercises will develop focusing skills and **adding new information** by being specific and **making statements**.

Week Three – *Throw Your Hands in the Air*

- Focus on **establishing location** and **awareness of the environment** you're in.
- Improv exercises include object work and awareness of weight, temperature, weather, volume, measurements, etc...

Week Four – *Ya Feel Me*

- Focus on relationships and using **emotions to develop characters** that react strongly in the moment.
- Improv exercises explore emotional stakes of **heightening** emotions from the lows to highs.

Week Five – *Let's get Physical*

- Character building focusing on physicality.
- Combine emotional and physical characteristics to explore the world of the characters made up.

Week Six – *It Takes Two to Make a Thing Go Right*

- Focus on establishing and progressing a scene building from previous weeks' lessons.
- Improv exercises will include two-person scenes.

Week Seven – *Who Got Game?!*

- Focus on continuing to build from previous lessons.
- A variety of improv games will be played.

Week Eight – *Here They Come Yo, Here They Come*

- Preparation for final show – determine who will be playing what games and run them.

TBD – *It's Showtime*

- Culminating Performance