



NAME OF EXERCISE	IMPRO WARM-UP: DO SOMETHING!	
SOURCE	Contributer: Marika Alhonen	
USE IN GAME-PHASE	Getting into the game	During the game
DURATION	15 minutes	
PARTICIPANTS	2-15 persons, whole group	
PURPOSE	The Do something-exercise is a warm-up exercise based on improvisation methods. It helps the participants to get into right mood for playing the Game of Change. It is also a gentle step towards stepping into one's role in the game and supports the participants to use their intuition, to listen to others and to dare to try out something spontaneously.	
SHORT SUMMARY	All participants stand in a circle. Three people together form a statue whose parts build on each other. One person begins by standing in the centre of the circle and saying: 'I am an object! This person takes the position that best embodies the object that the person spontaneously thought of beforehand. Now another person joins the first person in the centre of the circle and says: 'I am an object that is connected to the first object', taking up the corresponding position, followed by a third person who does the same. It is not decided in advance who these people are or which image they will create together - everything is spontaneous and improvised.	
LifeComp - Competences	P2 - Flexibility	S2 - Communication S3 - Collaboration
USES & OUTCOMES	● To be in the moment. ● Be spontaneous ● Trust your intuition ● Practice not-knowing and dare to try out new things ● Collaborate and communicate ● Train pantomime and body language	
ROOM REQUIREMENTS	A space that is free from furniture and big enough so that the participants can stand in a circle.	
PREPARATION / MATERIALS	No materials needed.	
INTRODUCTION	We are going to try out an improvisation exercise that will prepare us for going deeper into the game of change. In this easy and fun exercise, we will practise doing something spontaneous together with two other persons. The end result is a still picture with ideas from all three persons. We will most likely laugh and have fun also. Step into the circle when you feel it is your turn and encourage the others when they are playing. Principles ● Accept the ideas of the other participants and collaborate ● Do not plan, be spontaneous ● Listen to your intuition and let the body guide you	



SEQUENCE OF STEPS – DESCRIPTION	
STEP 1 1 MIN	Everybody stands up and the group forms a circle.
STEP 2 2 MIN	The facilitator gives an example of how the exercise works.
STEP 3 1 MIN	Example: Person 1 steps into the circle, says: “I am a tree” and takes the position of the tree Person 2: steps into the circle next to person 1, says “And I am a flower under the tree” and takes the position of the flower. Person 3: steps into the circle next to persons 1 and 2, says “And I am a bee on the flower” and takes the position of the bee. The facilitator and the rest of the group encourages and applauds. Such a sequence is repeated as many times as necessary always starting with one person.
REFLECTION	The facilitator can ask the participants to discuss with the help of some reflection questions - How did this exercise make you feel? - What was easy/challenging? - What did you learn from this exercise?
TIPS	The facilitator can refer to basic principles of improvisation: - yes-and: accept offers from others - approve your own ideas - support others - just do something It is important to keep the atmosphere light and encouraging.