Rapid Fire Freeze[[1]](#footnote-0)

Tags: speaking, listening, improv, warm-up

Type: Whole class

Time: 5-10 minutes

## **Why are we doing this?**

This exercise trains our yes-and responses and imagination. We are practising establishing scenes through activities and environments.

## **What materials/set-up do I need to prepare?**

You do not need any materials but a stage-like space is required. That can be a raised stage or just a part of the classroom that has been cleared of furniture.

## **How do we do this?**

Two players are needed to start the scene. Once they have established the scene (this can be as little as one person throwing an imaginary ball to the other person and saying “Catch!”), an off-stage player yells “freeze!”, the improvisers on-stage then need to freeze in their last physical positions. The off-stage player then taps one of the characters out and takes their exact physical position and starts a new scene. (if they tap the person that pretended to throw the ball and had one hand up in a throwing position, the new player can change that pose into trying to put a star on top of a Christmas tree). Once the new scene has been established, another off-stage player yells “freeze!” and the process repeats itself.

The players off-stage do not need to have formulated a new idea before they yell “freeze!” Some of the best ideas come when the person has joined the stage.

## **Alternative methods:**

This exercise can also be extended into a short improv. Instead of freezing as soon as the scene has been established, allow the on-stage players to improvise a short conversation.

1. **Source:** *Warm ups*. Canadian Improv Games. (2021, October 27). https://improv.ca/warm-ups/ [↑](#footnote-ref-0)