Trifecta[[1]](#footnote-0)

Tags: speaking, movement, listening, improv, warm-up

Type: Whole class

Time: 10 minutes

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

This exercise is to train idea association, teamwork and imagination. The mindset for this exercise is “yes, and” where we work with each other to create compelling and related scenes.

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

No materials needed but enough space is required for the students to form a line and a little performance space.

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

Students create a line against the wall. They can also be seated but standing gives them more of a prompt to join the activity.

With or without a suggestion, a student will step forward and assume the role or something. For example, a student might step forward and announce that they are “a fire hydrant” and pose with their arms by their sides. A second student then adds to the scene by creating a complimentary idea, announcing that they are “a dog” and go to the “hydrant” and lift up one of their legs. A third student then joins the scene and adds their complementary idea. “I am a hot summer’s day” and pose with their arms out like sun rays.

After the third idea has been added to the scene and a trifecta has formed the first student chooses one of the other two ideas to take with them off stage. For example, “the hydrant” picks the second student and says “I’ll take the dog” and then they leave the stage together.

The third student stays and is now the new catalyst for the scene. They repeat their idea “I am a hot summer’s day” and a new set of ideas grows from there. These are related to the prompt “I am a hot summer’s day” but unrelated to the hydrant and the dog.

The game continues from there, with the first student in each trifecta choosing one of the other two and taking them away.

Try and keep a swift pace where students are encouraged to throw whatever pops into their mind that they find complementary to the base idea.

## **Alternative methods:**

This exercise can also be changed from a warm-up into an improvised scene. The students then have to create characters, in a space, with a problem or event. If the first person is “a hydrant” (scene), the second person can become “a firefighter on the first day of the job” (character) and the third becomes “a wild, out of control fire” (problem). Have them improvise a short scene before the first person chooses one of the others to walk out with. If “the hydrant” and “the firefighter” walk out together the “wild, out of control fire” can become a problem in another scene (f. Ex. a night time beach party) with other characters (f. Ex. a surfer).

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