Zip-Zap-Boing[[1]](#footnote-0)

Tags: speaking, movement, listening, warm-up

Type: Whole class

Time: 5-10 minutes

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

 We are waking up our bodies and minds and having fun producing sounds. This exercise is excellent to raise energy levels.

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

No materials are needed but you need space to form a circle. This exercise can get very energetic and loud so close the door to not bother your neighbours.

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

This is a hot potato style game where the players send sounds around the circle accompanied with a move.

Start by clapping your hands while saying “Zip!” and pointing with hands together to the person next to you in the circle. That player must then immediately clap and point their hands towards the next person while saying “Zip!”. Go the entire circle with everyone getting a chance to say “Zip!”. It is best to pick just one direction to start with.

The next step is to add “Zap!”. A “Zap!” lets the player send the clap to a person that is not next to them in the circle. Send a “Zap!” to a person on the opposite side of the circle and have the students mix the “Zip!” which always goes to the person next to the player and the “Zap!” which can travel to any person in the circle that isn’t next to the player.

The final step is to add the “Boing!”. The “Boing!” lets the person who was “Zip!”-ped reject the clap and forces the player who just clapped to turn around and “Zip!” the person standing on their other side. This adds more directions to the game keeping the players on their toes. The players can “Boing!” a “Zip!” but they cannot “Boing!” a “Zap!”. The “Boing!” sound is accompanied with a move where the person spreads out their arms and pretends to be a rubber wall the clap bounces off of.

If a player stumbles, freezes or does a wrong sound/move the game has to restart.

## **Alternative methods:**

The game can also be played with a three strike rule where if a person fails to immediately respond or does an incorrect sound/move three times they are out of the game.

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