

What is it for?

A group passes a 'Zap!' around a circle. Additional actions can be incorporated to increase difficulty and extend the range of choices.

Time & People

5 - 15 minutes

Any number

Ideal: around 15

For large groups, demonstrate and then set up several groups

Materials

None

Source

Improv Theatre Game

And also...

You can make variations with different names for the actions - eg an EastEnder version could be 'Oi' 'Take it!' and 'Nah'

Description

Round One

- Stand everyone in a circle
- Explain that we are going to pass a 'Zip!' around the circle
- Demonstrate a 'Zip!' – focusing on the clap, sound and eye contact
- Explain that a 'Zip!' can only go around the circle, but in either direction
- Practice passing the 'Zip!' around the circle
- Send the 'Zip!' in various directions
- Have more than one 'Zip!' circulating at any time

Round Two

Introduce the 'Zap', that is sent across the circle (ie not to a player you would Zip to) with a two-handed throwing action and the sound 'Zap'

Whoever receives a 'Zap' can send it across the circle again as a 'Zap' or turn it back into a 'Zip!' and send it around the circle

A 'Zap' can only go across the circle

Round Three

Introduce a 'boing'

If someone sends a 'Zip' or a 'Zap' to you, you can choose not to receive it by raising both arms and saying 'boing'

Now play the game incorporating zaps, whooshes and boings

Suggested debrief questions

This seemingly silly game is very powerful and can be used to explore a number of concepts, so a debrief of this game is a good idea

- What did you find easy?Hard?Why?
- What does this game reveal about choice?
- What does this game tell us about how we respond? Our patterns? Did you respond the same way each time? Why? Why not?