

Improvisation Starters

Focused Walking



What Is Focused Walking?

Learn the foundations of improvisation with Focused Walking. Explore spatial awareness, physical awareness and play.

What do you need?

- A pen or pencil
- Drama Journal Template

Let's explore

1. In the video, you were asked to move around the space in a variety of different imagined states, such as:
 - you're late for school
 - it's raining and you have no umbrella
 - you're lost
2. Now, write down other ways in which you might be able to move around the space. When doing so, think about how the 'actions' you chose will affect your body and movement.

Tips

- The purpose of this activity is to develop observation and listening skills. By focusing on moving in an imagined space you build a foundation to further explore characters, scenarios and improvisation.
- Actions are a dramatic term which relate to the intention behind what you or your character are doing.
- Think not only about how, but why you choose an action.

What have you learned?

- Which actions worked best? And why was this?