

SUPERHERO NAME GAME: 5 MINS

- **Instructions:**

- Whole group stands in a circle, leaving space between each other for free movement/flailing limbs.
- Round 1: Creation
 - One person begins by sharing their superhero name, and pose.
 - Create a superhero name is using alliteration.
 - Example: Punching Paul, or Pacifist Paul, or Pleading Paul.
 - EVERYONE in the circle should repeat the name and pose in unison
- Round 2: Echo
 - Do the intros quicker with call and response with the same names and poses
- Round 3: Simultaneous
 - Repeat each name and pose at the same time (no call and response)
- Round 4: Passing
 - Pass the names poses around the circle as follows
 - PERSON A says their own name and pose.
 - PERSON A says the name and pose of any one in the circle (PERSON B)
 - PERSON B says their own name and pose
 - PERSON B says PERSON C's name and pose
 - etc

- **Notes:**

- There is a mind/body connection in all things and improv is no different!
- Superhero Poses gives us a chance to move our bodies, get the blood flowing, and connect with each other all at once.
- This is also another chance to get familiar with each others' names and get used to speaking in front of the group which will help to build trust and comfort!
- Spelling names is another way to help ourselves remember.
- *INCLUSIVITY:
 - Remind participants to take care of themselves and adjust accordingly to be physically comfortable in this exercise.
 - Facilitators can offer accommodations for participants who might be uncomfortable/unable to shake out limbs
 - (participate while seated, snap fingers/tap toes, wiggle shoulders/wiggle knees, etc.)