

Solo Improv Games

Here are some fun games to do by yourself to get you “out of your head” and into solid, improvised scenes.

Word Association

See and object in the room and without pausing, start talking about that object. You could describe, or better still, start an association about an experience you have had with it.

Gibberish

Start speaking nonsensical, non-English babble. Adjust your inflection, tone or emotion as you speak the line of gibberish. Change your energy and point of view.

Dada Monologue

Look at an object in the room and begin saying it’s name. As you talk try not to stay on any idea for too long and make sense of nothing. Here is an example:

Lamps are cats when the tree frogs tell a story of bagels from New Haven. When I was fifty cents I wanted my own hop in the garden of tire racks. You see the canaries were leaning on my grandmother’s marsh when drops of rock tossed up a bed of newborn chairs.

Film Dialogue

Turn on your television. Turn off the sound. Find a movie. Improvise the character’s dialogue.

Write an Improvised Scene

Sit down at your computer. Now write a two-person scene, but do it in this way:

- Get a timer and allow yourself five minutes.
- Never, ever, ever, never stop typing. (It is hard and your fingers might hurt at the end of five minutes.)
- Do not censor yourself or self-edit or worry about spelling or punctuation. Just keep typing fast.

Do not worry if the scene is bad. Do not worry if the scene doesn’t make sense.

Songs

While walking or driving improvise a song. This can be quite scary for some people, but you are doing this solo, so who cares? As you sing discover the melody and what the song is about all at the same time. Rhyme in your song or not, but eventually, learn to rhyme.

Put a list of solo games on a Post-It Note in your car. Your car is a great place to practice– as long as there are no passengers. Besides, the other drivers already think you’re nuts from that left turn you just made.

Solo Games from “Improvise: Scene from the inside Out” by Mick Napier