



175 Theatre Games: Warm-up exercises for Actors

Nancy Hurley

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The games and exercises in this book are designed to be used as warm-ups at the beginning of a theatre class. They have been used successfully with middle grade students and they can easily be adapted for use with older teens, children and adults in various settings. The games are divided into twelve categories for easy reference: Clowning, Cooperation/Teamwork, Focus/Concentration, Getting Ready, Improvisation, Listening, Name Games, Observation, Pantomime, Stretching/Relaxation, Stage Movement, Voice. The games have been adapted from many books, workshops and standard group activities. This is a comprehensive collection of tested games and exercises. A must book for every theatre library.

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