

Hope & Pádraig

Creative Writing and Devising

Exercise 1: Zip Zap Boing

10 Mins Approx.



Group
Layout



Focus



Energy

Introduce the commands:

- **Zip:** The player points to the person on their left or right and says "Zip".
- **Zap:** The player points to anyone in the circle (except the person who just pointed at them) and says "Zap".
- **Boing:** The player crosses their arms in front of them and says "Boing" to bounce the action back to the person who just pointed at them.

- Players must pass the sounds quickly. If someone hesitates or makes a mistake (e.g., says the wrong word or points incorrectly), they are out of the game.
- Once this progresses maybe the group can replace the standard sounds with words or sounds of their own which the whole group agrees on, or which one person who volunteers suggests

Exercise 2: Name Rhyming

5 Mins Approx.



Group
Layout



Focus



Energy

- Everyone takes a minute to think of a rhyme for their name, hands on your head when you have it.
- Take turns passing around the focus saying the short rhyme, for example:
"Hey, my name is Hope, and I cannot cope!"

Exercise 3: Physical Stretches

5 Mins Approx.



Group
Layout



Focus

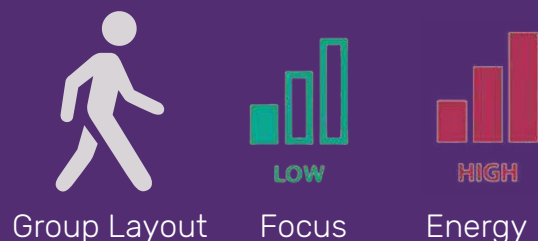


Energy

Facilitators lead the group in warming up their bodies.

Exercise 4: Walk the Space

10 Mins Approx.



- Facilitators lead the group in walking the space at different speeds.
- Spotlight different people as the walks progress and ask them for a word to describe how they are walking right now – e.g. anxious, determined, lazy, lethargic

Exercise 5: One Word Story Telling

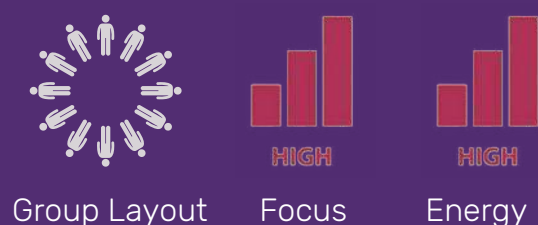
10 Mins Approx.



- Arrange groups no bigger than 12 (may need to split the group)
- Group sits in a circle, and one person says one word at a time to tell a story.

Exercise 6: Act It Out

25 Mins Approx.



- Split into smaller groups (Approx. 4)
- Each group gets assigned a topic, characters, and a place.
- They are coached in creating a short scene by the facilitators.
- Groups share their scenes with the other participants.

Suggested Topics, Characters, Places

Topics

- Young People in Ireland Today
- Creativity
- What can young people achieve?
- Encountering (and overcoming) Barriers
- Fashion - Peer Pressure, Fast Fashion, Trends
- Problems Young People Face Today (any solutions?)

Characters

- Students
- Singers
- Actors
- Dancers
- Film Makers
- Politician
- Decision Maker
- Activist
- Bully
- Parent/Guardian

Places

- School/Educational Institutions
- At Home
- Community Centre
- Shop/Supermarket
- Studio
- Offices
- Protest/Demonstration
- Park/Public Space
- Shopping Centre
- Social Media/Online Spaces
- Theatre/Cinema

Exercise 7: Exquisite Corpse

15 Mins Approx.



Group Layout



Focus



Energy

- Participants write one line at a time without seeing the line previous to create a poem – maybe in two groups depending on numbers. The following themes:
- Being Creative
- Barriers to doing something

The groups then swap poems, after a group has read the others poem they stick it on the wall, and using post it notes to post responses all around the poem.

Exercise 8: Postcards

15 Mins Approx.



Group Layout



Focus



Energy

As a cooldown, the group can write a postcard to what they would say to convince a young person to participate/join/overcome anxieties etc.