

DRAMA IN ACTION

Balloonacy uses classic comedy techniques to tell the story of a relationship between an Old Man and a red balloon, without any words. In this exercise, your family will practice comic movement and imitation.

EXERCISE: Silly Walks

AGE: 4 and up

TIME: 15 minutes

SET-UP: This exercise works best in an open space.

SUPPLIES: None

INSTRUCTIONS:

Split your family into two groups and have each group stand in a line (“soul train” style) on opposite sides of the room, facing the one person at the front of the room. Start the “train” by moving down the open space between the groups with a “silly” way of walking. Ask family members to walk down the space practicing that way of moving, one at a time alternating between the left and right lines. Some examples of funny walks might include: low to the ground, on your toes, with heavy steps, gliding like you are ice skating, with pirouettes, asymmetrical, or like a salsa dance.

In the same way, starting with the person at the front of the line, cycle through every person creating their own walk for the others to copy. When the group completes each type of silly walk, the one who was in the front of the line moves to the back of the line, so that the next student become the leader.

Next, divide your family into pairs. Using the silly walks that they created, person A should walk around the room with person B following closely. Think of this as following the leader, trying to mimic their partner’s silly walk as best you can. Once you have had a chance to explore, switch the leader/follower roles.