

EARTHE

Activity 2

Digital toolkit for innovative curriculum and methodological development

Module 2 – Communication enhancement

Method 2 – Improvisation games



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Soft skill focus

This module focuses on enhancing verbal and non-verbal communication skills, active listening, empathy, and public speaking. Learners explore how effective communication fosters collaboration, understanding, and trust in both professional and social contexts.

Learning outcomes

- Use active listening techniques to improve mutual understanding
- Adapt communication style to different audiences and contexts
- Deliver clear, structured, and persuasive oral messages
- Provide and receive constructive feedback
- Engage in meaningful conversations using empathy and assertiveness
- Analyze communication patterns and identify improvement areas

Target group

Age: Adults 20–55 (adaptable for both younger adult learners and older participants returning to education)

Gender: Mixed, inclusive of all genders

Level of studies: Secondary education and above (no prior theatre or improvisation experience required)

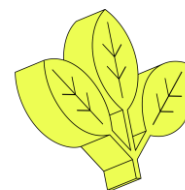
Status: Employed, unemployed, or actively seeking work; also suitable for adults in transition between careers

Fewer opportunities: Especially relevant for participants with limited self-confidence, language barriers (migrants, refugees), or from rural and disadvantaged backgrounds

This activity is designed for adults who may struggle with self-expression, flexibility, or quick thinking in stressful situations such as job interviews or workplace interactions. Improvisation games create a safe, playful environment where learners can practise thinking on their feet, build confidence, and develop communication strategies without the fear of being “wrong.”

Method description

Improvisation Games use playful, unscripted activities to develop spontaneity, creativity, and communication. By engaging in short role-plays and “think on your feet” exercises, learners practise verbal and non-verbal expression, active listening, and collaboration.



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The method helps reduce anxiety, improve adaptability, and foster confidence in real-life social and professional situations.

Implementation instructions

Timeline: *Can be conducted as a single 45–60 minutes session or spread across several shorter workshops (e.g., 20–30 minutes each) over 2–3 weeks for progressive skill-building.*

Number of participants: Ideal group size is 8–15 participants. Smaller groups (4–6) can also work with modified activities; larger groups can be split into subgroups.

Necessary materials:

Prompt cards with situations, roles, or emotions, Timer or stopwatch (optional), Whiteboard/flipchart and markers for reflection, Optional props (chairs, everyday objects) to enhance creativity

Space:

A spacious, flexible room with open floor space that allows participants to stand, move, and interact freely. Chairs should be movable to quickly rearrange between circle discussions and activity space.

Implementation in 5 steps

Step 1 – Introduction & Warm-Up

The facilitator introduces the purpose of improvisation: to practise communication, adaptability, and quick thinking in a supportive, playful way. A light warm-up game (e.g., name & gesture circle or “pass the clap”) helps participants relax, energise, and prepare for active engagement.

Step 2 – Setting the Scene

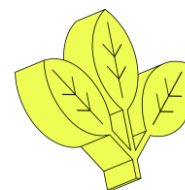
Participants are divided into pairs or small groups. The facilitator distributes **prompt cards** with everyday scenarios (e.g., “ordering food in a café,” “asking for directions,” “convincing a friend to join an activity”). Clear instructions are given that there are no wrong answers and the goal is creativity, not perfection.

Step 3 – Improvisation Rounds

Pairs/groups act out short improvised scenes (1–3 minutes each) based on their prompts. The facilitator may add playful challenges such as using exaggerated emotions, switching roles midway, or introducing a new element (“suddenly it starts to rain!”). Observers note verbal clarity, non-verbal expression, and collaboration.

Step 4 – Group Sharing & Reflection

After each round, participants briefly share how they felt while improvising (e.g., comfortable, challenged, nervous, excited). The group reflects on the communication strategies that worked best: tone of voice, body language, listening to partners, and adapting quickly to unexpected situations.



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Step 5 – Debrief & Takeaways

Facilitator leads a final reflection linking the activity to **real-life contexts** (e.g., job interviews, workplace problem-solving, social interactions). Participants are encouraged to identify one skill they practised (e.g., active listening, spontaneity) and one way they will apply it outside the workshop. Key takeaways are recorded on a flipchart or personal reflection cards.

Practical tips

Tip 1 – Emphasise safety and fun: Remind participants that improvisation is about creativity, not perfection. Establish a non-judgemental environment where mistakes are reframed as learning opportunities.

Tip 2 – Start simple and build up: Begin with low-pressure games (e.g., one-word-at-a-time stories, mirroring exercises) before moving to more complex role-plays. This gradual progression helps learners gain confidence.

Tip 3 – Adapt prompts to participants' realities: Use scenarios that reflect participants' daily lives (job interviews, customer interactions, teamwork situations). This makes the activity directly relevant and transferable to real-world communication challenges.

Debriefing questions

How did you feel when you had to improvise without preparation?

What strategies helped you express your ideas clearly in the moment?

How did your partner's actions or words influence your response?

What role did body language and tone of voice play in making your message understood?

In what real-life situations (job interviews, meetings, social settings) could you use the skills you practised today?

What challenges did you notice (e.g., nerves, hesitations, overthinking) and how might you overcome them in the future?

Practical description sheet

Title: Improvisation Games – Communication Enhancement

Purpose: To improve spontaneity, adaptability, and self-expression through playful role-plays and unscripted scenarios.

Duration: 45–60 minutes (flexible, can be split into shorter sessions)

Format: Group-based, pairs or small groups acting out short scenes

Core Steps:

- Icebreaker warm-up
- Introduce prompts & divide into pairs/groups
- Improvised role-plays (1–3 minutes each)



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- Group reflection & feedback
- Debrief: link to real-life communication skills

Materials: Scenario/prompt cards, flipchart/markers, timer, optional props

Space: Open room with movable chairs; enough space for movement

Target Group: Adults (20–55), mixed gender, employed/unemployed/job-seekers, including learners with fewer opportunities (e.g., migrants, rural residents, low confidence in communication)

Learning Outcomes:

- Think and respond quickly in new situations
- Strengthen verbal & non-verbal communication
- Build confidence in speaking in front of others
- Develop active listening and collaboration

Key Benefits: Boosts creativity, adaptability, and teamwork; reduces fear of mistakes; enhances confidence for interviews, presentations, and workplace interactions.