

Join Us.
We Quadruple Dare You.

HUDSON VALLEY IMPROV

www.hudsonvalleyimprov.com

IMPROV EMPOWERMENT
WORKSHOPS
for
SCHOOLS



JUST SAY YES

In our customized **Improv Empowerment Workshops for Schools**, our goal is to make fearless learners, brave creators aware of their impact on others and the world! We provide a fast paced and super creative experience to inspire creativity, strengthen communication skills, mindfulness, sense of self and natural instinct to play. We do this with professional improv training.

WHY IMPROV?

At some point in our growing up we all stop playing. When we say *play*, we don't mean playing cards or board games. We mean playing games like *Freeze Tag* and *Hide-N-Seek*. At some point, we are taught that games are for kids and if we want to be taken seriously, we had better stop playin' around.

Well this is all changing. Bit by bit the adult work is realizing how improv playing really is for creativity and growth. There have been several articles written about how improv workshops are infiltrating corporate America. Improv teaches us how to be human again and addresses how we listen, communicate, lead, inspire and create. Most importantly, improv connects us to our natural instincts and gifts we were born with. We are all born and almost immediately play. That's how we learn. But somewhere we all forget that. This class helps kids keep playing and makes them fearless learners.

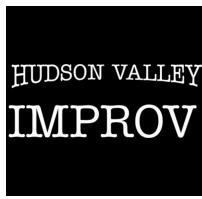
WHAT WILL HAPPEN IN THIS WORKSHOP?

Be it kids or adults, our classes are wild, noisy, hilarious, fast paced and fun. We teach kids how to play the same games we perform in professional shows. Each game has a structure but is 100% reliant on audience suggestions. In a world where kids are trying very hard to learn and do things correctly, in improv we take the pressure off by teaching them whatever they can think up is fabulous. Kids learn quickly that even if they don't know what something is, they can just make a decision about what it might be and go for it. Making confident and quick decisions is the foundation of any successful improv game.

WHAT WILL KIDS WALK AWAY WITH?

Lessons that may arise in the games:

- Trusting that who they are and what they have inside is enough
- Heightening their senses and trusting their instincts



- How to be a YES person even when they want to say NO
- Mindfulness and how being a true team player focuses on making the OTHER person a Rockstar, even when they are worried about themselves.
- They will become active listeners and make eye contact
- They will practice speech and language skills in a playful way
- They will learn how to communicate better and solve problems quickly
- They will learn how to give and take focus

NOW WHAT?

Your representative will meet with us to create a program that fits within your goals and budget. If your budget is limited, we suggest offering the opportunity to the kids closest to teen years. These kids all feel weird in their bodies and need all of the reinforcement they can get! But this work is great for kids 6 and up!

Read more about us at www.hudsonvalleyimprov.com