Games for Actors and non-actors
2nd Edition By Augusto Boal, Adrian Jackson Published by Routledge, 2002

- Sensory exercise
  - Food smells and tastes- the actor tastes or smells stimuli (e.g. honey, salt, sugar, etc..) and then enact the same thing without the stimuli, trying to recall tastes, physical reactions, and their experience.

- Pick up an object
  - The actors pick up an object (i.e. chair, pen, keys, etc..) and then repeat the same action without the object, being aware of muscles and movements they would make.

- The cross and the circle
  - The participants are asked to draw a cross in the air using their right hand. Everybody does it then asked to stop. Ask them to draw a circle in the air with their foot. Ask them to stop. Then ask them to do both at once. Variations- name and circle, 6 and 9, both hands.

- Good day
  - Everyone to shake hands with a stranger and say their name. They can only let go when they have grabbed another hand. Variation- say the other person's name not your own.

- Machine of rhythms
  - All the participants in a group must imagine a machine. They are to represent the machine by becoming a part of the machine. They can only use movements and sounds, not words. Machines could be hate machine, love machine, anger machine, racism machine, etc..

- Peruvian ball game
  - Each person imagines they are in possession of a ball (i.e. ping pong, bowling, beach, balloon, etc..) They then play with it in a way that involves their whole body if possible. Then they practice using the ball walking around the room. Then they are asked to find a partner and they guess what type of ball, then pass the ball to each other, taking turns with each other's ball, then both balls at once. Variation- pairs join to make 4 or exchange balls 3 times then find your original ball until everyone has found their own. Exchange balls when yours is found and sit down with it.

- Chain race
  - 2 or more groups of people seated in a circle. Each person takes a turn saying a number in sequence (i.e. 1, 2, 3, 4, 5, ...) around the circle. Practice to 20 as quickly as possible waiting for the person in front to finish before saying the next number. The groups then race to a designated number (like 100 or 67, etc..). Person to complete the sequence stands up when finished and then becomes the number 1 for the next sequence. Variation- best of 5, saying own name with the number, favourite drink with the number, etc..

- 1 fear, 1 protector, Space variation
  - Everyone scatters around the room. Then without anyone knowing they must choose 1 person in the room who frightens them (for the purpose of the game only). Everyone must then move around the room trying to stay as far from that person as possible (without letting anyone know who they chose). After a short time, everyone is asked to think of another person who is their protector (without anyone knowing as well). Everyone moves around again trying to keep the protector between them and the person they fear (all without anyone knowing who either of them are). Eventually the facilitator counts down to 1 and then everyone freezes. The players then can reveal who their protector and the one who frightens them are.
Antiquated telephone exchange
- A group of people in a circle. All are numbered in the group. Each person is told to watch a different number (i.e. 1 watches 4, 2 watches 5, 3 watches 6, 4 watches 7, etc...). Everyone needs to be watching someone else and is being watched by someone else. The instructions are to do nothing, unless you see the person you are watching do something. When someone moves in the tiniest way, the watcher moves in the same way but a tiny bit more than they saw. The game starts when the facilitator says ‘do nothing’.

Catch phrases
- Think of 2 or more catch phrases (i.e Thunderbirds are go, Eat my shorts, Beam me up Scotty, resistance is futile, one small step for mankind, use the force Luke, , yabba dabba do, live long and prosper, etc...). Each actor gets one word from one of the phrases. In the game, each person can ask questions of any type and must insert their word into every answer until the other person identifies the word. The game is over when a common catch phrase is ‘discovered’ and a group comes together and says ‘stop’. They then say their individual word in order to make the catch phrase.

The 2 revelations of St. Theresa
- Name relates to the place in Rio de Janeiro where it was invented. Can be done in pairs or as a ‘performance’. The group chooses a kind of relationship (i.e doctor/patient, husband/wife, parent/child, teacher/student, etc...). Only relatively close relationships should be chosen. The group is asked who plays who, where they meet, and their ages. Each character is told at a point in the conversation they will be told by the facilitator to make a revelation of their choosing that could potentially change the relationship, for better or for worse.

- The characters are then asked to improvise a meeting, saying what would normally be said, including all the conversational ‘cliches’. After a minute the facilitator says ‘one person make the first revelation’. Then the character makes their revelation and the probable conversation and reaction are acted out.

- After a short time, the facilitator tells the other person to make their revelation. After another short time period the facilitator says one of them must leave and they improvise the separation.

What am I? What do I want?
- Each person writes on a piece of paper 3 definitions of themselves (without adding their name). What am I? in order of priority (i.e father, Australian, writer, etc..), and then What do I want? (i.e be happy, make money, play, etc..). The facilitator collects the pieces and hands them out. Each person then needs to find the person on their page and when they have they swap pages and the person who has been ‘discovered’ sits down with their page until no-one is left.

Image of the hour
- Ask the group ‘What were you doing at…….. ?’ Ask the whole group to act out what they were doing at that given time eg, 8am. Choose three to come out the front and “re-act” theirs with the group guessing.

Mime and snapshot. (Rainbow of desire)
- Get two participants to mime out a goal at soccer. One is the goal-keeper the other kicks the ball. The group confirms/ guesses what the mime was.
- Ask for two volunteers to come and stand behind the soccer players. Replay the scene in slow motion- stop the frame just as going to kick and get volunteers to act/freeze frame what the players are thinking or feeling. Get the group to guess what they are feeling. Play the scene to scoring goal. Freeze frame again what the players might be thinking or feeling after the goal. Group guesses.