**Improv Exercises – Creepy Images**

Get a paper and ink pen and record the answers to questions in blue. Repeat each section as many times as you want. Remember, when you repeat an exercise with new poses and movements, you will eventually be forced out of you “go to” and default decisions.

**Pose -> Image**

* Create a pose that feels creepy to you.
* Do you think your pose is sufficiently creepy, or did you feel unsure
* Find one thing that creeps you out that your pose reminds you of (possibly a bug or animal if you’re stuck) and write it down.
* What about your pose reminded you of this thing? Take special note of posture, tilting of head, and fingers.
* Did your pose contain any elements that may conjure an unsettled feeling out of the thought that “human bodies don’t naturally make those shapes?”

**Image -> Pose**

* Find a thing that creeps you out, and write down what it is, what creeps you out about it, and why.
* Explore different ways to portray these specific qualities this thing has.
* Create a pose that showcases these qualities.
* Which qualities did you decide to show?
* List at least 3 different decisions you made to show these qualities (example: I decided to stay low to the ground because snakes slither, I decided to make strong eye contact to portray them locking down their prey, I decided to hide my arms behind my back because they do not have limbs).
* Try to refine your pose by trying to portray more qualities of your image.
* Was it more or less creepy, and why do you think that was?

**Movement -> Image**

* Move for 16 counts in a way that feels creepy to you. Try to either record your movement or choreograph it so you will remember it to refer back.
* Find one thing that creeps you out that your movement reminds you of and write it down.
* What about your movement reminded you of this thing? Take special note of things unique to movement, like speed, weight, and quality.
* Did your movement contain any elements that may conjure an unsettled feeling out of the thought that “human bodies don’t naturally move that way?”

**Image -> Movement**

* Find a thing that creeps you out, and write down what it is, what creeps you out about it, and why, or reuse your same image as before.
* Explore different ways to portray these specific qualities this thing has.
* Create 16 counts of movement that showcases these qualities. Again, either record or choreograph your movement.
* Which qualities did you decide to show this time?
* List at least 6 different decisions you made or could have made to show these qualities, 3 that could have been shown without movement, and 3 that are specific to movement (example of movement specific decisions: I decided to move slowly most of the time then accelerate quickly to mirror pouncing, I tried to move indirectly because snakes slither, I decided to swipe my hands together to make a hissing sound).
* Try repeating your phrase or improve session, incorporating your 6 decisions if you have not already, or making 2 more decisions if you used your 6 the first time.
* How was your second 16 counts of movement different that your first 16 counts of movement?
* Was it more or less creepy, and why do you think that was?

**Going Overboard**

* List as many creepy or scary images as you can.
* Create 16 count phrase or improve for 16 counts, trying to incorporate as many aspects of as many of the things you listed that you can.
* Repeat many times until you feel like you have reached the maximum, and record your final run.
* Did it look creepier or less creepy than you thought it would? Why do you think that is?
* Did it look creepier or less creepy than your other 16 counts of creepy movements you came up with earlier? Why do you think that is?
* Do you think going overboard helped you portray what you were trying to portray, or got in the way? (There is no correct answer.)