

Watch the video with Naomi and Aisling.

https://www.youtube.com/watch?v=Gcir_Kxq7NQ&



Try it with a family member who lives with you or on a video chat with friends!

The four fun exercises include:

1. Word Association
2. One Word Story
3. One Sentence Story
4. Yes And

These activities are all about getting your imagination going and letting ideas flow, so dive in and learn how improvisation can help jumpstart your creativity.