

ACTIVITY: YES, LET'S!

RECOMMENDED AGE: 5 and up

TIME: 10 – 30 minutes

SET-UP: Adults – ensure that you have a clear space for children to move around. We recommend you participate with children the first time you play.

SUPPLIES: None

“Yes, Let’s” is an acting warmup that is great for getting the brain working. It can help reinforce positive attitudes, supporting the ideas of others, learning verbs, repetition, fostering creativity, and kinesthetic learning. For this activity, you will need a Leader. For younger children, or the first time you play, we suggest the adult be the Leader.

INSTRUCTIONS

1. To start, the Leader will choose a physical action and then say aloud “Let’s _____!” while performing the action. Everyone else will repeat, “Yes, let’s!” and do the action themselves.
 - a) For example: You might start by saying, “Let’s stand up” and the group would then say, “Yes, let’s!” as they stand up. Then you might say, “Let’s look at the stars in the sky,” and then the group would say, “Yes, let’s” while they look up as if looking at the stars, pointing to them and making “ooh” and “aah” sounds. More ideas can be found on the next page.
2. Some helpful tips: This is an activity where the actions can be random (Let’s swing our arms, act like a mouse) or you can suggest actions in sequence to guide the group on a journey. After you have been the Leader, you can assign someone else to be the Leader, or everyone can take turns giving actions!
3. To encourage language learning, have the children repeat the whole sentence. “Let’s jump up and down!” “Yes, let’s jump up and down!”

EXTENSION – “What Are You Doing?”

For a challenge, consider this similar game!

Begin by having everyone stand in a circle. One person starts by miming a simple action (example, brushing teeth). Have the person to the right ask them, “What are you doing?” The person miming the action should reply with a new action that does not match what they’re already doing (example, climbing a ladder). The person to the right then mimes the new action given to them (climbing a ladder). Then person to the right of the new person doing the action then asks, “What are you doing?” The process then continues around all the players. This activity challenges players to separate their thinking from their movement, while also encouraging them to be creative in their pantomime.



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EXAMPLE PROMPTS FOR YES LET'S

Let's wiggle our fingers
Let's shake out your arms
Let's eat an ice cream cone
Let's take a rocket to the moon
Let's be squirrels and search for nuts
Let's eat a marshmallow and broccoli sandwich
Let's take out the trash
Let's PARTY!
Let's parade around the room in our silly hats
Let's eat lunch
Let's go on a picnic
Let's cast a spell with our wands
Let's drink the world's biggest glass of water
Let's ride a horse across the USA
Let's wrestle an alligator
Let's be mischievous fairies
Let's walk the circus tightrope
Let's be our favorite animal
Let's swim in the ocean
Let's be bees collecting nectar from flowers
Let's scamper like mice looking for cheese



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