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IMPROV GUIDE

Yes, And: Think On Your Feet

Stop freezing when someone throws you a curveball. Catch it, add to it, and pass it back.

STEP 1 | START HERE

Watch my quick walkthrough first

Loom video link

Your "No, but" brain

When you get caught off guard, you either shut the idea down or freeze hunting for the perfect reply. Improv fixes both with one rule. Accept what they gave you, then add to it.

Y

YES

Accept what they said. Don't block it, correct it, or ignore it.

A

AND

Add one thing. A detail, a twist, a joke. Bad ideas are allowed.

P

PASS

Hand it back so they can add too. Now you're both building.

Same line, two replies

"This class is so boring."

BLOCKING

"Yeah." Or worse, "It's not that bad." Conversation over.

YES, AND

Y "Yes,
A and I'm pretty sure the clock's going backwards.
P What would you rather be doing right now?"

5 minutes. No partner needed.

You don't need a stage or a group. Do these alone, out loud, every day this week.

1

Object Story

30 SEC

Grab any object near you. Talk about it for 30 seconds like it's the most important thing in the world. Don't stop.

"This mug has been through three apartments and one very bad breakup..."

2

Yes, And x5

2 MIN

Pick a starter line below. Answer yourself with "Yes, and..." five times in a row, building the story each time.

3

Word Sprint

60 SEC

Say one word, then whatever word pops up next, for 60 seconds. No filtering. This trains you to stop editing and just speak.

Starter lines for Yes, And x5

01 "I lost my shoe at the gym."

02 "My dog just learned to open the fridge."

03 "The vending machine gave me two drinks."

04 "I accidentally joined the wrong class."

05 "My neighbor started a band in his garage."

06 "The power went out mid-game."

07 "I found a map in a library book."

08 "My little brother is running for class president."

Record one round. Notice where you froze, and redo just that part.

Build your chain

Pick a starter line and write your five "Yes, and" adds. Then say them out loud, faster each time.

Starter line #

1	Yes, and	
2	Yes, and	
3	Yes, and	
4	Yes, and	
5	Yes, and	

This week

- ☐ I did all 3 drills at least 3 days
- ☐ I recorded one round and redid the part I froze on
- ☐ I used one "yes, and" in a real conversation

What they said

What I added

Want to practice yes, and with real partners on our live calls?

Practice live inside our community

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