



Fun Games For Adaptability

Fun communication games to play with friends and family that not only cause great hilarity but also bring more flow into your communication.

The ‘yes AND...’ way of life

- This is a hilarious game for participants AND also for observers.
- One aim of the game is to get a taste for the ‘yes AND’ improv way of life.
- Another aim is to create a different speaking habit.
- You can take turns in different pairs, or play it in small groups.
- It’s often fascinating to discuss what you noticed afterwards.

Themes [feel free to invent your own]

Communication in daily life:
Using public transport.
A fun day out.
Your favourite or not-so-favourite food.
Animals in your life.

“Yeah BUT...”

- **Build a conversation using ‘yeah BUT...’**
 - Once it kicks off, you must start everything you say with *yes BUT...*
 - Take turns speaking, one sentence at a time.
 - Your contribution must be a response to what the person before has just said.
 - Keep going until it comes to a natural close or you can’t stop laughing.

“Yeah AND...”

- **Build a conversation using ‘yeah AND...’**
 - Once it kicks off, you must start everything you say with *yes AND...*
 - Take turns speaking, one sentence at a time.
 - Your contribution must be a response to what the person before has just said.
 - Keep going until it comes to a natural close or you can’t stop laughing.



Playing With Disruption

This game is to share a story or speak about a chosen theme in the midst of chaos. The aim is to keep the conversation on-topic while also dealing with and weaving in any disruptions. The speaker senses and responds to disruptions, works *with* disruptions, maybe even becomes *inspired* by disruptions and gets creative with them. Have fun, experiment, and PLAY with it all.

Themes [feel free to make up your own]

- Your perfect day.
- Your favourite hobby.
- A recent thing you really enjoyed.
- What you like about where you live.

• Structure

- Three roles: disruptor, speaker, observer [observer is not essential].
- Set a timer for 5 mins of talking on the chosen theme with disruptions.
- Stop when the timer goes off.
- Reflect back on the wins and challenges.
- Swap roles.

• Tools for bringing things back on topic

- *Yes and...*
- Checking in with the other person.
- Bringing the distraction in and moving it through rather than pushing it away.
- Going with whatever is happening.

• Disruption Examples

- Coming in and talking loudly to someone nearby.
- Being distracted by something.
- Taking a phone call.
- Texting someone.



- Getting on with a different task.
- Playing music.
- Walking off briefly.
- Interrupting and trying to take the topic for yourself.