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# Improvisational Exercises to Develop Creative Thinking Among Future Teachers

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## ABSTRACT

The article is a study devoted to the development and application of improvisational exercises with the aim of developing creative thinking among teachers. The authors analyze the importance of creativity in the professional activities of teachers and propose a system of exercises that will help develop this important aspect. The article examines practical techniques and techniques aimed at stimulating creative thinking through improvisation, as well as assessing their effectiveness on the basis of pedagogical experience and scientific research. The results obtained can be useful both for teachers who seek to develop their creative abilities, and for Methodists and psychologists who work in the field of education and Personality Development.

**Keywords:** Improvisation, exercises, development of creative thinking, pedagogical practice, teacher training, creative methods, pedagogical skills, creative process, innovations in education, methods of developing creativity.

## INTRODUCTION

Creative thinking plays a key role in the process of education and upbringing. Especially in the field of education, where teachers face ever-changing challenges and demands. In this article, we consider the importance of improvisational exercises as an effective means of developing creative thinking among teachers. Improvisation is the ability to quickly and flexibly respond to new situations without prior preparation. For teachers, this means the ability to adapt to different educational scenarios and solve problems that arise first. Here are some exercises to help with this process:

"History in pictures": teachers are offered a collection of pictures or photographs. Their task is to create a story using only the images as a guide. This exercise develops imagination and the ability to find non-standard connections between objects.

"Being someone else": teachers choose a character from a movie, literature or history and try to feel his thinking and behavior. It will help you expand your thinking and look at

educational problems from unexpected angles.

"Improvisational theater": teachers act out small scenes that solve common educational problems or conflicts. This helps students develop the ability to quickly find creative solutions and empathy.

Improvisation exercises not only develop creative thinking among teachers, but also help establish trusting relationships with students, enrich the learning process, and help overcome unexpected situations. Teachers who master these exercises will be more flexible, innovative and successful in their profession [1]. Creative thinking is one of the main qualities that teachers should develop in themselves and their students. The use of improvisation exercises is an effective way to improve this skill among teachers. Improvisation is a spontaneous process in which participants create new things without prior preparation. It requires mental flexibility, confidence and quick thinking. The ability to quickly adapt and find non-standard solutions is a necessary skill for teachers dealing with different situations in the classroom. One of the popular

improvisational exercises is "Yes, and...". In this exercise, each participant takes turns adding something to the story started by the previous participant by accepting and expanding the proposed ideas. This helps to develop the ability to accept and build on the ideas of others.

Another useful exercise is the "phrase of the day". Teachers can come up with this phrase and then ask the participants to include it in a small improvisation. This helps to develop the ability to quickly join the situation and act according to the recommended parameters. "Reverse monologue" is also a useful exercise [2]. In this exercise, participants are encouraged to introduce themselves as someone else and answer questions or participate in a dialogue by acting as this character. It helps to develop empathy and the ability to see the situation from different perspectives.

It should be remembered that the purpose of these exercises is not to create high-quality improvisation, but to develop the skills of creative thinking and spontaneity. Teachers can use them not only for their own development, but also for teaching their students.

In the world of education, creative thinking plays an important role in student development. However, it should not be forgotten that creative teachers are also needed to develop students' creative abilities. Improvisation exercises are a powerful tool to help teachers develop creative thinking, which in turn promotes more effective learning. Let's take a look at some of these exercises.

"Story without words": in this exercise, teachers are divided into groups and have to tell a story without words using only facial expressions and gestures. It helps to develop the intuition, adaptability and expressiveness of the teacher.

"Role without preparation": the teacher chooses a random scenario situation (for example, a call from a parent, a sudden question from a student) and improvises an answer without prior preparation. It develops the ability to think quickly and make decisions in non-standard situations.

"Role reversal": the teacher plays the role of the student, and the student plays the role of the teacher. It helps teachers to look at the learning process in a new way, to understand the needs and perspectives of their students.

"Fairy improvisation": the teacher and students create a fairy tale world by making changes to the plot and

characters as the story progresses. It promotes the creativity and spontaneity of students and teachers.

"Musical improvisation": the teacher and students create a musical composition using improvisation on instruments or voice. It not only develops musical skills, but also develops creative thinking through collective creativity.

Improvisational exercises not only make lessons more fun and interesting, but also help teachers develop important skills needed to be successful in the field of education [3]. By consistently practicing these exercises, teachers can become more flexible, creative and innovative in their work, resulting in improved learning efficiency and creative thinking among teachers and students.

A key quality for a successful teacher in the world of education is creative thinking. The ability to create new ideas, find non-standard approaches to solving problems and inspire students to self-development is the basis of the modern educational process. Improvisation exercises are a powerful tool for developing this important skill among teachers.

1. "Yes and no." This exercise helps to develop independent and flexible thinking. Teachers are encouraged to ask only yes or no questions. However, you should answer the opposite of the meaning of the question. For example, "do you like winter?" the teacher can answer "Yes" if he believes that winter is important for diversity, or "no" if he believes that winter makes learning difficult.

2. "Picture with words." This exercise helps teachers develop their imagination and ability to describe objects or scenes. The teacher chooses an object and describes it so that his colleagues can imagine it in their minds. For example, "describe a red rose to me so that I can imagine it without ever seeing it."

3. "Reverse role" This exercise helps to understand different points of view and develops empathy. Teachers choose a topic and take opposing positions on it, discuss it with partners. For example, if the topic is "the use of smartphones for educational purposes", one teacher may support it, and another may oppose it.

4. "A story in one sentence." This exercise helps to develop the ability to distinguish the main ideas and formulate them briefly and clearly. Teachers choose a topic and create a story using only one sentence. This requires them to

concentrate and express their thoughts clearly.

Improvisational exercises are becoming increasingly popular in educational institutions around the world as an effective way to develop creative thinking among teachers [4]. The use of such exercises in the educational process helps not only to improve the quality of teaching, but also to inspire students to develop their creative potential. Creative thinking is an integral part of successful pedagogical practice. The ability to quickly and flexibly respond to changing conditions, find non-standard solutions and inspire students requires the development of this skill. Improvisation exercises are a powerful tool for developing creative thinking among teachers.

Improvisational exercises not only make classes more interesting and exciting, but also help teachers to be more creative and effective in their work. They encourage the development of key skills necessary for successful teaching practice in the modern world [5]. Creative thinking is a key skill for a successful teacher. This allows you to find non-standard approaches to learning, create interesting lessons and effectively solve problems in the educational process. One of the ways to develop creative thinking among teachers is improvisation exercises. Improvisation is the spontaneous creation of an idea, plot or action without a pre-prepared plan.

This process helps to develop flexibility of thinking, improve communication skills and find new ways to solve problems. For teachers, improvisational exercises become a powerful learning tool and allow them to be more creative and flexible when working with students.

One simple exercise that helps to develop creative thinking is "quick story". The teacher and a group of participants sit in a circle and each one in turn adds one sentence to the story and continues the plot as he wishes. This exercise not only develops quick thinking skills, but also improves cooperation and listening skills [6]. Another effective exercise is the "role-card". The teacher invites the participants to get used to certain roles (for example, teacher, student, parent) and imagine the situation from school life. Participants must respond to the situation according to the assigned role, which helps to develop empathy and understanding of different points of view. In addition, the "surprise box" is a useful exercise. The teacher offers the participants to choose something from the box and use it in a non-standard situation [7]. For example, if there is a ball in the box, participants can

imagine that the ball is part of a math or history lesson. Improvisational exercises not only develop creative thinking, but also help teachers build confidence in their abilities. They help overcome the fear of the unexpected and teach to quickly find solutions. Ultimately, using improvisation in education can help create a more stimulating and inspiring environment for students to learn and develop.

## **CONCLUSION**

In conclusion, the ability to think quickly and adapt to changing circumstances makes teachers successful in their profession. Using improvisational exercises helps them to be more flexible and creative in their work, which ultimately benefits both them and their students.

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