

# **HEROIC IMPROVISATION**

**Building All-Hazard  
Community Resilience  
with Heroic Improv**

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# Let's Experience Resilience Exercises!

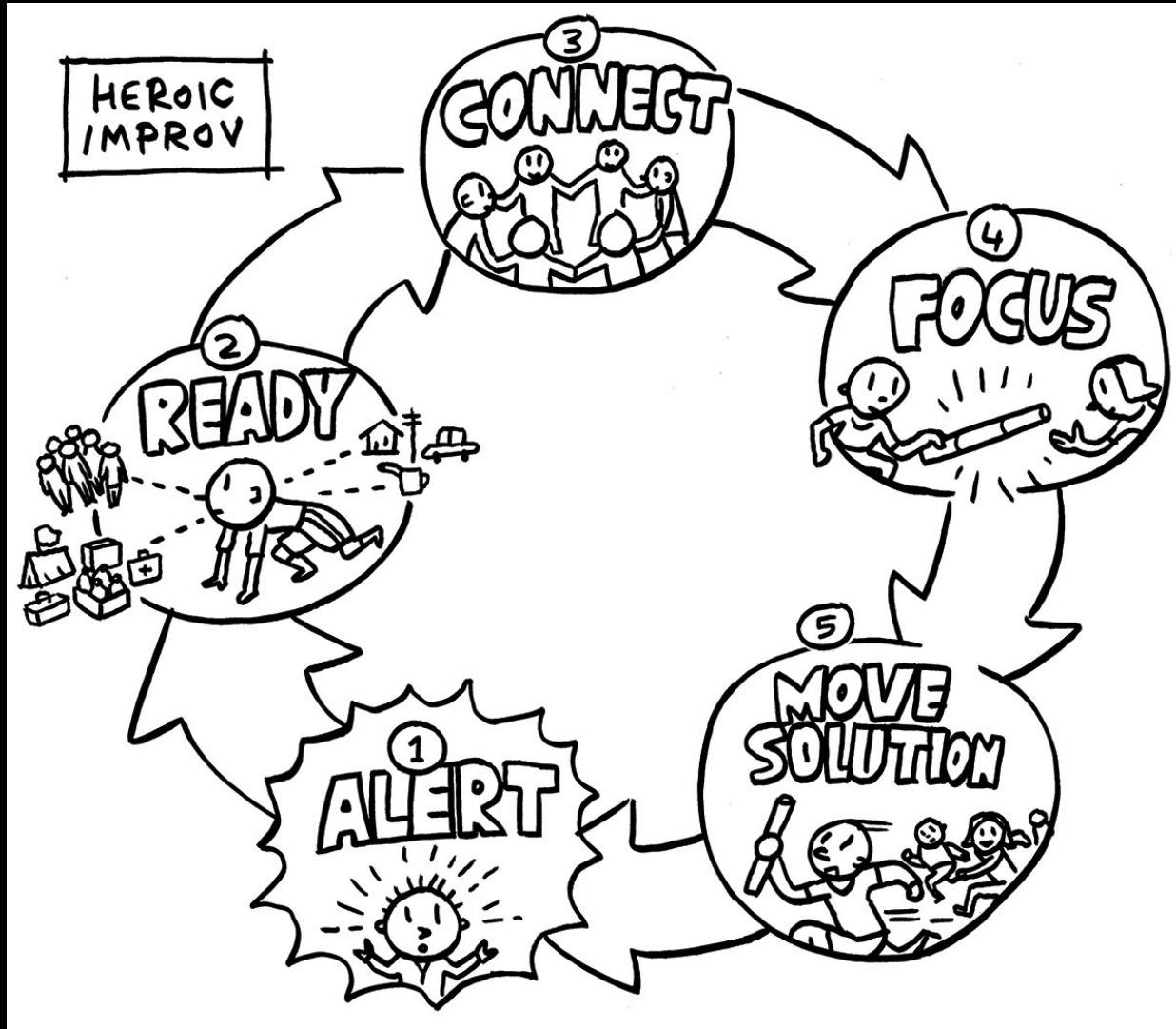
- Red, Metal, Organic five-senses exercise
- Touch as many things as you can as you can find in three-30 second rounds
- The more you put into it, the more you get out it!
- Start the round with Go!
- End the round with clap.

# Relating Heroic Improv Exercises to Community Resilience

- Please glance around the room. Does everything red now stand out for you? Metal? Organic?
- How did the speed with which you chose to move affect what you found? Are you slow or speedy? Does it matter?
- When we were finding ‘organic’, did you find it challenge not exactly knowing what that meant?
- ***How did this feel? Does anyone want to share their experience of the exercise?***



**HEROIC**  
IMPROVISATION











# FIT BOOTCAMP 4.0

Nov 4 - 8, 2015 / Midway, Utah

JOIN LEADING INNOVATORS IN BUILDING TOWARDS THE NEXT HORIZON OF DISASTER & HUMANITARIAN RESPONSE.



**WHAT:** 3 days of highly interactive innovation testing & disaster preparedness prototyping fun in the mountains of Utah.

**WHEN:** Nov 5 - 7 ALL DAY.  
Travel on Nov 4 & 8.

**RSVP** by Sept. 1





# **HEROIC** **IMPROVISATION**

- **Heroic Improv Cycle describes rapid rescues.**
- **Heroic Improv exercises transcend language.**
- **Heroic Improv exercises works for diverse people and groups.**
- **Heroic Improv helps all prepare to respond to emerging threats by putting caring into action.**

Mary Tyszkiewicz, Ph.D.

# PLAY — FOR — REAL

UNITE IN SMALL GROUPS TO TACKLE  
HIGH-STAKES CRISES CONFIDENTLY



**HEROIC**  
IMPROVISATION



**Heroic Action Together  
for Community Resilience**