



The **next class** is
coming up in Ratby,
March 2026!

Teggies Improv

Community Group

We run **free improv classes** for mothers and babies (~6 - 36 months) in spring and autumn. Where mothers can't make it, we are happy to welcome fathers or grandparents to our classes!

Aim of Teggies Improv: Strengthen the bond between mothers and their babies, as well as form friendships and a support network between mothers in the local and nearby areas.
Location: Ratby Village Hall, LE6 0LN

What Is Improv?

- ★ Improv is comedy (sometimes drama) theatre without a script.
- ★ Characters and stories are made up on the spot between improvisers.
- ★ Collaborative art form, where people learn to think on their feet and let go of the fear of failure.
- ★ Embrace everything that comes as an opportunity for storytelling.
- ★ *Whose Line is it Anyway* with babies!

*"There are no mistakes,
just opportunities." (Tina Fey)*

Improv Features

- ★ Yes and...
- ★ Listen and observe
- ★ Endow others with qualities
- ★ Commit and connect
- ★ Jump and justify
- ★ Get out of your head
- ★ Let go of fear
- ★ Often involves laughing!

*"Treat each other like poets and
geniuses." (Del Close)*

Contact

E-mail us if you wish to find out about future classes or to join our facebook group.

E-mail: teggiesimprov@gmail.com

Text Anamaria on WhatsApp if you wish to join our Whatsapp group. Mobile: 0759 806 4670

Find out more

Class Facilitator: Anamaria Weston

Website: *Description and Future Events*
anamariaweston.co.uk/teggies-improv

YouTube: *Example Videos and Research*
youtube.com/@TeggiesImprov

Funding: Spring class was funded by the Community Volunteer Fund Grant.

Benefits for You and Your Baby

Improv starts with warm up games like mirroring, miming, physicality, talking in gibberish and often silly play. These activities lead to creating characters and stories in a fun and accepting environment. Research literature on infant development notes how similar games and actions can be beneficial for their growth. Moreover, improv theatre helps increase confidence, creativity and communication skills for adults, according to science!

- ★ Mirroring behaviours helps regulate emotions for both mother and baby [11]
- ★ Gestures and joint attention can contribute to later vocabulary growth [6]
- ★ Play aids with emotional, social and cognitive growth in young children [4]
- ★ Improv helps adults reduce stress and enhance well being and creativity [12]
- ★ Improv helps boost confidence and communication skills [14]

References: You've just read some key ideas from our research! Feel free to check the *References* section on our website for an updated list of papers and books. You will also find the numbers linked to the statements above. See you in class!