

Instant Meeting for 5-6 Year Olds

Drama & Theatre

Overall Goal:

Introduce your group to the wonderful world of storytelling, singing, dancing, acting, imagining and creating their own performance. Welcome to the world of drama and theatre!

Program Areas Covered:

Let's Play a Game

Let's Share a Story

Let's Make Arts and Crafts

Let's Sing

We have included many activities.

Please pick and choose to what you feel is suitable for your group.

Opening

Enjoy your usual Opening.

Have everyone sit down in a circle. It is especially important to sit in circles for drama activities because it gives everyone a chance to see each other, make lots of eye contact with each other, and provide support and encouragement (smiling, clapping, and engaging with each other).

Begin the meeting by explaining what drama and theatre is all about. You can say something along the lines of:

“Drama and theatre involves acting! We get a chance to play different characters and take on different roles. Today, we will be playing lots of games where we are going to have to get up, move around, get creative, speak up, and act! Let's begin!”

Introduce drama and theatre by doing the following preparatory activity together while sitting in the circle.

Image Source:
Google Images
<http://dvlprz.blogspot.ca/2012/05/circle-time-basics.html>



Notice the Names!

In your circle, ask everyone to introduce themselves by first saying their name. Then, ask them to name their favourite animal, object or toy, but it has to begin with the first letter of their name. Go around the circle until everyone has had an opportunity to present their introductions. By asking the participants to name a favourite object that begins with the first letter in their name, this activity aims to help the participants remember each others' names, make connections to images/objects, and start thinking creatively.

For example: “My name is **H**annah. My favourite animal is a **h**orse.”

If it is difficult for participants to come up with objects or animals that begin with the same letter of the alphabet as in their name, then simply ask them to name any of their favourite animals, objects or toys when they introduce themselves. Their favourite animal or object does not have to begin with the same letter as the first letter in their name.

For example: “My name is Jenna. My favourite toy is my teddy bear.”

After everyone has provided their introduction, have a round of applause to welcome everyone to the group and to set a positive mood for the meeting.



Image Source:
Google Images
<http://www.tiggerman.com/gallery/index.php/play/tigger-applause-02>

Now that everyone has an initial understanding of drama, have them participate in a combination of the following activities!

Activities

It's Story Time!

Objective:

Create a story with the group by having each participant say only one word at a time. Be impulsive! Be spontaneous!

Group size: 10-15

Duration: 15-20 minutes

Skills Developed:

- Encourage creative thinking
- Listening and Storytelling
- Cooperation and Group Work

In a circle, the story is started, with each person in turn adding one word. It usually starts with 'Once - upon - a - time'. The idea is to keep your thoughts free flowing, so that you don't try to guess what is coming or force the story in a particular direction. It is not always easy to maintain a logical flow for the story (and it doesn't have to), although it is always amusing. If the group is too large, break into smaller groups.

Another variation is to throw or roll a ball around the circle in any order. Add your word as you pass the ball to the next person. This ensures that participants are more attentive.

Mirror Mirror

Objective:

Put your observation and concentration skills to the test by mirroring perfectly and precisely the actions of your partner.

Group size: pairs of 2

Duration: 10-15 minutes

Skills Developed:

- Observation skills
- Eye Contact and Communication
- Leadership and Team work
- Concentration/Focus

Everyone takes a partner. Partners stand facing each other, about three feet apart. One is the leader, the other is the "mirror." Moving only from the waist up, the leader begins to make simple gestures or movements (for example, creating a wave with their arms above their heads or



Image Source:
These images were
created using clip art
and text within
Microsoft Word.



Image Source:
Microsoft Word Clip Art

performing the disco dance). The "mirror" duplicates the leader's movements exactly – just as a mirror would.

The goal is to mirror the partner perfectly. If the groups are doing a good job, you will not be able to tell the difference between the leader and the “mirror”. Leaders should use smooth, continuous movements, because abrupt movements almost always catch the "mirror" lagging. Coach the participants to look into each others' eyes, rather than at their hands, because this facilitates better communication and confidence.

It is the leader's job, as much as the "mirror's" to see that the exercise works. The leader does not try to trick their partner. It is the leader's responsibility to perform movements that the "mirror" can follow precisely. Remind the leaders that they should be looking right at their partners, because their partners must look at them, and therefore the only way the mirror illusion can be perfect is if the leader also looks at the partner.

Looking for a greater challenge?

You can change the activity and call it “**Breaking the Mirror**”. In this scenario, the leader puts on a visible expression or emotion, such as a big smile to indicate that they are very happy. The “mirror” then breaks the illusion by performing the opposite expression or emotion. In this example, the “mirror” would put on a deep frown to indicate that they are very upset.

Participants get an opportunity to practice expressions and perform emotions, which are great preparatory skills for acting and theatre.



Image Source:
Google Images

<http://www.webmd.com/parenting/raising-fit-kids/recharge/slideshow-entertain-without-food>

Musical Freeze

Objective:

Explore a range of creative movements and improvisations by feeling the music.

Group size: 15-20

Duration: 15 minutes

Skills Developed:

- Physical improvisation skills
- Encourage creative thinking
- Body movement/performance



Preparation Materials:

- Make a CD containing short snippets of contrasting musical selections (slow songs, hip hop, rock and roll, R&B, etc.). You may need at least 15-20 different snippets/tracks.
- CD Player/Stereo

There is only one real rule: Whenever the music is playing, the participants are moving; whenever it stops, they freeze. The instructor/group leader plays several snippets of music. Each will be different in character, and the participants are encouraged to move "the way the music sounds." Stress the importance of freezing INSTANTLY, in whatever position the participants find themselves in.



After the group has got the hang of it, the group leader can start adding instructions during the freeze. When the music stops and everyone freezes, the group leader says, "Go!" and each participant launches immediately into a spontaneous improvisation, suggested by the position in which they are frozen. Let the improvisation go for a few seconds only, then yell, "stop!" Start the next piece of music, and once again the participants move to the music.

Repeat this many times, side-coaching as necessary to make sure the participants are really letting their body position suggest their improvisations.



Image Source:

All 3 dancing images above were retrieved from Microsoft Word Clip Art.



Bag Puppet Show

Objective:

Create a craft by styling your own puppet and then put on a small puppet show for all of your friends!

Group Size: 10-15

Duration: 30 minutes

Skills Developed:

- Encourage creative thinking
- Crafts making/drawing/colouring
- Imagination
- Oral/visual performance skills

Image Source:
Microsoft Word Clip Art

Preparation Materials:

- Small lunch bag/brown paper bag
- Markers and/or crayons
- Scissors
- Stickers
- Craft glue
- Buttons
- Colourful construction paper

Create lots of cute bag puppets using various colours, craft items, and stickers. Use your imagination and make all kinds of puppets from bags.



For example: Make a doll puppet by following the steps below.

- Step 1: Flip the paper bag so that the bottom flap is now on top. The bottom of the bag will become the top of the doll's head.
- Step 2: Use markers or crayons to draw a face on the bag. Glue 2 buttons on the bottom flap for eyes. If buttons are not available, the eyes can be drawn by hand and coloured in.
- Step 3: The nose and lips can be drawn using markers or crayons. Use the crease of the bag for a mouth.
- Step 4: Choose a colour of construction paper to create the hair. The doll can have any coloured hair. Cut long, thin strips of coloured construction paper and glue these strips across the top of the flap.
- Step 5: Finish decorating the doll by using stickers, drawing/colouring in the body or cutting and pasting clothes made out of construction paper onto the bag.

Once the puppets have been created, put on a puppet show or sing a song together with the puppets. If the group is very large to put on a show together, split the participants into smaller groups of 3-4 members.

Closing

Enjoy your regular Closing.

Return to the circle. Have a quick discussion by asking the group to summarize what drama and theatre means to them. Follow up the discussion with questions like, “Who enjoyed making a puppet?” or “Who liked musical freeze?” This will provide an understanding of what types of dramatic activities the group is comfortable with and help in planning future activities and games. Have the participants bring home their craft to show their parents.

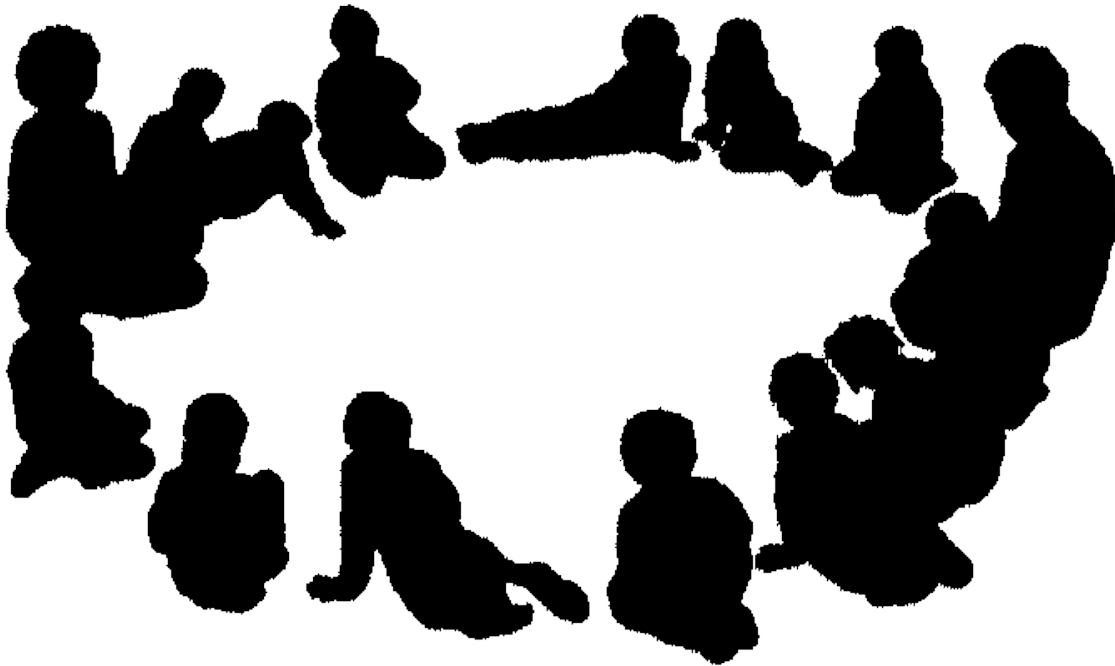


Image Source:
Google Images
<http://hipstermomblog.com/conformity-or-nonconformist/>

Every effort has been made to trace the origins of some of the images in this document and to obtain clearance where necessary. If, despite this, any copyright has been infringed unwittingly, we apologize and ask to be informed in order that we may obtain the necessary permission.