

# LESSON PLAN

## THEATER ACTIVITIES for Voice - Movement - Imagination

**LESSON PLAN:** Sing #1 (If You're Happy and You Know It)

**AGES:** 3-7

**# OF PARTICIPANTS:** 1-10

**DESCRIPTION:** Learning to sing develops confidence. Encourage big breath for louder volume.

### **INSTRUCTIONS FOR VOICE (Sing):**

#### **STEP 1:**

Sing the song alone or in a group: "If You're Happy and You Know It".

*If you're happy and you know it **clap your hands** (clap clap)*

*If you're happy and you know it **clap your hands** (clap clap)*

*If you're happy and you know it then you're life will surely show it*

*If you're happy and you know it **clap your hands** (clap clap)*

#### **STEP 2:**

Substitute the following phrases to replace "**clap your hands**" or make up your own:

- **Stomp your feet**
- **Take a bow**
- **Wiggle your nose**
- **Make a face**
- **Jump around**

#### **STEP 3:**

Repeat the song as many times as like with as many variations as you like.

To watch the corresponding video demo, click [HERE](#)

# LESSON PLAN

**LESSON PLAN:** Dance #1 (Follow The Leader)

**AGES:** 3-7

**# OF PARTICIPANTS:** 2-10

**DESCRIPTION:** Movement imitation connects the mind and body and builds confidence.

## **INSTRUCTIONS FOR MOVEMENT (Dance):**

### **STEP 1:**

Choose one person in the group to be the Leader.

### **STEP 2:**

Line up behind the new Leader.

### **STEP 3:**

The new Leader will walk around the room or yard and choose one of the following activities to act out for at least five seconds at a time and then choose another activity and so on and so on:

- **Hop**
- **Skip**
- **Jump**
- **Tip Toe**
- **Fly**
- **Swim**
- **Ride a horse**
- **Act like a robot**
- **March like a soldier**

### **STEP 4:**

The rest of the group will watch the Leader and then imitate their movement which each new action.

### **STEP 5:**

Repeat this activity as many times as you like. Create your own list of actions to imitate to change it up a bit.

# LESSON PLAN

**LESSON PLAN:** Act #1 (Sleeping Animals)

**AGES:** 3-7

**# OF PARTICIPANTS:** 2-10

**DESCRIPTION:** This activity encourages participants to use their imaginations and mimic what they know about animals.

## **INSTRUCTIONS FOR IMAGINATION (ACT):**

### **STEP 1:**

Choose one person in the group to be the Leader.

### **STEP 2:**

The Leader instructs everyone to lie down on the floor and pretend they are asleep.

### **STEP 3:**

The Leader then announces “Good Morning, **Sheep**” and the animals (participants) wake up and pretend to be that animal for 60 seconds.

### **STEP 4:**

After a minute of waking sheep, the Leader then announces “Good Night, **Sheep**” and the animals (participants) go to sleep.

### **STEP 5:**

Repeat the imagination exercise many times as you like by choosing different animals:

- **Pigs**
- **Frogs**
- **Cats**
- **Dogs**
- **Horse**

\*This can be done turning the lights on and off too!