

LESSON PLAN

THEATER ACTIVITIES for Voice - Movement - Imagination

LESSON PLAN: Voice #7 (Articulation BDGD - PTKT)

AGES: 3-7

OF PARTICIPANTS: 1-10

DESCRIPTION: Articulation exercises are important for good communication and for performing. Encourage big breath for louder volume.

INSTRUCTIONS FOR VOICE:

STEP 1:

Stand hip width apart. Relax all the muscles except the one's needed to stand. Stand tall.

STEP 2:

Slowly repeat the sounds B D G D (BUH, DUH, GUH, DUH). Practice several times. Then speed up the tempo.

STEP 3:

Slowly repeat the sounds P T K T (PUH, TUH, KUH, TUH). Practice several times. Then speed up the tempo. This should sound almost like you are beat boxing.

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

LESSON PLAN

LESSON PLAN: Movement #7 (Machine)

AGES: 3-7

OF PARTICIPANTS: 2-10

DESCRIPTION: Creating a human body machine with sound and rhythm connects the mind and body and builds confidence.

INSTRUCTIONS FOR MOVEMENT:

STEP 1:

Choose one person to be the core of the machine. This person will set the tempo and start the machine.

STEP 2:

In an open area, the core of the machine begins a simple repetitive movement with arms or legs. Be sure the movement can be maintained for several minutes.

STEP 3:

The next person looks at the movement and must create another move that connects to the core of the machine. The tempo must be the same and the movement must be sustainable for several minutes.

STEP 4:

Add additional people as additional parts to the machine until everyone is participating and interconnected.

STEP 5:

The core of the machine may now slow down and speed up the tempo. All other people (or machine parts) must focus and make the tempo adjustments.

STEP 6:

Repeat the machine with a new core person, but add sound. Create your own sound or use the previous B D G D or P T K T voice exercise.

LESSON PLAN

LESSON PLAN: Imagination #7 (Sensory)

AGES: 3-7

OF PARTICIPANTS: 2-10

DESCRIPTION: This activity puts the student into an active focus using the 5 senses for awareness.

INSTRUCTIONS FOR IMAGINATION:

STEP 1:

Choose one person in the group to be the Leader.

STEP 2:

Sit in a circle.

STEP 3:

Ask students to name their five senses; sight, smell, hearing, touch and taste.

STEP 4:

Tell students they are at a campfire.

STEP 5:

Talk them through the five senses.

Examples:

- The fire is bright, see the flames.
- It smells like smoke.
- It sounds like popping.
- It feels hot.
- It tastes like roasted marshmallows

STEP 6:

Tell students they are at the beach.

Examples:

- The beach is sunny and bright
- It smells like seaweed and fish
- It sounds like water crashing on the sand
- It feels hot
- It tastes like salt