

LESSON PLAN

THEATER ACTIVITIES for Voice - Movement - Imagination

LESSON PLAN: Voice #8 (Grand Canyon HEY)

AGES: 3-7

OF PARTICIPANTS: 1-10

DESCRIPTION: Projecting the voice without tension aids in communication skills. 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 and quietly say Hiiiiiiiiiiiiiiii starting low and getting louder. Repeat several times. Make sure you are not feeling any tension in the throat. If you are, stop and take a deeper more relaxed breath.

STEP 3:

Repeat the "hiiiiiiiiii" but imagine that you are standing at the edge of the Grand Canyon and your friend is all the way across.

You may also place yourself as far away in your home as possible and without any tension...yell "hiiiiiiiiiiiiii" or "heyyyyyyyyyy". The goal is to create maximum volume with NO THROAT tension.

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

LESSON PLAN

LESSON PLAN: Movement #8 (Do the Twist)

AGES: 3-7

OF PARTICIPANTS: 2-10

DESCRIPTION: Learn a new dance move from the past. Learning to imitate a movement connects the mind and the body and expands coordination.

INSTRUCTIONS FOR MOVEMENT:

STEP 1:

Look up a tutorial online on how to do the twist.

STEP 2:

Watch and imitate the move.

STEP 3:

Play the song “The Twist” and dance.

LESSON PLAN

LESSON PLAN: Imagination #8 (Fairy Tale Mad Libs)

AGES: 3-7

OF PARTICIPANTS: 2-10

DESCRIPTION: Creative story RE-telling.

INSTRUCTIONS FOR IMAGINATION:

STEP 1:

Ask the one person to name a Location, Animal, Food, Person's Name, a Movement and Three Colors

STEP 2:

Use each word they picked in the story.

Goldilocks and the Three Bears

Once upon a time, in a little house in the (Location) there lived a family of (animal) . There was Papa (animal) , Mama (animal) , and Baby (animal) . Every morning they ate a bowl of (Food) for breakfast. Papa took a bite of his (Food) and exclaimed,

"THIS (Food) is too hot, let's all go for a walk and when we get back our breakfast will be ready!"

So, they went for a walk in the (Location) . The family had no longer stepped out of sight, when a little girl/boy named (person's name) came (movement) down the path. She knocked on the door, and when no one answered, she walked right in. She was so hungry that when she saw the bowls of (Food) sitting on the table. She tried the big bowl of (Food) , but it was too hot. She took a bite of the medium sized bowl of (Food) , but it was too cool. She tried a bite of the tiny bowl of (Food) , and it was just right, so she gobbled it right up.

After her tummy was full, (person's name) went into the living room and found three chairs, there was a big (color 1) chair, a medium sized (color 2) chair and a tiny (color 3) chair. She sat in the big chair, but it was too hard. She sat in the medium sized chair, but it was too soft. She sat in the tiny chair and it was just right so she rocked and rocked in the tiny chair and it broke.

By this time, (person's name) was very tired. She wanted to take a nap after all this fun. She went upstairs and saw three beds. A big bed, a medium sized bed and a tiny bed. She laid down on the big bed, but it was too hard. She laid down on the medium sized bed, but it was too soft. She laid down in the tiny bed and it was just right, so she fell asleep. By this time, the (animal) family was coming home for breakfast. When they walked in the door they noticed that something was very wrong.

"Someone's been eating my (food) ," growled Papa (animal) .

"Someone's been eating my (food) ," said Mama (animal) .

LESSON PLAN

"Someone's been eating my *(food)* _____ and they ate it all up!" cried Baby *(animal)* _____.

"Someone's been sitting in my chair," growled Papa *(animal)* _____.

"Someone's been sitting in my chair," said Mama _____ *(animal)* _____.

"Someone's been sitting in my chair and it's broken into little pieces," cried Baby *(animal)* _____.

They thought the person might still be there, so they searched the house. They went upstairs to the bedroom, Papa *(animal)* _____ growled,

"Someone's been sleeping in my bed."

"Someone's been sleeping in my bed," said Mama *(animal)* _____.

"Someone's been sleeping in my bed and here she is!" cried Baby *(animal)* _____.

The loud noise woke *(person's name)* _____ and she saw the three *(animal)* _____. She screamed, jumped up, and ran down the stairs, out the door, never to be seen again.