

Drama and Theater Arts Lesson Plans for 3rd-5th grades

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Lesson One:

A) Fundamental Knowledge part one.

- Drama is another word for performance art. Drama is any kind of art that is performed or presented for at least one other person.
- Drama is used to entertain, share information, and as an outlet to express yourself artistically.
- All cultures worldwide have dramatic arts. This makes drama very special as it is something all humans have in common and can share.
- Here are just a few of the many kinds of Drama:
Storytelling, acting, dancing(All kinds of dance), singing, improvisation, pantomime, juggling, circus tricks, Acrobatics, Gymnastic Floor work, Martial arts demonstrations, giving a speech or presentation, debate, Stand up comedy and telling jokes., and MORE!
- Drama skills also give a person a strong foundation for areas of life that are not about performing. Drama skills help you to communicate your ideas well, understand other people's communications well, have higher academic success, do well in employment interviews, have a stronger awareness of non verbal communications, be aware of what we communicate with our body postures and facial expressions, and MUCH MORE!

B) Activity: Make a list of 10 different kinds of drama/ performance art and put a star beside any that you enjoy to watch or perform. Next ask the members of your family who live with you and put stars beside their answers as well. Finally call three other friends or family members and add their starred answers to your list. Please call and don't text as verbal communication is a drama skill to practice, even if it's over the phone. Now evaluate your list and see how many types of drama your friends and family have in common. Isn't it cool to see how much we have in common!

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C) Entrances and Exits

The Goals:

Whether you have an audience of only one, or an audience of thousands of people, your entrance is the first step of your performance, and your exit is the last step. When you enter the stage, or the room, or wherever your performance space may be, you want to do so with confidence. Even if you feel some nervousness try to present yourself as proud and confident from the very first moment you are seen, to the last moment. Stand tall and proud, with your head up and your shoulders back. Make eye contact with your audience. Walk at a nice, even, medium pace. Try not to scurry quickly as this sort of moment can make you appear less confident.

The Practice:

As you go about your daily life at home practice Confident Entrances and Exits each time you enter the room and leave a room. Enter a room in a way that feels proud and powerful. Hey why stop there?! Be Brave and have fun! Try it when you enter and exit cars, grocery stores, and anywhere else you go.

See how often people smile or seem very interested in what you have to say. You may find your confidence brings lots of smiles to your life.

Have Fun!