

# Drama and Theater Arts Lesson Plans for 6<sup>th</sup> – 8<sup>th</sup> grades

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## Lesson Two:

### A) Fundamental Knowledge Review

- 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/ Theater arts. This makes drama very special as it is something all humans have in common and can share.

### B) **Activity:** Non Verbal Communication

Much of how we communicate comes from our facial expressions and our body language.

Let's improve on these skills with the activities below. Have Fun!

The Goal: To practice communicating ideas and emotions without speaking

#### Activity One:

Ask someone to be your "listener" for this activity.

Write down 5 emotions. Challenge yourself with specific emotional words that have a strong meaning. Example: Instead of choosing "happy," Choose, thrilled, excited, or surprised.

Instead of "Sad" choose Lonely, Frustrated, or Disappointed.

Without speaking, and one at a time, enter the room as though you are feeling this emotion very strongly. Try to imagine a situation that would cause you to feel this emotion so that your non verbal communication will feel more realistic. Your walk, body movements, hand movements, body posture and facial expressions are your tools for success.

NO speaking or making sounds whatsoever.

Your "listener" then can then guess your emotion. Once they get it correct leave the room, and then re enter with the next emotion on your list.

#### Bonus idea 1:

If your listener is willing to play too, ask them to then make a list of five emotions different from the ones that you chose. Then switch spots and they become the non verbal communicator. See how successful you are at guessing the emotion correctly.

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Bonus idea 2:

Write down a simple request statement of a piece of paper, as well as the reason for the request. Enter a room and see if your listener can understand your non verbal communication as well as your reason behind it. No speaking, or sign language please.

For success keep your statements simple.

Example ideas:

May I have a glass of water please? (reason: because I have a tickle in my throat)

Please hand me the remote control? (reason: The volume is too loud)

Will you please open the window? (reason: it: It smells weird in here)