



Solo Spotlight: Mastering the Monologue

1 hour · 1st – 8th · After School · Teacher: Lara Rigores

Instructions: This lesson plan is your starting point — feel free to edit, rearrange, or customize it to fit your teaching style and your students' needs! These notes are yours. They will not be published anywhere.

Topics Covered

Monologue Analysis · Character Objectives · Memorization Techniques · Truthful Acting · Performance Skills · Creative Expression

Lesson Plan

1. Warm-Up & Focus Games (10 min)

- Lead 'Pass the Face' circle game where students mirror and pass facial expressions around the circle to build observation skills
- Guide 'Zip Zap Zop' energy game to develop focus and quick reactions
- Facilitate 'Emotion Ball Toss' where students throw imaginary ball while calling out emotions the catcher must embody

2. Skill Building Exercise (15 min)

- Demonstrate the specific acting technique for the week (objectives, tactics, given circumstances, etc.) using a simple example from a familiar story
- Have students practice the technique in pairs using short improvised scenarios or simple scripted lines
- Guide volunteers to share their work with the group and receive positive, specific feedback using 'I noticed...' sentence stems

3. Monologue Work Time (25 min)

- Direct students to retrieve their monologue packets and read through silently, applying the day's focus technique
- Circulate to work individually with each student for 2–3 minutes, asking guiding questions about their character's wants and obstacles
- Pair students to rehearse specific sections, with partners acting as 'invisible scene partners' they're talking to
- Have students perform small chunks (4–6 lines) incorporating feedback, trying different tactics or emotional colors

4. Performance Sharing & Reflection (10 min)

- Invite 3–4 volunteers to perform a portion of their monologue for the group using a designated 'performance space'
- Lead 'Glow & Grow' feedback where classmates share one thing that 'glowed' (worked well) and one area to 'grow'
- Have students write in their actor journals one discovery they made today and one goal for next week
- Preview next week's focus and assign any practice homework (memorization goals, character research, etc.)

Materials Checklist

- ☐ Age-appropriate monologue packets (1 per student, selected week 1)
- ☐ Actor journals or notebooks (1 per student)
- ☐ Pencils and highlighters
- ☐ Small carpet squares or floor markers for performance spaces
- ☐ Timer or phone for tracking time
- ☐ Character analysis worksheets
- ☐ Index cards for memorization practice
- ☐ Optional: simple props basket for character exploration

Age Adaptations

Younger Kids: Use shorter monologues (30–60 seconds), focus heavily on physicality and voice changes, turn analysis into drawing activities (draw your character, draw what they want), use more repetition games for memorization like 'echo acting', provide more structure with call-and-response feedback, and allow use of simple props or costume pieces during performance

Older Kids: Select more complex monologues (90–120 seconds) with layered emotions, dive deeper into subtext and Stanislavski techniques, introduce formal acting terminology (beat changes, through-line, stakes), require written character backstory work, use video recording for self-evaluation, encourage exploration of modern

monologues or self-written pieces, and incorporate peer directing exercises

Movement Break

Play 'Monologue Emotion Corners' where you call out emotions and students run to the corner of the room that represents that emotion, then speak one line from their monologue in that extreme emotion (helps explore range and gets wiggles out)

Bonus Activities

- Character Interview Hot Seat where student sits in character and classmates ask questions they must answer in character
- Freeze Frame Sculptor where one student poses another into key physical moments from their monologue
- Speed-Through Challenge where students race to say their monologue as fast as possible, then as slow as possible to explore pacing
- Prop Surprise where students draw a random object from a bag and must incorporate it into their monologue rehearsal

Series Outline (8 Weeks)

Week	Theme	Key Activities
1	Introduction & Monologue Selection	Play theater games to build ensemble and introduce performance concepts, Read through 3–4 pre-selected age-appropriate monologues as a group, Guide students in choosing their monologue based on connection to character and interest, Begin first read-through and identify unfamiliar words or phrases
2	Understanding Your Character	Complete character analysis worksheet asking who, what, when, where, why questions, Create character backstory through guided visualization and drawing exercises, Practice reading monologue with focus on understanding every word and sentence, Begin blocking out basic physical movements and gestures
3	Discovering Objectives & Obstacles	Learn about character objectives through 'I want...' exercises and improv games, Identify what the character wants in the monologue and what's stopping them, Practice 'playing the objective' by trying different tactics to get what they want, Begin memorization of first

Week	Theme	Key Activities
		section using repetition and partner work
4	Voice & Physicality	Explore how voice changes with emotion through pitch, pace, and volume exercises, Develop character physicality including posture, gesture, and movement quality, Practice projecting voice clearly while maintaining emotional truth, Continue memorization and work on staying 'in character' even when stuck on lines
5	Beats, Tactics & Transitions	Identify beat changes where the character's focus or emotion shifts, Experiment with different tactics to achieve objectives at each beat, Practice smooth transitions between emotional moments without indicating, Run full monologue with focus on connecting beats into complete arc
6	Reacting to the Invisible Scene Partner	Practice imagining and reacting to the person the character is speaking to, Experiment with placing the invisible partner in different locations in space, Develop active listening skills even when alone on stage, Polish memorization and work on staying present in each moment
7	Rehearsal & Refinement	Run full monologue multiple times with specific performance notes, Work on consistency while allowing for spontaneous discoveries, Practice pre-performance routines including breath work and focus exercises, Receive final coaching notes and create personal performance goals
8	Final Performance Celebration	Brief warm-up and confidence-building exercises, Students perform complete monologues for the group in a supportive showcase format, Celebrate each performance with specific positive feedback and applause, Reflection circle sharing what was learned and favorite moments from the series



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