

## Acting for Young Performers with Kristine 🤖🤗

### Instructions:

Check out this sample lesson plan and activity ideas for inspiration, ideas, and more. Feel free to edit, delete, or highlight to make it your own! These notes are yours to customize. They will not be published anywhere such that you're held to teaching exactly what's here.

### Topics

theater games, monologue and scene study, acting technique

### Lesson Ideas

Lesson Title

Acting for Young Performers

Duration

1 hour

Lesson Plan

#### 1. Introduction (5 minutes)

- Briefly introduce the day's activities.
- Set expectations for behavior and participation.

#### 2. Warm-Up Theater Games (10 minutes)

- "Pass the Clap": Students stand in a circle and "pass" a clap around quickly.
- "Mirror Exercise": Pair students up to follow each other's movements like a mirror.

#### 3. Monologue Exploration (15 minutes)

- Discuss what a monologue is and its importance in acting.

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- Provide short, age-appropriate monologue excerpts.
- Give students 5 minutes to practice individually.
- Encourage a few volunteers to present their monologues to the group.

## 4. Scene Study (15 minutes)

- Divide students into small groups, each with a simple, short scene to work on.
- Allow time for students to read through and rehearse the scene.
- Invite each group to perform their scene for the class.

## 5. Acting Techniques (10 minutes)

- Introduce basic acting techniques such as voice projection, emotion portrayal, and stage presence.
- Conduct exercises focusing on these techniques, e.g., varying tone and volume.

## 6. Closing Activity and Reflection (5 minutes)

- Gather students back together for a short group reflection.
- Ask students to share what they enjoyed or learned from the class.

## Materials List

- Copies of age-appropriate monologue excerpts
- Copies of simple scene scripts
- Optional: Costumes or props for scene study

## Adaptations for Different Ages

- Younger Children: Use simpler language for monologues and scenes; focus more on games and physical expression.
- Older Children: Provide more complex scenes and monologues; introduce advanced acting techniques such as character analysis.

## Movement Break

- In the middle of the session, if needed: "Shake It Out" – let students shake parts of their bodies to energetic music for 2 minutes to release energy.

## Bonus Activities

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- Costume Improv: Have a box of dress-up clothes or props, asking students to create a short, improvised scene based on whatever they choose to wear.
- Sound and Movement Exploration: Use instruments or body percussion to explore how sound and movement can tell a story; incorporate music into collaborative scene creation.

## Series Outline

### **\*\*Week 1: Introduction to Acting and Theater Games\*\***

- Ice-breaker activities to create a comfortable group dynamic.
- Explore basic theater games like "Zip Zap Zop" and "The Name Game."
- Discuss theater etiquette and the importance of focus and collaboration.

### **\*\*Week 2: Voice and Movement\*\***

- Conduct exercises to explore vocal range and projection.
- Engage in movement exercises to enhance body awareness and expressiveness.
- Introduce the concept of physicality and how it conveys character.

### **\*\*Week 3: Improvisation Basics\*\***

- Lead group improv exercises to develop quick thinking and adaptability.
- Discuss the principles of "Yes, and..." to foster creativity.
- Play improv games like "Party Quirks" to hone listening skills.

### **\*\*Week 4: Character Development\*\***

- Introduce character analysis: creating backstories and motivations.
- Use "hot seating" to answer questions in character.
- Work on walking and talking in character through guided exercises.

### **\*\*Week 5: Monologue Study\*\***

- Select age-appropriate monologues for memorization and practice.
- Discuss techniques for memorization and interpretation of text.
- Practice delivering monologues with focus on emotional connection.

### **\*\*Week 6: Scene Study\*\***

- Pair students to begin working on short scenes, focusing on partner interaction.
- Teach the importance of understanding the scene's context and objectives.
- Conduct rehearsal, providing feedback on dynamics and energy.

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## **\*\*Week 7: Acting Techniques\*\***

- Introduce basic acting techniques such as Stanislavski or Meisner.
- Practice exercises focusing on emotional recall and sense memory.
- Conduct activities to improve reactivity and presence on stage.

## **\*\*Week 8: The Art of Storytelling\*\***

- Engage in activities that explore different storytelling formats (e.g., spoken word, mime).
- Encourage group story creation and performance.
- Discuss the elements that make a story captivating.

## **\*\*Week 9: Dress Rehearsals\*\***

- Combine all elements learned in preparation for a final showcase.
- Run through scenes and monologues with costume and props.
- Provide constructive feedback to refine performances.

## **\*\*Week 10: Final Showcase\*\***

- Present monologues, scenes, and group pieces to an audience.
- Celebrate participants' growth with certificates and acknowledgments.
- Host a Q&A session with parents and students to reflect on the experience.

For additional support, reference this [experience outline template](#) which includes tips and prompts to help you develop and lead an excellent Grasshopper Kids experience.

*Note: This lesson plan outline was drafted by Hopper. If you would like to see different results, you can [submit another idea](#), or text us with feedback so we can work to make the algorithm better. We built this tool to help save you time in bringing more kids enrichment experience ideas to life!*

