



## Lesson: I've Got Rhythm

Ages: 1<sup>st</sup> and 2<sup>nd</sup> grade

Supplies needed: Music and a music player (optional)

Project Intro: This lesson helps children develop memory and observation skills and discover natural body movement.

Materials Reference: Theater Games for the Classroom, by. Viola Spolin

Project steps:

### Warm-Up Activity:

- When I Go To...
  - Ask all children and other family members participating to sit in a circle. Tell them that you will be taking an imaginary trip together and ask them where they would like to go. Once you have agreed on a location, you will then need to make a list of things to pack in your suitcase for your trip.
  - The first participant should say “When I go to <location> I’m going to take...” and have them name an item. The second participant should then say “When I go to <location> I’m going to take...” and then re-state the item the first participant stated as well as a new item they want to take. The third player then repeats naming the first two items and then adding a third item and so on... Each player takes, *in exact order*, all that has gone before and adds a new item. If a player makes a mistake, that player then sits out until only one player is left.

- Repeat the game again, but this time instead of naming out loud which items to take, participants should instead act them out. For example, instead of saying “take my shoes”, the participant should act out putting on his or her shoes. The next participant then repeats the first player’s acting out and adds a new one. For example, putting his or her shoes on and then playing the flute. Each player repeats, in order, all that has gone before and adds a new bit of action.

### **Drama Activity:**

- Rhythmic Movement
  - Tell all participants to stand in a circle. Play music if you have it. Call out any object (such as a train, washing machine, spaceship, bicycle, etc.) Each participant should instantly, without thinking too much about it, start making a movement that the object suggests. When movements have become rhythmical and easy, players should move around freely.
  - Then quickly shout out a setting (such as a circus). Without stopping rhythmic movements, participants should transform their movement into something else, developing characters and actions appropriate to the setting (for example, a ringmaster, clown, lion tamer, lion, tightrope walkers, trapeze artists, elephants, horses, onlookers, etc.)

### Drama Vocabulary:

**Rhythmic Movement** – a movement that is regularly repeated, forming a pattern or beat.