



Lesson: Move and Connect

Ages: 4th and 5th grade

Supplies needed: Music and Music Player

Project Intro: This lesson helps children practice their movement skills in ensemble with others. The more connected they are, the more trust there is between actors and the better their performances will be together.

Materials Reference: Teaching Drama, The Essential Handbook (beatbybeat Press)

Project steps:

Warm-Up Activity:

- 3 Noses:

(Video Demonstration: <https://www.youtube.com/watch?v=GqBovZbzPgE>)

- This is a fun and silly movement game that should cause the children to giggle.
- Choose a facilitator and let the children walk leisurely around the room. The facilitator will shout both a number and a part of the body (for example '3 Noses'). The children must then touch noses with two other noses, so they will form little groups, each group consisting of 3 touching noses. The facilitator will then call out another number and a different body part (for example 4 elbows). The children will then form new little groups, each group consisting of 4 touching elbows.

- The facilitator should use their imagination – such as 4 feet, 3 hands, 2 ears, 9 fingers, 5 hips, 4 elbows, 3 heads, 7 left big toes, 4 little fingers.
- **Toe to Toe**
 - Select music to play for this activity (something upbeat that is fun to move around to).
 - Instruct the children and other family members participating, that when the music begins, they are to silently walk around the space. When the music stops, they are to freeze and listen for directions.
 - Play music for about 20 seconds. Stop music.
 - Connect toe to toe with someone in 3...2...1 seconds! Tell your toe partner what your favorite food is and why.
 - After about 30 seconds, play music again and the kids will start walking around. Encourage them to feel the music and put it into their own bodies. Stop the music.
 - Connect elbow to elbow with a different partner in 3...2...1 seconds! Tell your elbow partner your favorite teacher you had and why.
 - After about 30 seconds, play music again. Tell them to dance to it. Let them enjoy it. Stop the music.
 - Connect high-fives with a different partner in 3...2...1 seconds! Tell your high-five partner your favorite part about acting and why.
 - After about 30 seconds, play the music again. Stop the music.
 - Connect with your original toe to toe partner, go! Let them scramble. Now staying connected with your toe to toe partner, connect to your elbow partner! Let them scramble. Now staying connected with your toe and elbow partner, connect with your high-five partner!
 - By this time they should pretty much be in a messy human knot. After the chaos has reached it's peak, tell everyone to relax and go back to standing in a large circle. Take a couple deep breaths as a group to calm the energy.
 - Ask each person to share one thing they learned about somebody they partnered with.

Drama Activity:

- **The Machine:** <https://www.youtube.com/watch?v=qXQAZbalXFA>
 - ❖ *The goal of this game is for each actor to become part of a working machine.*
 - Ask one child or family member participating to make a noise and a simple repeatable gesture.
 - Ask another person to join the first person and make a new noise and movement that connects to the first.
 - Continue until you have about 6 people as part of the machine, all with a unique sound and movement.
 - Turn the machine “off” by pulling an imaginary giant lever. The machine should freeze.
 - Ask a volunteer to turn each individual part of the machine on, and describe its function (“This part of the machine mixes the dough, this part adds the water, etc.”)
 - After each “individual” part has been explained, the volunteer can turn the giant lever on to bring the whole machine back to life. Then he/she should give it an official name.
- **Give and Take**
 - Divide all of the participants into two groups. Have the first group form a semi-circle.
 - Tell them that after you say *ACTION*, there can only be one person moving (taking) at any given time. Everyone else must be frozen (giving).
 - The first person (taker) starts with a movement.
 - Once another person starts talking, the current taker must freeze. The taker must continue his/her movement until someone else begins to take.
 - The taking should pass randomly throughout the group. There should be no sounds and there should be no overlapping talking.
 - Tell them that if you ever feel that the taking is being dominated by only a few, or that too much overlapping is happening, you will say “Thank you” which means that group’s turn is over and they must sit down.

- Have the next group try the same thing.
- Continue this exercise until you feel the groups are working seamlessly and everyone is taking an equal amount. Make it a competition to see which group can stay up the longest.
- VARIATION:
 - Consider adding sounds in addition to movement.
 - For advanced groups, consider allowing them to have one sound taker and one physical taker at any given time. (ie. one person must always be making a sound and one person must always be physically moving)

Drama Vocabulary:

Gesture – a form of non-verbal communication in which visible bodily actions communicate particular messages, either in place of speech or together and in parallel with spoken words. Gestures include movement of the hands, face, or other parts of the body.