



## Lesson: Sharing the Weight

Ages: 4<sup>th</sup> and 5<sup>th</sup> grade

Supplies needed: No supplies needed.

Project Intro: This lesson helps children demonstrate the ability to use their whole bodies to convey action and interaction with objects.

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

Project steps:

### Warm-Up Activity:

- **Sound Ball**
  - Have the children and other family members participating stand in a circle.
  - From your pocket, pull out an imaginary ball and introduce it as the sound ball. *The cool thing about the sound ball is that the louder the sound you make, the bigger and heavier it gets. The softer the sound you make, the smaller and lighter it gets.*
  - Demonstrate growing and shrinking the ball with different sounds.
  - Pass the ball around the circle. After each person receives the ball they should make a loud or soft sound to grow it or shrink it, then pass it to their neighbor.
  - Encourage the children to put the weight of the ball into their whole body.

- After passing it around once, allow them to bounce the ball across the circle.

### **Drama Activity:**

- **Bucket of Water**

- *Now let's experiment with the weight of objects in a real world situation.*
- With everyone seated, ask two people to together hold a large, imaginary bucket, one person holding each side.
- You will fill the bucket with water from an imaginary hose.
- The goal of the pair is to carry the bucket from one side of the room to the other. Then they are to dump out the water and bring the bucket back.
- The pair should demonstrate the differences in weight between the filled bucket versus the empty bucket using their body and expressions.
- Consider adding other elements to the activity: it's freezing cold, the bucket really smells, the floor is slippery, etc.

- **Tug-of-War**

- *Now let's explore strength and resistance.*
- Have everyone pair off.
- Ask one pair to help demonstrate the game. One at a time, each player will try to pull the other over a designated center line, exactly as you would in regular tug-of-war.
- In this case, however, the rope is not visible but imagined.
- Allows the pairs to play simultaneously, then call up pairs one at a time for observation.
- After the game has been played by several pairs, gradually add more students to both ends of the rope until the entire group is involved.