



## Lesson: Strike A Pose

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

Supplies needed: No supplies needed.

Project Intro: This lesson encourages children to explore storytelling through creating frozen characters with their bodies.

Project steps:

### Warm-Up Activity:

- Night at the Museum
  - The children will pretend that they are wax statues in a museum. At night when the museum is closed, all of the statues come alive and can move around! BUT, they can't get caught moving by the Night Watchman on duty whose job it is to inspect the museum after it closes at night!
  - Choose one person who will be the Night Watchman. Ask the Night Watchman to leave the room and then count to 20. Each child will then have to the count of 20 to "strike a pose" with their statue (decide whether they will sit or stand and how they want to FREEZE their arms and legs into place).
  - After a count of 20, the Night Watchman will come back in to inspect the museum. The children should make every effort to change positions (stay in place but move their arms and legs to a different place) even move around to stand or sit in a different part of the room when the Night Watchman is NOT looking!
  - If the Night Watchman catches anyone moving, he/she will call them out. The last person to be called out is the winner!

## **Drama Activity:**

- **Character Tableaus:**
  - Ask the children to think about the physical movement of each of the following characters and then choose a pose they will FREEZE in to become a statue of these characters: superheros, zombies, ice skaters, snakes, monkeys
  - Ask the children to now think about the following emotions. What is the physical movement of each of these emotions? Ask them to choose a pose they will FREEZE in to become a statue of these emotions: happiness, sadness, anger, fear, disgust, sick, love
- **Story Tableaus:**
  - What is a Picture? - A visual representation of a person, object, or scene, as a painting, drawing, and photograph.
  - Ask the children - Why do we take pictures?
  - Find neutral images of photographs where the people in the photo are doing some type of action (ie. building a sand castle at the beach, eating cake at a birthday party,
  - Ask the children to think of a picture they can create with their bodies (siblings and other family members can join).
    1. Who are the characters in their picture? Who will play each character?
    2. What are these characters doing (what is their action)?
    3. How do they need to position their bodies to pretend to be doing these actions?
  - Create the picture tableau. If there are other family members who did not help create the picture ask them if they can guess what picture was made.

## Drama Vocabulary:

**Character** – who the actor is pretending to be

**Tableau** – a frozen picture where all performers on stage show the actions of the character within the scene

**Examples of Tableaus:**

