



# DRAMA CLASS

A beginner group focused on developing social and life skills through theatrical arts.

Within Drama classes, students are lead through a variety of theatre games and exercises that develop social skills, build confidence and promote meaningful interactions. Participants are able to practice communication skills, listening for cues when others are speaking, making eye contact, waiting a turn, and actively engaging in a fun and supportive environment. They develop the ability to express themselves by learning about and practicing emotions and humor. This class provides an introduction to the basics of theatre and what it means to be on stage.

## TCFD OUTCOMES

This activity is aimed at helping individuals excel in the following categories:

-  Self- Expression
-  Socialization
-  Communication

## THINGS TO CONSIDER

### Adaptations:

- Small Groups
- Visual Markers and Guides to let participants know what to do.
  - Marking the floor with an X or a box to let the participant know where to stand
  - When teaching a new concept, staff members should model the action first: to plant the seeds of ideas that the person can do
  - Costume pieces help make abstract characters more concrete. Abstract concepts can be taught using props: teach what is funny, teach what is sad- using props (humor: funny hats, scarves, rubber chicken, face masks).
  - Use a large mirror so actors can see themselves
- Utilize individualized communication systems for each participant

**Be Patient:** Imaginative thinking doesn't come easy, you have to develop those skills and be patient. Each actor will learn at their own pace.

## For More Information:

### Book Recommendations:

*Acting Antics* by Cindy B. Schneider

*Drama Games* by Tian Dayton

*101 Drama Games & Activities and 101 More Drama Games & Activities* by David Farmer

### Website Recommendations:

<https://www.dramatoolkit.co.uk/drama-games/a-to-z>

<https://www.dramanotebook.com/drama-games/>

<http://www.bbbpress.com/dramagames/>





# ELEMENTS OF A DRAMA CLASS

## Warm Up

Prepares participants to focus their attention and begin following directions

- Stretching
- Vigorous body movements (Marching, dancing, shaking arms, legs, and body)
- Vocal/mouth exercises (Lip trills, singing/vocalizing, tongue twisters)
- Slow calm body movements
- Deep breathing

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## Theater Games

Playing imaginative games such as...

- Mirroring
- Strike a Pose
- The Name Game
- What's in the Box
- Pass the Sound
- Improvisation



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## Character Development

Creating characters through corresponding gestures, body language and facial expressions.

For example, impersonating a monster, a superhero or a grandparent and embodying how each one would vocalize, walk, and move.

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## Theater Concepts

Practicing expectations when on stage and behind the scenes.

For example, learning basic stage directions: stage left, stage right, center stage, upstage, downstage or projecting one's voice when onstage and remaining quiet when offstage.

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## Scene Work

Bringing all concepts together by rehearsing short, simple scenes that capitalize on each individual's strengths while also developing skills.

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## Closing Ritual

A consistent routine to signal the end of an exercise or class.

### Journaling: Reflecting at the end of rehearsal on what was learned

- "What was one thing that was fun?"
- "What was the most challenging part?"
- "What do I/don't I want to do again?"

### Watching a filmed clip from the class

- "Who did something awesome, and why was it awesome?"
- "What would you do differently next time? Any kind suggestions?"