

Theatre Therapy Thursday

Objective(s):

CR.2.THI.1

Develop characters, environments, and actions individually in a devised or scripted drama/theatre work

P4.THI.2

Examine the manner in which character choices assist in telling the story of a drama/theatre work

P.4.THI.4

Determine character objectives and tactics

P.5.THI.1

Develop a believable, authentic, and relevant performance of a drama/theatre work through physical, vocal, and psychological choices

P.5.THI.2

Demonstrate empathy for characters in literature

R.7.THI.1

Identify the consequences of a character's decisions and actions

Technology/Materials Needed: Show a video of a funny social situation like Step Brothers movie clip about job interviews or something cleaner

Opening Activity: Have students discuss their "worst nightmare" social situations. Then have a prepared list of statements involving social situations like "being interviewed for a job" and have students stand in the room on a spectrum line. One side of the room is "this would not cause me stress" to "this would immobilize me, so freaking out"

Exercise Activity: Role-playing specific stressful situations. The person experiencing the anxiety, takes the role of director. Putting other students into the situation that is stressing them out.

Observers have to find similarities and contrast between characters' objectives and tactics. Connect tactics to real-life behavior. Start with "world's worst" to break the ice. Then, talk about the real choices that would make the situation work. Change the given circumstances. Switch roles. Observers may step into a role to change one element of the characters, such as characteristic, physicality, objective or tactic. Offer an opening line or lines. Director can do this to alleviate their own burden with the situation.

How does the scene/exchange transform when it's done over the "phone"?

Reflection: Discuss consequences of choices made by characters in the scene. Imagine a similar situation. How could things go differently?