

Theater Arts/Creative Movement Lesson Plan

Artist Name: Suzanne Lappas
Art Form: Creative Movement/Dance
Grade Level(s) pre-k - 1

Class Objective: Squeezing and Expansion, Dynamic Tempos

HOME SPACE

Exercise #1

Tempo & Level Changes by Bouncing

- Squat and do slow and low bounces, getting higher
- Experiment with high and low, slow and fast, etc.

Exercise #2

String Exercise

- With all students, stretch to find imaginary strings high in the sky
- Tie them to your heads and pull on them to lift you tall, with a straight back
- The strings pull you in different directions and make different shapes (forward-back, side-side, circle, square, triangle)
- Make fingers into scissors, squeezing and expanding the blades. Cut the strings
- Ask, "What happens?" Then fall to the floor

Exercise #3

Peanut Butter & Jelly

- Clarify straight pieces of bread (legs) and round scoops (arms)
- Students can practice squeezing and expanding their faces as a warm-up to emulate eating
- Identify body parts to bite from
- Adaptations- you can play with size and tempo dynamics or have students decide what to put on their "sandwiches"

DANCE SPACE

Exercise #4

Freeze Dance

- Utilize range of body extension in frozen shapes
- Utilize tempo shifts in dance (music is helpful to sway movement themes and energy)

Exercise #5

Frozen Shape Transition

- Students transition to theater/audience space keeping full-bodied frozen shapes. What are different ways to mobilize while keeping the shape?

THEATRE SPACE

Exercise #6

Review of Squeeze & Expand

- Apply squeeze and expand to balloon exercise, using one or several individuals

Exercise #7

Balloons

- Have students pretend to be balloons with no air- limp bodies with no tension
- Tell them to fill up with air (explore individual body parts and tempo dynamics)
- Explore different ways to lose air- twist, squeeze, shrivel, pop, leak air, crazy flying path through the room as the air releases
- Adaptations:
 - Balloons can be blown up and spun and in the wind, can float and suspend, drop and catch, or wind can stop and balloons freeze, etc.
 - Balloons can do different things- explore contrast. If you have an advanced group, you can try exploring static- a balloon could have a charge that another student is drawn to- moderate partnering.
 - They can also have a balloon improvisation- see how they make their own decisions about what is happening to their balloon and if the audience knows what they are depicting.

HOME SPACE

Exercise #8

- Do a FAST physical review of the day's key words in a circle

Exercise #9

Ritual Ending

- Everyone claps one finger from each hand together
- Everyone claps two fingers together, then three and so on, until everyone is clapping with their whole hands