

- While out of sight the “changer” must change three things about his/her appearance (pull a sock down, change watch from one wrist to another, unbutton a button, etc.)
- When the student enters, the class must figure out what three things changed.
- Continue this for several rounds.
- *We must train ourselves to notice the little things. These little things will add up to help us create unique characters.*

### ACTIVITY: Drama Game: Slow Motion Emotion

- Ask three students to take the stage.
- Have the students draw an emotion from the bowl.
- As you slowly count down from 10 to 1, they are to gradually put that emotion in their bodies and their faces.
- Have the class guess which emotion they chose and reflect on what gave away that emotion.

### REFLECTION:

- *What is theatre? Why are we trying to be better actors?*
- *Drama Journal\*:* *This week, observe the people around you, family, friends, teachers, strangers. Choose one interesting person and write three sentences describing them in your journal.*

*\* Before your classes begin, instruct every student to bring an empty notebook that will become their “drama journal”. (Or provide one for them.) These will be used after every class to explore the content further. Encourage the students to use these notebooks however they feel inspired as your semester progresses. (I’ve had many students bring in full scenes they’ve written because they get excited about an idea :)*

#### List of emotions:

Angry  
Sad  
Embarrassed  
Frustrated  
Annoyed  
Eager  
Shy  
Nervous  
Loving  
Confident  
Proud  
Curious  
Fascinated  
Excited  
Energetic  
Surprised  
Grateful  
Touched  
Hopeful  
Happy  
Peaceful

