



Open-Sky
School

Category
ART THERAPY



Activity

Theatre in Nature

MATERIALS

Optional: Paper and clipboards
for students to take notes

DURATION

45-60 MINUTES

Activity Summary

This is a theatre activity. Students personify a living being or a natural phenomenon, either one of their choosing, or one that is assigned to them. The goal of this activity is to practice "letting go" and expressing oneself in a theatrical way. You can carry out the activities in succession, or you can do them on separate occasions.

Preparation

- Find a quiet space in nature that is large enough for students to move around and express themselves.
- Make a mental list of living things or natural phenomena to suggest to students (for example, ladybug, ant, sun, wind, squirrel, etc.).



Steps

Say:

Today we are going to do a theater and improvisation activity. This activity is made to let loose and have fun. We are not professional actors and we're especially not here to judge others. So respect your peers and just have fun.

A. Introduce yourself

Say:

If you could be a living being, other than a human, what would you be? Choose a living being that you will personify. You can decide to be a mosquito, a bear, a blade of grass, a kitten... anything that inspires you.

B. Act it out

Say:

In this exercise, you will act out a living being using only your bodies, not words or sounds. You will not be able to consult your team members before you begin.

You have 5 seconds to act out your living being.

When time is up, you will stop and the audience will try to guess what it is.

Divide the group into two or three groups, depending on the number of students.
Invite a group to come on stage.
Whisper the living being to the group that they can act it out.

Instructions

1. Everyone gather in a circle.
2. You will each have a turn to present yourself by acting out your chosen living being. You will present your character without speaking, but you can use sounds.
3. Once everyone has presented their living being, you will be able to say what you chose to represent.

1. Inform students of the living being they will act out by whispering the name to them. Once students understand how the activity works, groups can choose their own living beings they want to mimic.
2. The activity will last around 10 minutes, allowing three or four turns per group.

- C. Short skit**
This activity is played in groups of 3 to 5 students.

Say:

For this activity, create a short skit with a living being or a natural phenomenon as the main character.

I can suggest topics, like pollution or a natural disaster, but you can also choose your topic.

Your team will have 10-15 minutes to come up with the topic and details of your short skit, for example, if you'll have a narrator or not, if you'll use natural objects as props, etc.

Each skit should be up to 5 minutes long.

Instructions

1. *Say: If your team is having trouble finding a topic, you can come to me for ideas, for example, aliens, a human, planet Earth ...*
2. Each team will present their skit. Indicate the time each team has left while they present. You can use your hands to indicate, for example: one finger = one minute left; a T with your two hands – to indicate *time out* – when there are 30 seconds left; a countdown on your fingers from 10 seconds.

- D. Become a tree**

Say:

1. Stand in a spot, leaving enough space between you and others.
2. Close your eyes or look ahead.
3. Imagine that you are your favorite tree.
4. Become that tree.
5. Imagine the wind passing between your leaves and branches.
6. Your legs and feet become your roots.
7. Imagine the warmth of the sun on your skin, which is your bark.

Take a break for a few seconds.

Say:

1. Open your eyes but always be a tree.
2. Be conscious of other trees and life around you.
3. Alone, you may be just a tree, but together we become a forest!

RETURN TO
GROUP

1. Did you like this activity?
2. What were your first impressions?
3. Is there anything you found easier or more difficult?
4. Which exercise did you like the most?