

Exchange Partnership ShareBack

Sample Lesson Plans for a 12-week session:

Below are sample lesson plans, which were adapted for each of 12 one-hour sessions from October 22, 2018 to February 11, 2019.

These include a brief description of the content of the lesson for the session and also time increments devoted to each portion of the lesson plan.

When working with older adults in a critical care facility and with youth with significant physical and mental disabilities, it is important to realize that the lessons proceed slowly, with attention given to clear instructions and ability to actually do the exercises. The groups with which we worked really enjoyed and, we think, needed the vocal and physical warm-ups we did each week. Those centered the activities, which followed.

Sometimes, of course, the lesson plan needed to be altered. We had to improvise, so to speak, as with any teaching session, as some activities seem not to connect with the participants. This is important, because our work is to serve the participants, to give them the opportunity to create their own devised work, from their ideas, their contributions, their own insights. (And many are the insights they all have. It is sometimes really astounding and so gratifying to learn what the participants can teach us, us the facilitators.

Often, the sessions are like conscience-raising events.

To summarize our approach to each lesson:

Begin with centering warm-up activities, arm, leg, and hand stretches, shoulder stretches

Continue with vocal exercises, i.e., breathing exercises, tongue twisters, and singing

Continue with a short theater game, i.e., Zip, Zap, Zop (which combines both vocal practice and physical movement (even for those in wheel chairs)

Because we build on participant views, experiences, thoughts, in order to build the final presentation, we focus the material of actually improvising a script through questions and sharing of memories, and exchanging ideas to build the script, which ultimately is organized by Danielle Dresden

Conclusion of each lesson includes a brief review of the material we cover

We try to end with participants having the opportunity to state an appreciation of others or the work of the day, followed by a short breathing meditation for closure.

These are the procedures of TAPIT/new works Ensemble Theater. Bring your own expertise and interest to your work, should you wish to pursue this.