

## LESSON PLAN: DRAMA JOURNALS

**AGES:** High School, College, Adult

### DESCRIPTION

Effective ways to keep a journal in order to understand yourself entirely through character/body/acting development.

### MATERIALS

Pen/Pencil and A journal or some type of notebook that is easy to keep with you.

### FULL LESSON PLAN

#### Daily Log:

Respond to the day's writing prompt. Think back to the day's class - your moods, concerns, thoughts, stumbling blocks, breakthroughs etc. Recap the class events, and what you learned or what you want to learn more about.

#### Dialogue with Body:

Pay attention to how your body feels during various exercises.

- How do you feeling physically today?
- What feels good, what feels awkward?
- Did you do anything that surprised you?
- Do you feel hesitant or comfortable with certain exercises?

#### Respond to Readings:

Keep a running response to the materials read in class.

- Were there any characters to whom you can connect?
- Would you like to play this character some day?
- What problems existed in the play?
- Did you agree with the way the author handled the situation?
- How did this piece make you feel?

#### Character Observation:

Observe the people with whom you come in contact - in class, the lunchroom, work, the mall, sitting in traffic, walking down the street etc. Imagine their personalities, interests, hobbies, histories, feelings, thoughts etc. Write a description of them or write from their point of view.

#### Idea Fund:

Get ideas from movies TV, stage performers.

- Whom would you like to emulate?
- Whom do you admire or dislike?
- What types of productions/shows appeal to you and why?

#### How Do You Feel...:

About a piece you are working on, your group members, an assignment, an

exercise, a sunset a breath of wind, a piece of music the winning touchdown etc. Responding to small details in life is what makes life so magnificently worth living.

Drama Journal:

The purpose of the Drama Journal is twofold.

- 1) It communicates to the teacher in a non-threatening way how the student feels about the coursework, the class, and life.
- 2) It allows the student to express him or herself and reflect on the course in a way that promotes self-analysis and growth.

Requirement/Scoring Options:

- 50 points per quarter
- Minimum 40 entries
- One paragraph minimum each entry (5-7 sentences)
- Date and time of each entry
- Will be checked periodically throughout the quarter; bring to class as sometimes an in-class writing assignment will be given.