Lesson Plan: Mime Theater

* Mime is considered one of the earliest mediums of self-expression. Before there was spoken language, mime was used to communicate what the primitive people needed or wanted.
* It then developed into a true theatrical form in ancient Greece, where performers enacted everyday scenes with the help of elaborate gestures.
* Use your body to talk

Warming up:

* Brain Dance:
  + Core-distal: make whole body movements that grown and shrink, reach into different planes, directions and levels.
  + Cross-Lateral: Move across midline and connect upper and lower body quadrants
* Each child will make a facial expression without using words, the rest of the class can try and guess the expression.

Exploring the Concept:

* Space: small and big size
  + Use bigger or smaller body movements to express feelings
* Time:
  + Speed: fast medium and slow movements
    - Fast- rushed, scared
    - Slow- sad, tired

Developing Skills:

* Pretend to be in a box
* Pretend to climb a rope
* Locomotor Movements:
  + Walking, jumping, rolling
  + (walking in place)
* Nonlocomotor Movements:
  + Throw, pull, punch, fall

Creating:

* Put movements from “Developing Skills” together to create scenes
  + Playing “Catch” with a partner using their imagination

Cooling Down:

* Brain Dance:
  + Deep breathing
  + Tactile: Squeeze arms and legs, tap head, brush shoulders.