



MAD

*Make a difference*



# Drama 1

First part of the drama workshops

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This time:

1. Warm-up
2. Feeling exercise
3. Group discussion of your own scene
4. Choosing the roles
5. Rehearsing the play





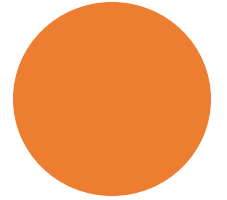
The most important rules of the  
drama workshops

We don't compare ourselves to others.

We don't judge others or ourselves.

# 1. Warm-up

- Form a large circle and make sure everyone has room to move around a little bit
- Do a few warm-up exercises
- Finally, roll your arms and warm up your shoulders



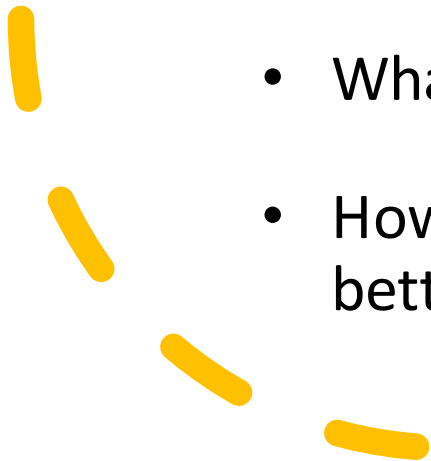
## 2. Feeling exercise

- Warm up your face with different facial expressions
- Showing different emotions with faces and gestures:
  - Sad, angry, happy, cheerful, successful, scared, disappointed...
- Pair-up and say to each other “Hello” with different emotions:
  - How can different emotions be acted out so that they differ from another?



### 3. In your own groups discuss about the scene

- Do you want to use the existing scenario you made earlier as the basis for the scene, or do you want to do a completely new story?
- What kind of bullying challenge is in the scene?
- How is the bullying situation presented to the audience?
- What is the goal of the prototype's action in the scene?
- How do you use the prototype in the scene to make the situation better?



# 4. Choosing the roles

- Reflect on the emotions of each character during the scene
  - How does the character feel at the beginning, middle and end of the scene?
  - How do you act out the emotions in the scene?
- Who plays which character in the scene?
  - Does someone need to play (move) the prototype?
  - While training, you may try out different characters before as a group deciding the roles.



## 5. Rehearsing the scene in groups

- Find a quiet place for your group and start rehearsing your scene
- While practising, always remember the audience:
  - Where is the audience sitting?
  - How does your character act in front of the audience?
  - What does the audience hear and see?
  - How does your character make the audience feel? (Remember the feeling exercise)
- Finally, show the teacher your group's statue shots from the beginning, middle and end of the scene



