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.