HANDOUT Title: Lesson Plan Elements Handout #:

Content:

Lesson Plan Elements: A Breakdown

Introduction: The context to the work. The lens with which we view the work.

Warm Ups: The Focus is on preparing our Actor's Toolkit. Specifically our voices and bodies for the work we're about to do.

Introductory Activities: These activities are designed to prepare participants for the work we're about to do. Typically low risk with a high success rate. These activities are selected to be a way into the main ideas and concepts to be explored.

Bridge Activities: These are typically activities that are moderate in risk. They goal is that they are used to `bridge' the introductory activities to the main activities. The level of risk increases and they typically have direct implications in the focus work of the Main Activity.

Main Activity: This is the “core” or “heart” of the lesson. This is the point of the lesson where the theme is most directly explored and this is typically the largest component of the lesson. The Introductory and Bridge Activities will have developed the skills necessary to succeed in this section. For example: working individually prior to the main focus of group work. The Main Activity is usually where the most content and substance of the work is developed.

Reflection: While moments of reflection should happen at the conclusion of each of the activities so as to touch base with the group, it is extremely important to save time in your session for a final group reflection. The purpose of this is to allow participants the opportunity to come together and share their thoughts and reflections on the creative process and how it related to the major theme. Ways in which the facilitator begins the reflection process may include: *Any questions, comments or concerns about what we just experienced? What was in that for you? How did this relate to the overall theme we're exploring today? Were there any moments that surprised you?* It cannot be stressed enough the importance of reflection time. Even when there is silence from the group they are processing their experiences. Allow for some time with their thoughts, and use guiding questions to stimulate discussion.