

# 2019 IBSC MONTREAL QUEBEC CANADA

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## A HOLISTIC APPROACH TO DRAMA EDUCATION PK - 6

Creative experiences put a concept into action, improvisation, role-playing, music, theatre games enhance the integration of new information by producing new neuronal connections - Kenneth Wesson

## PROCEDURAL MEMORY AND DRAMA

A boy's brain is wired to like routine. The more they practice and repeat something the more it becomes automatic.

When a boy is experiencing the Flight, Fight, Freeze response to a situation it is not the time to teach the appropriate behaviour.

A holistic approach to drama based activities can help develop the procedural memory in a boy. Procedural memory grants a boy a chance to have perspective.

Drama is the perfect vehicle to explore real life situations minus real life consequences.

Holistic Drama constantly asks boys to focus on thoughts, body sensations and emotions when creating a response to a stimuli.

Improvisation trains the brain to reach for a range of effective responses to the unexpected, unfamiliar and unpredictable.

### ***Neurons that fire together wire together***

Dr Dan Siegel

## DRAMA THERAPY

Drama therapy gives boys a chance to try on roles and act out scenes that they would like to be better prepared for in real life.

Through drama therapy, boys are able to explore, express and manage their feelings, reconcile emotional conflicts, gain self-awareness, manage behaviour and practice social skills.

# DEVELOPING EMOTIONAL INTELLIGENCE THROUGH DRAMA

SELF-AWARENESS  
SELF-REGULATION  
EMPATHY

## A C T I V I T I E S

- Emotion Detectives
- Go Emotion Fishing
- Feeling Quadrants
- Pirate Conscious Alley
- Emotional Scarves
- Coin Feelings
- Thought Tracking
- Puppet Friends
- Hot Seat
- Helpful Thought Wizards
- Zones of Regulation
- Open the Door
- 4 Chairs
- Emotional Tableaux
- Role on the Wall
- Magic Beans
- Showing Not Telling
- Emotion Word Tennis
- Turtle and Tiger
- Same, Same, Different
- Helping Hands
- Emotion Bus
- Walk this Way
- Emotional Statues
- Emotion Faces
- 3,2,1 Become!
- Object Role Plays
- Book Emotions
- Magnets
- Small...Big...Bigger

# SOCIAL SKILLS AND DRAMA GAMES

## GAMES

- Eye Contact/No Contact
- Sailing Ships
- Pods, Packs, Play
- Where is my group?
- Bandid Tag
- Blob
- Murder in the Market
- Duck Smugglers
- Servant/Master

## SOCIO- DRAMA

- Asking a Friend to Play
- Losing/Winning
- Problem Solving
- Diversity
- Relationships
- Self Regulation
- Saying Sorry
- Whole Body Listening
- Sharing/Taking Turns

## DRAMA ELEMENTS FOR TEACHING SOCIAL SKILLS

- Hot Seat – *What if...*
- Puppetry
- Forum Theatre
- Role Play
- Improvisation
- Thought Tracking
- Storytelling –  
*It could have been worse*
- Talbeaux/Action Reels
- Flash back/Flash forward

# MINDFULNESS AND DRAMA

name the emotion   notice the thought   feel the body sensations

## GUIDED VISUALISATIONS FOR BOYS

### **Be a star**

Lie on your back and spread your arms, palms up to the ceiling and open your legs. Stretch your arms and legs as wide as can be. Feel you are making a four pointed star. Suddenly the star collapses. Feel the tension disappear.

### **Shake off the ants**

In the same position, imagine you are tied to the ground but you can wiggle. A colony of ants finds you and begins to crawl over you. Commence to wiggle the body until the last ant leaves you. Then collapse.

### **Be Hercules**

In the same position, imagine that the body is being pushed down by a heavy weight so that all the parts of the body are being pressed into the ground. Suddenly the weight is removed. Feel yourself float on the ground.

### **Be a rubber puppet**

Imagine you are made of rubber and there are strings attached to your shoulders which someone can pull from above. You are being pulled up and you find your limbs fly out in all directions. Even the feet can be pulled off the ground at times, finally the strings are cut and the body relaxes.

- Back to Back
- Breathing
- Ducky on Bellies
- R.A.I.N
- Listening
- Seeing
- Mind the Gap
- Guided Visualisation
- Visual Landscapes
- Sensory Stories
- Torch Body Scans
- Mindfulness Triangle