

# AUTISM

## ACCEPTANCE MONTH

### THEATER EXERCISES

## Characters with Hats

**Appropriate for:** All Ages

**Time:** 10 - 15 minutes total (time can be expanded once the game is mastered)

**Materials needed:** Each person playing chooses a HAT (a baseball hat, a cow-person hat, a crown, etc.) to represent their character. If you don't have a hat, you can make one or just use your imagination and help us to "see" your hat with your actions.

**Objective/Goals:** Expansion of empathy/knowledge of others and the embracing of how we are all different and unique.

### Instructions:

- The "Guide" shares a hello, a welcome and sets up the game by asking us to think about and decide:
  - Choose a hat.
  - How does the hat you've chosen represent the character you are creating?
  - What character are we creating (a child, a mother/father, a grandmother/grandfather, a teacher, a king/queen, a fire fighter or police officer, a person with a particular job (clerk/waitress/doctor/dentist/etc.)?
  - What is our activity? What is this person doing?
  - What emotions are we feeling (happy, angry, sad, excited, etc.) in the activity?
  - How old are you? How do you move, speak, engage, react, etc.?
- Now, let's create our character ... place your "hat" on your head. If you don't have a hat, IMAGINE or MAKE one.
  - Who are you?
  - Imagine that you are the person you've named.
    - What activity/action are you performing?
    - How do you stand?
    - How do you move?
    - How does your face represent who you are?
    - What about your voice? Is it a young voice, an old voice, a strong voice, a patient voice, a voice with an accent, etc.)?
    - Now that you know who your "character" is, say "Hello," "How are you?," and invite the "person" to whom you're speaking to an event (out for a meal, to the theater or a concert, for a picnic, shopping, to a birthday party, etc.). You decide where you'd like to take your new friend. After you invite your friend to an outing, say, "goodbye and I will see you soon."
    - Now switch "hats" and create a whole new "character."
- Close with a thank you for participating, praise for the work and a goodbye.