

AUTISM

ACCEPTANCE MONTH

THEATER EXERCISES

Let's Take A Walk

Appropriate for: All Ages

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

Materials needed: Just our imaginations! BUT, props, sound and environment effects can be added:

- Rain stick (instructions available on TRTC website)
- Rain (a spray bottle filled with water)
- Wind (a fan or large piece of waving cardboard)
- Items appropriate for Spring, Summer, Fall and Winter

Objectives/Goals: Imaginary/Sensory/Comfort Expansion. Utilize imagination to create and navigate a specific environment.

Instructions:

- The "Guide" shares a hello, a welcome and sets up the game by asking us to think about...
 - What season is it?
 - What are we wearing at this time of year?
 - Where are we?
 - How does the air feel? What does the ground feel like?
 - Do any of these things affect how we move... how our bodies respond?
- After choosing a season, mime putting on the appropriate clothing for that season.
- Now, using your imagination, let's go "outside" for our walk...
 - Where are we? (park, beach, apple orchard, ski resort, back yard, vacation, etc.) Experience this environment. What do we see, hear, smell?
 - What's the weather feel like (sunny, windy, rainy, snowing, warm, hot, cold, etc.)? How do we move in this season and environment? (Slowly, quickly, with difficulty, with ease, etc.)
 - What activities are we participating in? (puddle jumping, walking a dog, flying a kite, swimming, jogging, eating ice cream, playing volleyball, apple picking, sledding, etc.) How do we feel doing this activity? (happy, sad, excited, mad, tired, invigorated, etc.)
- Choose a new leader and repeat the game for a different season
- After completing all four seasons, return "home" and mime removing your jackets, boots, hats, mittens, etc.
- Close with a thank you for sharing our walk, praise for the work done and a goodbye.