

AUTISM

ACCEPTANCE MONTH

THEATER EXERCISES

Pantomime Pass

Appropriate for: (Grades/Ages) All ages, adjust as needed.

Time: 10 minutes

Materials Needed: A medium sized ball, pillow, book, or other passable object.

Objective/Goals: Drawing on four of our senses, students will transform objects using imaginative play and pantomime. Students will learn how actors use imagination and physicality to imbue props with meaning in theatrical performance.

Instructions:

Warm-Up

- Find a comfortable spot in a familiar room. We are now going to explore four of our senses. This can be modified to accommodate sensory disabilities.
- Sight: Look around the room and notice what you see. Count objects of the same color, shape, size, etc...
- Sound: Close your eyes. What noises do you hear inside and outside of the room?
- Touch: Move around the room, touching different objects. What kinds of materials do you feel?
- Smell: Take a deep breath in through your nose. Do you smell anything in the room? Outside of the room?
- Take a deep breath and come back to your "room."

Pantomime Pass

- Sit across from your partner or in a circle with the other players.
- Take turns passing your object around. Pass it around through the players a few times, focusing on connecting with each other as you take and receive the object.
- Pretend that the object has transformed into a 100-pound, cement version of itself. What does it feel like to pass such a heavy object? Do your hands and legs shake? Do you grunt as you pass it? Think of how the object transforms each of your senses and teach your partner what the object is by using your imagination.
- Now transform the object into something else, such as...
 - a giant snowball
 - a gentle bunny rabbit
 - a smelly pile of garbage
 - a mouthwatering chocolate cake
 - a delicate crystal bowl
- Continue passing the object around, but treat it differently each time. You can experiment with each person getting a turn to "transform" the object, but it is not necessary.
- The more you commit and model with the other players, the more the other players will be willing to explore with you!