

artstart

A PROGRAM OF ASC



ARTS & SCIENCE
COUNCIL

FOCUS AND CONCENTRATION + EYE FOCUS

This lesson
aligns

Writing with
Music and
Theatre Arts.

NCSCOS STANDARDS:

1. **Arts** – Students will learn elements of drama to expand their knowledge of acting in order to make character choices. 3.3.02
2. **Language Arts** – Identify and interpret elements of fiction and nonfiction and support by referencing the text to determine: cause and effect, fact and opinion, lesson and/or message, and sequence. 2.2.04

WARM-UP

- Let's work on our focus and concentration. What is eye focus? It's a point of concentration where you, the actors, focus your eyes and energy. So, we need everyone to move to the open area so that we can do the mirroring exercise. **Ms. _____, how would you like for our friends to select a partner?**
- Demonstrate Mirror Game: **First, watch me and Ms. _____.** One of us will be the leader and the other will be the mirror. Does a mirror shadow or reflect? It reflects everything, so that means we move at the same time, not after each other. Watch carefully.
- Mirror Game

MAIN EXPERIENCE

- **Ms. _____, is it okay if we do a fun activity to help students focus even with distractions?**
- Now, we talked about how it is very important to remain focused in drama. What if someone says something that is funny and you really want to laugh? Well, you can't because you have to remain focused so that you can say your next line. So, this improve game is called "Questions." We'll ask each other questions.
- **Ms. _____, will you model this exercise with me?**
- Eye Focus: **It** is very important to have a focal point when performing **and to** make eye contact with your scene partner.

COOL-DOWN

- Let's end our lesson today with a challenge. Actors and actresses are always up for a challenge. **Ms. _____, do you think I can pose a challenge to my friends? See, this challenge requires lots of concentration and they must keep their eyes on a focal point.**
- Well, here goes: Introduce the students to the Tree Pose.