

ELEMENTARY EDUCATIONAL SYMPOSIUM

April 28, 2018

Meet-Up at ComedySportz



Thank you to everyone at our second Meet-Up in North Hollywood at the ComedySportz Theatre! Thank you for your amazing participation and sharing of insights, skills, and knowledge. Our meet-up events are possible because of YOU, our CETA membership.

Next Educational Symposium: Fall 2018

We are looking for member teachers to bring their best theatre games, vocal & physical warm-ups, techniques, and strategies to share at our future symposiums.

I like a teacher who gives you something to take home to think about besides homework.

-Lily Tomlin

CAR-BUS-TRAIN

Movement, Focus, Concentration, Coordination, Trust



HOW TO PLAY:

CAR: Play begins with students in pairs. Student A is standing behind Student B. When the signal is given, A repeatedly taps B between shoulders, in the middle of the back. This tells B to walk forward in a straight line. When A taps repeatedly on the right shoulder, B turns right. When A taps repeatedly on the left shoulder, B turns left. If tapping stops, movement stops. Avoid bumping into other pairs.

BUS: Students form groups of 4 by joining another A-B pair. Student at the back of the group begins movement by repeatedly tapping the next student between shoulders, in the middle of the back. Each student repeatedly taps the student in front of them to continue movement. When the student in the back taps repeatedly on the right shoulder, the next student taps the right shoulder of the next student, and that student taps the student in front and the group turns right. Movement continues with left turns and stops executed in the same manner. **S**

TRAIN: To create a train, the whole class lines up on in back of the other! Student in the back begins tapping to control movement of the group. Each student, as practiced in bus formation, will tap the student in front of them to continue the movement of the train!

ART RODS

Focus, Concentration, Coordination, Team Building

Art Rods are a great new tool used for creative play. Max Schafer introduced these fun, soft, and bendable tools to the group through games:

3D Pictionary

Art Rods are used to create 3D representations of words introduced by the teacher/leader. One person from each team tries to create that word using a variety of Art Rods in order for their team to correctly guess the word!

Human Knot

Art Rods can be used instead of knotted rope or in place of students holding hands during the human knot exercise for team building.



PROCESS DRAMA with Karen Robinson



Process drama is not about “acting” but about attitude, experience, and empathy. It is a complex tool, but one that unlocks the classroom and offers teachers depth and breadth across the curriculum.



PROCESS DRAMA: King Lear listens to each of his daughters describe the love they have for their father.



MINDFULNESS

The meet-up ended with some mindfulness practice reminding teachers to make time for self-care. Below is a graphic from MindfulTeachers.org:

MINDFUL TEACHING BY THE NUMBERS

- IT ONLY TAKES **5** MINUTES TO HAVE A HEALTHY SNACK. BE SURE TO STOCK UP ON SOME OF YOUR FAVORITES.
- 3** deep breaths can calm you down. Try it right now. Don't you feel a little better?
- There are never more than **24** hours in a day. Don't try to pretend otherwise. It doesn't help.
- 100%** OF TEACHERS FEEL OVERWHELMED FROM TIME TO TIME. SO CUT YOURSELF A LITTLE SLACK, OK?
- ZERO:** NUMBER OF PEOPLE WHO WILL BENEFIT IF YOU HAVE A NERVOUS BREAKDOWN. TAKING CARE OF YOURSELF IS NOT A SELFISH ACT.
- You only need **1** other person to start a support group. Is there someone you can ask for help today?

MindfulTeachers.org

[LINK TO MINDFULNESS HANDOUT](#)

HAVE A WONDERFUL AND RESTFUL SUMMER !



CALIFORNIA EDUCATIONAL THEATRE ASSOCIATION

