

A theatrical Game

Audience: Activity can be adapted for all levels, but is particularly useful with elementary school students. This activity was conducted by the children of 5th grade.

Aims: The students learn to express their feelings, their anxiety, their fear, they take out energy, feel free and relax.

Material: CD player, tambourine or a set of wooden clackers, pieces of cloth, masks, gym mattresses, carpet.



The children form a circle and close their eyes.

The teacher beats a tambourine or a set of wooden clackers and orders the students to open or close their eyes, which means that the students wake up or sleep. The teacher orders the children to keep their eyes closed and explains to them that they are sleeping and dreaming.



The children wake up by the beat of a tambourine and find out that they are in a forest.



We ask the students to express different feelings while they are in a big, dark forest. Fear, anxiety, sadness, anger can be some of these feelings.



Suddenly a fairy appears in front of them and they ask for her help. The fairy tells them that there is a castle in the forest where three princesses live. These princesses keep a key for valuable treasure well-hidden.



The children get excited about the treasure and decide to look for it. But the forest is very big and their moving around really hard.



Suddenly a huge white cloud appears in front of them, which is willing to transport them into the heart of the forest, where the princesses' palace is located.



But the cloud was really high and the children couldn't step on the ground. They were really anxious and worried about their luck when a little Indian girl saw them and sent her magic carpet to take them down to the ground.



But in the forest there were also some wild animals, really dangerous for children.



The children are running to get away from the wild animals. Some of them managed to get away but some others were captured.



Meanwhile, our little princesses were in their golden palace, enjoying their lives.



After a lot of hardship, the children who had escaped from the wild animals, made it to the palace and met the three princesses.

The children asked for the key to the treasure but the princesses made it clear to them that they would give it to them only after they had passed three difficult tests.



The first test was to walk on moving sand and at the same time help the children who were sinking in it.



The second test was to swim in the seabed and try to find a pearl for each princess. In this test they are asked to have a diver as a guide.



The diver touches the children and transforms them into fish in order to help them swim more easily. So, the children dive into the sea and find the pearls.



Then the diver guides the children –fish on the shore.



The third test concerns the construction of a bridge so that the princesses will be able to get out of the castle. The children form a bridge with their bodies, by using pieces of cloth.



Finally, the princesses manage to get out of the castle and give the children the key for the valuable treasure, which turns out to be their waking –up and their ability to return to real life.



In the end the children take out the pieces of cloth and wake up. Then the teacher tells them that this adventure was just a dream and now they are back to reality.

We ask the children to write a dialogue with one of the characters of the game.

We also make sure that the teacher lets the students act freely during the game and only guides them when necessary.

Extension: Teacher may follow-up by checking in with students about how much they enjoyed the activity. If it is popular, use the activity at other times and make the connection between physical activity, humor/fun and creative thinking to stress reduction.