

The Drama-Play Connection

Weekly Concepts

WEEK 1: EXPLORATION OF SELF AND OTHERS

Group Introduction: **L** Go over rules of group **L** Learn to meet others
 Understand how group works. Learn how to show appropriate interest when meeting someone new. Learn turn-taking when learning about someone new.

Attributes and characteristics of people

Learn that people have UNIQUE characteristics that may or may not meet our expectations.

Important People in our lives

Understanding relatedness. Understanding why we want others to participate in our activities, and understanding the reciprocal nature of participation.

Defining Friendship

Understanding which traits we appreciate in others and which others would appreciate in ourselves. Learning how others need us to participate in their activities and why it is important for us to do the same.

Exploration of Self as a Unique Individual

Self awareness about oneself. Normalizing personal limitations and growth. Learning the whole person makes the person.

WEEK 2: BODY LANGUAGE

What is Body Language?

Defining and understanding the importance of body language for improving relevant skills (i.e., communication).

Our Bodies and our Feelings

How feelings are expressed with our bodies.

Our Faces: **L** Eye Contact **L** Facial Expressions

Reading eyes and the role of eye contact in conversations.

Learning to watch faces and interpret them to aid conversations and understanding.

Our Bodies: **L** Hand gestures **L** Body in space **L** Touching **L** Posture, Fidgeting

Learning appropriate versus inappropriate hand gesturing Understanding the feelings one gets when others are too close.

Understanding the personal space of others and knowing when not to touch other people

Personal Appearance

Learning about personal hygiene and how we present ourselves.

Integration of Interpreting Body Language

Learning to be aware of our bodies and the messages they give.

WEEKS 3 AND 4: COMMUNICATION AND SOCIAL EXCHANGE

Overview of different aspects of communication: Verbal and nonverbal

Introduction to the concept that Body Language is not just something we read, but also something we do to give to facilitate our verbal messages.

Physical Aspects of Communication: **L** Facial Expressions **L** Body Language

Learn to use body language that others see

Communication and Aspects of Voice

Awareness of 5 aspects of voice: **L** volume, rate, clarity, intonation, fluency

Style of Voice

Use of register (formal and informal address) and knowing how to determine the style based on the context.

Integrating body language and the 5 aspects of voice when communicating.

Learning how to use different aspects of communication simultaneously.

Conversation Skills: **L** Why we have conversations

Awareness of what we like about conversations with others and what we need to do so others will like conversing with us (overview for next week).

Intent of Conversation (effective language):

Learning to understand that communication serves many purposes.

Learning to focus on the point of a message and not losing sight of it (i.e., reducing tangential and extraneous details from conversation)

Starting and Ending a Conversation

Learning when it is appropriate to start a conversation and the mechanics of it. Also, reading when someone wants to start or “not start” a conversation.

Learning how to politely end a conversation. Reading when someone is ready to end the conversation.

Listening and Taking Turns

Awareness of what we want from another during conversation and being able to do the same for others.

Learning this skill even when overly excited about one’s own agenda. How do we accept waiting?

Having Topical Conversations

Develop the ability to talk about one subject for an extended period of time without losing focus of the point.

Reciprocal Commenting

Learning how to participate effectively when engaging in conversations.

WEEK 5: EMOTIONS AND RELATIONSHIPS

Identifying Emotions: **L** Why do we have them? **L** What are they?

Understanding emotions, their causes, and how they are important to us.

Our Bodies and Our Feelings

Learning to identify when we are having certain emotions .

Emotions and Thinking: **L** Dealing with negative feelings

Learning how emotions affect our judgment and behavior and how to think objectively. Learning to deal effectively with our own and others’ anger.

Consequences of Emotions

Learning to anticipate how others will react to our emotions and to respond objectively (not take it personally).

Expressing our Emotions: **L** How do we feel when....

Realizing that different situations impact us differently. Why it is important for others to understand what we are feeling.

Empathizing with Others

Learning to feel what others feel and to express empathy through mirroring.

WEEK 6: PEER ISSUES

Identifying Problems with Peers: **L** Considering alternatives **L** Choosing appropriate solutions

Learn to identify problems in time to solve them. Learn to think through solving a problem and consider alternative solutions and their consequences.

Facts and Opinions

Learning the difference between fact and opinion. Understanding that opinions are not “wrong” and that others may have a different opinion.

Including Others

The importance of including others.

Feeling Left Out

How to tell if you can be included and how to tell when being left out is a reality. Dealing with exclusion.

Kidding and Teasing: **L** The good kind **L** The bad kind

Learning that saying “I was just kidding” does not excuse hurtful behavior.

Critical Thinking about Other People’s Behavior: **L** Identifying if someone is nice or mean **L** What to do if someone hurts me

Learning to consider alternative interpretations for others’ behavior. Learning to solve interpersonal problems and conflicts.

Peer Pressure

Learning to think critically about everyday situations